

# Monthly Safety Training

# FALL HAZARD

## DON'T GET CAUGHT SLIPPING.

When entering and exiting a truck cab or trailer, it is safest to utilize 3-Points of Contact because it minimizes the chances of slipping and falling.

## STAY AWARE.

Beware of haste, sudden movement, lack of attention, the condition of steps and grab bars (worn, damaged, wet, ice, grease), the driver's physical condition, and the driver's footwear.

## PROPER FOOTWEAR.

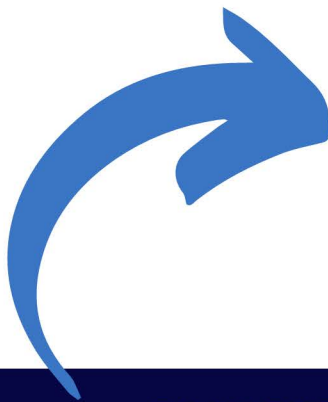
- Slip-resistant & grooved soles for good traction
- Closed toe
- Ankle support
- Kept in good condition free of grease, mud, etc.
- Replace shoes when tread becomes worn.

## FACE FORWARD.

While entering or exiting, the driver must face the cab and have two hands and one foot, or two feet and one hand in contact with the steps, and handholds.

## NEVER EVER.

Never skip a step.  
Never jump from a seat.  
Never jump from the cab.  
Never jump from a step.  
**NEVER JUMP.**



# ENTERING & EXITING CAB

FEBRUARY 2025

<https://bit.ly/4guDhXt>



**SCAN THE CODE, LEARN MORE.**

We have created a short, fun, and interactive “game” for each monthly safety training topic. Scan or click the code to play along!