



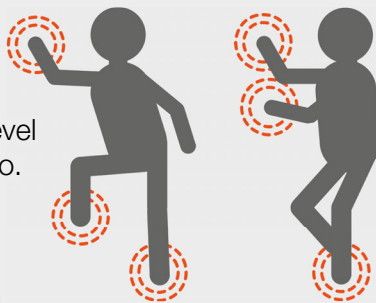
# VEHICLE ACCESS & EXIT

## Did you know?

- 80% of transport related incidents occur when the driver is loading or unloading.
- Falls from vehicles represent 33% of workplace transport incidents.
- The most common area of the vehicle for people to fall from is the load area, followed by the vehicle's cab access steps.

Before leaving the vehicle, visually check the ground for obstructions and identify a clean and level area to place feet onto.

The correct use of grab handles and handholds play a vital role in helping to avoid falls while entering or leaving the vehicle.

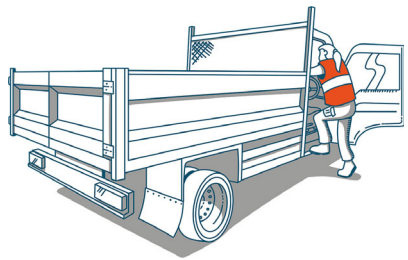


Always use three points of contact when climbing up or down from vehicles.

Use steps provided as jumping off a vehicle results in slips and falls and causes strain on a driver's back and knees.

## Best practice tips:

- Climb into the vehicle forwards and exit the vehicle backwards.
- Always wear appropriate, non-slip footwear and personal protective equipment, if provided.
- Keep steps and footwear dry and clean.
- Keep the vehicle bed tidy of debris and spillages to prevent slips and trips.
- When moving any part of the load, beware of falling stacked materials and objects.
- When closing doors and shutters, keep fingers and hands away from the closure area.
- Dutch Reach: Where you are able to do so, you should open the vehicle door using your hand on the opposite side to the door you are opening; for example, use your left hand to open a door on your right-hand side. This will make you turn your head to look over your shoulder. You are then more likely to avoid causing injury to cyclists or motorcyclists passing you on the road, or to people on the pavement.



Take adequate time to access and exit the vehicle, as most injuries are caused by drivers rushing.

Before climbing up or down from a vehicle, ensure it is secure and stable where possible, with a brake applied, and try to park on level, well-lit ground.

Handholds and handrails provide a grip for the hands, that form part of an overall support system for accessing and exiting the cab of the vehicle. Handrails have the advantage that the hand can be slid along it without having to release grip completely.

When loading or unloading something from inside the vehicle cab, know your limits and test the weight of the object before attempting to lift the object and exiting the vehicle with it. Break down heavy or awkward items into a smaller manageable size and weight. Don't carry items in your free hand when exiting the vehicle. Instead, place them on the vehicle floor and retrieve them once you are on the ground.