

Get on and off safely with 3 points of contact

Two hands and one foot, or one hand and two feet, should be in contact with the vehicle or ground while entering or exiting.

- Three points of contact create a stable triangle. Keep your body centered in the triangle to stay steady.
- Always face the vehicle when getting on or off.
- Grab onto hand grips and mounted rails – never the door, door handles or steering wheel.
- Step on stairs, running boards and traction strips – never tires, wheel hubs or machine tracks.
- Keep your hands free while getting on or off – put equipment on the floor or passenger seat before you enter or exit.

- Never jump down – you might get injured
- Never get on or off a moving vehicle



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