

# Properly entering and exiting DSP vehicles



## Know the proper procedures and guidelines for entering and exiting delivery vehicles to minimize the risk of slips, trips and falls.

Reducing the risk of slips, trips, and falls while exiting and entering delivery vehicles is crucial for ensuring the safety of DSP delivery drivers. Properly exiting and entering a delivery vehicle involves following safety guidelines to minimize the risk of injury.

Below are steps your team can take to properly and safely exit and enter a delivery vehicle:

### Be aware of weather conditions

- In adverse weather conditions like rain or snow, be extra cautious as surfaces can be more slippery.

### Wear appropriate footwear

- Slip-resistant footwear is essential for reducing the risk of slips and falls, especially in environments where surfaces may be wet, oily, or otherwise slippery.
- Use slip-resistant shoes that provide good traction and support.

### Choose a safe parking location

- Select a parking spot that is well-lit, visible, and free from hazards.
- Avoid parking in areas with heavy pedestrian traffic or close to intersections.

### Preparing to exit the vehicle

- Ensure the vehicle is parked on a flat, stable surface.
- Turn off the engine and engage the parking brake.
- Make sure you have a clear path to exit the vehicle.

### Gather items before exiting

- Collect any items you need to take with you before you start exiting the vehicle.
- Keep your hands as free as possible to maintain stability.

### Check the ground and surroundings

- Before stepping out, look at the ground to ensure it is even, stable, and free of obstacles like ice, puddles, or debris.
- Ensure you have a clear path before moving away from the vehicle.

### Use Handrails

- If the vehicle is equipped with handrails, use them for additional support while getting in and out.

### Face the Vehicle

- Keep facing the vehicle as you descend to maintain better control and balance.
- Continue to use handholds or grab bars until you are safely on the ground.

### Use Three Points of Contact

- Maintain three points of contact with the vehicle at all times, this means either:
  - Two hands and one foot, or
  - Two feet and one hand.
- Grip the handholds or grab bars securely with your hands.



#### Avoid Jumping

- Never jump out of the vehicle. This can increase the risk of losing balance and falling.

#### Keep Steps Clear

- Ensure that the steps and platform of the vehicle are clean and free from oil, grease, or other slippery substances.

#### Exit Slowly

- Take your time when exiting the vehicle. Rushing can lead to missteps and falls.

#### Step Down Carefully

- Step down slowly and deliberately, maintaining three points of contact.
- Avoid jumping or rushing out of the vehicle.
- Place each foot firmly on the step or ground before moving the next foot.

#### Conclusion

Following recommended steps for properly exiting and entering delivery vehicles can help to reduce the risk of slips, trips, falls and injuries and keep drivers safe.

#### Zurich Services Corporation

1299 Zurich Way, Schaumburg, IL 60196-1056

800982-5964 [www.zurichna.com](http://www.zurichna.com)

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