

More than 2000 serious injuries to people falling from vehicles are reported to HSE each year. Many of these injuries are broken arms or legs, resulting in weeks off work and possible loss of earnings.

Getting on and off the vehicle

- ✓ Always adopt 3 point hold, use steps and handholds if provided.
- ✓ Access and Egress must be made facing the vehicle
- ✓ DON'T jump down – this is bad for your knees and you are more likely to fall.
- ✓ Take a few seconds to climb down from the cab, load area or catwalk facing the vehicle and use the handhold.
- ✓ Report missing or damaged equipment.
- ✓ Before stepping off the vehicle, check for uneven surfaces such as potholes or kerbs which may cause you to slip.
- ✓ Report slip, trip and fall hazards and discuss with managers how these risks could be minimised.
- ✓ Wear correct and appropriate PPE, the Company supplies anti slip footwear as standard, ensure it is worn and kept free of debris and oils.
- ✓ DO NOT allow yourself to be distracted when accessing or egressing vehicles.
- ✓ DO NOT operate or allow distraction from any hand held device when accessing or egressing vehicles.

Keeping your vehicle safe

- ✓ Carry out pre-use checks on your vehicle. For example, check any steps or handholds are in good condition.
- ✓ Report broken boards and any other objects that could cause a fall.
- ✓ Keep the load area tidy – DO NOT leave ratchet and chains on bed of lorry.
- ✓ Clean up spills and dirt such as diesel or mud on the catwalk or load area to stop people slipping in them.

