
ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: *SAFE PRACTICES AROUND YOUR TRUCK/VEHICLE*

1) Getting in and out of your vehicle

a) Practice 3-point contact at all times.

This is the fundamental rule of entering and exiting a truck. The rule is simple but is lifesaving. You have four limbs. At all times when entering and exiting a vehicle, three limbs must be in firm contact with the vehicle or ground. Consider these steps:

- Grab two points on the vehicle with your two hands.
- Keep your weight on one foot solidly while pulling the other foot into the vehicle.
- Make sure both feet are planted firmly in the vehicle BEFORE moving your hands.
- Reposition/move one hand at a time.
- Lift one foot at a time into the vehicle, always holding on firmly with both hands.
- Keep your focus on the process.

b) Never jump out of or off a vehicle.

Drivers get in a hurry and can make mistakes. Sometimes we make mistakes and we injure our bodies which can live with us the rest of our lives.

- Never jump down. The impact of a fall, even less than four feet, can cause injury to your back, spine, and knees.
- The force of jumping and landing on the ground can put up to seven times your weight in stress to your back!
- The harder the landing surface, the greater the stress.
- Even a quick jump may seem harmless. But the end result can be life changing!

2) General guidelines of "common sense"

a) General guide for getting out of a vehicle

- Don't rush – plan.
- Face the vehicle when exiting.
- Know what's on the ground before you exit.
- Wear the correct footwear.
- Avoid slippery surfaces.

b) Be aware of your surroundings

- Look out for potentially dangerous persons. Your safety requires observation.
- Limit distractions – cell phones, etc.
- Don't get distracted – know your environment.
- Know the walking hazards – water, ice, holes, objects.
- Know the facility; know where potential danger can be.
- Avoid things that could make you slip, trip, and fall.

Keep alert. Watch out before you walk. Protect yourself – it's your body.

Provided by the ASA – Houston Chapter Safety & Health Committee and 
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