



Toolbox Talk

Topic: Exiting a Truck Cab – Don't Jump!

Falls from elevation and same-level surfaces are a leading risk type in the trucking industry. Falls can result in sprains, strains, contusions, fractures, abrasions, ligament injuries, concussions and other serious medical conditions. Voluntarily jumping from the cab of a semitruck can result in similar injuries to the knees, ankles, hips, back and head.

Younger drivers are prone to ignoring these risks, believing their agility, flexibility and strength will protect them. And while they may not feel the pain immediately from small or large injuries, the adverse effects could build up over time in even the strongest worker. It's important to review the following preventative measures with both new and seasoned employees.

Preventative Measures:

- Never jump from the cab.
- Become familiar with location of steps, ladders and grab bars.
- Remember to always have three points of contact when climbing in and out of the cab (two feet and a hand or two hands and a foot).
- Make sure to face the cab when entering and face the cab when backing out.
- Maintain a tight grip when descending the cab and prepare for ground conditions.
- Be aware of surroundings – before stepping down from the cab. Check for potholes, uneven surfaces, ice, snow and foreign objects.
- Safety personnel should train new hires and perform refresher training for all staff.
- Remind new employees that conscientious work can help ensure a long, healthy and successful career.

Resources

For more information about this topic, visit:

- Third Coast Underwriters Resource Library 3CU.com/resource-library/
- [OSHA.gov](https://www.osha.gov)

