

## Make 3 Points Get In and Get Out of The Truck Safely



When getting in or out of the truck cab, always make three points of contact with the vehicle. Be sure to have two hands and one foot or both feet and one hand securely on the truck step or truck handles to prevent accidentally slipping or falling from the truck. In addition, before stepping out of the truck, make sure the steps on the truck cab are not slippery from rain, oil or mud. Always exit and enter facing the vehicle.

If you have food or other items, sit them on the floor of the cab so you can enter or exit safely. Do not try to climb or descend the cab with anything in your hands or arms.

Never jump from the truck cab or the steps. A doorframe or door edge is not a stable handhold. Never use them. Tires or wheel hubs should never be used as a step surface.

## Get A Grip! Wear Gloves.

Injuries have happened because the driver's hand slipped while handling an object or machinery. Always use appropriate personal protective wear at work.

In the winter, gloves can provide protection from the cold weather as well as help you better grip machinery or objects you are handling. In the summer, your hands sweat and can affect how well you grip an object. It is especially helpful to wear gloves when you pull the 5th wheel pin, crank the landing gear, and secure tie downs.

Wearing gloves when transporting boxes not only allows you to grip the box better but also protects if a sharp object protrudes from the box. In addition, gloves can protect your hands from scrapes and cuts, especially when removing or storing boxes and other objects in tight spaces.

Get a grip! Wear gloves to prevent injury and to protect your hands.





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(\$250 after driver works 200 hours)

(\$250 after driver works 400 hours)

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