

Preventing SLIP and FALL Injuries from Heavy Equipment TOOLBOX TALK

The Problem:

Each week, public sector workers are injured while getting into or getting out of heavy equipment vehicles. These tips are provided to help reduce work-related injuries and medical costs.

What You Can Do:

- Maintain three points-of-contact while ascending and descending. Keep two hands, and at least one foot, in contact with the vehicle ladder and steps at all times.
- Always face the ladder.
- Repair broken steps and handrails.
- Remove snow, ice, and mud from steps and handrails.
- Target your foot landing to avoid pot holes and “ankle breaker” stones.
- Do not jump out of vehicles.
- Wear sturdy construction boots with a deep tread.
- Always use your seat belt when equipment is in operation.
- Keep doors closed when equipment is in operation – operators have fallen out of vehicles when leaning out of the door to get a better view of the ground.



**Maintain three points-of-contact
when getting into and
getting out of vehicles.**



