

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 potholes 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.



MASSACHUSETTS DEPARTMENT OF
LABOR STANDARDS

For additional resources or to contact DLS, visit:
mass.gov/info-details/safetyworks-resources

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

