

MAFES Dawg Tracks



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You Don't Have To Fall Off a Truck



MISSISSIPPI STATE
UNIVERSITY



We all have seen or know about falls from farm equipment or from various situations involving buildings, hooking up air or hydraulic lines. We have had some injuries from mounting equipment or from dismounting. Any of these scenarios can cause serious injury and some with long time recovery periods. An insurance industry study showed that falls from vehicles produced injuries that were almost 25% worse than other types of injuries.

I've had ankle sprains that play havoc with you trying to depress the brakes or clutch. Minor injuries can cost you valuable down time and lost money from interrupted harvesting or planting time.

According to studies the biggest single cause of falls from a vehicle or equipment is driver error and failure to follow the 3-point rule.

What is the 3-point rule?

The 3-point rule means that any one mounting a vehicle or equipment should always keep at least 3 point of contact with the vehicle they are mounting (with their hands and feet).

- Move at least one limb at a time, testing the new hold before advancing further.
- Using your hands, grasp the support.

The 3-point rule is not as important when climbing stairs, but handholds are still important for grasping support.

***YOU FALL-YOU CALL-
WE HAUL -THAT'S ALL***

ALERT TODAY<><><>

ALIVE TOMORROW!

Following are some tips to practice and others to avoid:

DO'S

- Wear shoes or boots with good support-not sandals, high heels, or bare feet.
- Exit and enter the cab or driver's sheet facing the vehicle (never mount with your back to the equipment).
- Slowdown in bad weather and use extra caution when mounting a vehicle.
- Get a firm grip on the rails or handles with your hands.
- Look for obstacles on the ground before you're dismounting.

DON'TS

- Climb down with something in your hand. Put it on the vehicle floor and reach up for it when you get down on the ground.
- Rush to get out or dismount the vehicle after a long run. Descend slowly to avoid straining a muscle or "rolling an ankle."
- Don't ever jump! You may land over-balanced or fall on an uneven surface.
- Use a tire or wheel hub as a step surface.
- Don't use the door frame or door edge as a handhold, unless the vehicle was manufactured with handholds on the doors.

Please practice the tips above and stay safe and end up in one-piece with no bandages or casts to contend with.

THE ONLY PERSON WHO CAN PREVENT A FALL IS YOU~

ALWAYS STAY COGNIZANT OF THE 3-POINT RULE - USE IT!!:

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Excerpts: www.toolboxtopics.com

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