

How to properly enter and exit DSP vehicles to avoid injury



Proper methods and techniques for entering and exiting delivery vehicles can help reduce injury and ensure safety.

Getting in and out of the delivery van or other large delivery vehicle can put stress on your ankles, knees, and lower back. The repeated action of entering and exiting delivery vehicles throughout the work day can further increase your opportunity for injury.

Proper entry and exit methods and techniques can help you avoid injury and ensure your safety.

RISKS

Did you know that jumping in and out of the cab can be one of the primary contributors to driver injury?

While jumping in and out of the delivery vehicle may seem an easy method for saving time, in reality:

- A person jumping from a height of 4 feet hits the ground with a force between 7 and 12 times their body weight.

For example, a 150 pound person would hit the ground with a force between 1050 and 1800 pounds.

- Drivers who sprain their ankle jumping out of a van or cab will be out of work for 11 days, on average.
- Long term stress on your joints may cause chronic joint stiffness and pain.

SAFE WORK PRACTICES

When exiting or entering the cab of a van or truck, employees should:

- Face the vehicle.
- Do not multi-task or carry items into the cab of the vehicle.
 - If you need to put something into the vehicle, or take something out, either put it in before entering or get it after exiting.
- Use the steps and handrails provided.
- Maintain three-points of contact at all times.
 - This means that at least two hands and one foot are to be used for stabilization and support at all times during entry or exit.
 - Employees may break the three-point contact rule only after reaching the ground or the cab of the vehicle.
- Never attempt to enter or exit a moving vehicle.
- Do not rush when entering or exiting the vehicle.
- Always wear appropriate footwear for the weather conditions and work being performed.
- Avoid wearing loose, baggy, or bulky clothing if there is a possibility that it may become entangled in the vehicle or interfere with the access points used for entering and exiting the vehicle.

CONCLUSION

Getting out of the cab of a van / large vehicle is routine task usually done without much thought – but remembering, taking care to use proper techniques and do it safely could save you a painful injury and possible time off of work.

Make sure to always use three points of contact, face the cab, and follow all the necessary guidelines to protect your health and safety.

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