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Friday Safety Brief®

For PSC Insiders Circle Members only

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PUT SOME "TEETH" IN YOUR SAFETY PROGRAM

Company policies are taken seriously, if employees know that the policies are not only supported, but also mandated by top management. That's the purpose behind a "Safety Policy Statement". A good safety policy should outline management's position and intentions, regarding the company safety program. The industry standard has been that, while management should develop their own policy, the safety program should include at least four principles:



Safety of the public and employees is paramount



Safety must take precedence over expediency and/or short cuts



The company intends to comply with all Federal, State and local laws and regulations, and



Every effort will be made to reduce the possibility of accidents.

In addition, employees must know that management fully supports the policy.

Vehicle Entry/Exit Safety

More often than you might think, drivers fall while getting into or out of a truck/tractor cab or heavy equipment, hooking up air and electrical lines, or mounting or dismounting trailers, causing serious injuries, most often to the back, ankles or knees. Any injury, even a minor one, can be costly in terms of lost income and downtime.

According to FMCSR Section 399.207:

(a) General rule. Any person entering or exiting the cab or accessing the rear portion of a high profile COE truck or truck-tractor shall be afforded sufficient steps and handholds, and/or deck plates to allow the user to have at least

3 limbs in contact with the truck or truck-tractor at any time.

With the proper equipment in place, the probability of slipping or falling from a vehicle should be reduced. However, falls still occur due to human error and failure to follow the Three-Point Rule. The Three-Point Rule means maintaining contact with the vehicle with *three* of your *four* limbs at all times - two hands and one foot, or two feet and one hand. This allows you to have maximum stability and support, thereby reducing the likelihood of slipping and falling.

In addition to practicing the Three-Point Rule, there are other important steps you can take to avoid injury while entering or exiting a vehicle:

- Exit and enter facing the cab.
- Look for obstacles on the ground below before exiting.
- Wear shoes with good support and slip resistance.
- Get a firm grip on rails or handles with your hands.
- Report damage to steps, ladders and handholds immediately. Keep all contact or standing surfaces free of debris, mud or snow.
- **Never jump down!** You may land off balance or on an uneven surface.
- Don't climb down with something in your free hand. Put it on the vehicle floor and reach up for it once you are safely on the ground.
- Don't use the doorframe or door edge as a handhold.
- Don't get complacent!

