## 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.





WORKPLACE SAFETY AND HEALTH PROGRAM www.mass.gov/dols/wshp

# **TOOLBOX TALK**

#### **Toolbox Talks**

A "Toolbox Talk" is an informal group discussion with employees to focus on a particular safety topic. Many employers use a monthly Toolbox Talk to remind workers of important safety tips and reinforce their safety programs.

Date:	
Topic of Toolbox Talk:	
Department:	
Presented by:	
Attendance:	
Name:	
Signature:	
Name	Signature



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