

FALL PROTECTION

Falling from an elevated position, such as the truck, a ladder, or even an open service pit, can lead to serious injuries and fatalities. Read the information below about falling hazards and the recommended defensive techniques, then ask yourself how you can change your work habits to protect yourself from harm.

RECOGNIZE THE HAZARDS

ENVIRONMENT

Drivers are at risk when using elevated walkways to load commodities at customer sites. Mechanics and dock workers are at risk around open-door loading docks and uncovered service pits. Slips and trips caused by potholes, spilled liquids, newly polished floors, etc., can be dangerous to all workers.

EQUIPMENT

Entering and exiting the tractor and trailer without using three points of contact or facing away from the vehicle is a danger. Using damaged ladders or inappropriate equipment (e.g., forklift) that is not designed to lift personnel can cause injuries. Other injuries occur when workers do not wear fall protection harnesses or utilize guard rails while working in elevated positions.

PERSONAL BEHAVIORS

Distracted walking is a common hazard that leads to slips, trips, and falls. Ignoring safety procedures such as ladder safety can lead to serious injuries. Rushing and jumping from the tractor are unsafe behaviors that can lead to slips, trips, and falls.

KNOW THE DEFENSE

USE THREE POINTS OF CONTACT

Do not jump off equipment, ladders, or elevated positions. Use three points of contact, meaning both hands and one foot or both feet and one hand are always in contact with the equipment. Always face the equipment when entering/exiting the truck or trailer, climbing on/off a ladder, or other elevated positions.

AVOID DISTRACTED WALKING

Avoid distractions like talking or texting on a cell phone, interacting with a tablet, eating and drinking, and talking to others while walking. These distractions could cause you to overlook a hazard and slip, trip, or fall. Focus on the task at hand, visually clear your walking path, and arrive safely at your destination.

UTILIZE FALL PROTECTION EQUIPMENT

Use fall protection harnesses or systems, if available, when working from an elevated position. Ensure the personal protective equipment (PPE) is properly inspected and maintained, and you are trained on its use.

SLOW DOWN

Do not rush. This can cause you to lose your footing and slip, trip, or fall. Get to your destination safely by slowing down and making sure you are aware of any hazards in the area.