

# Equipment Safety: Getting On and Off

Workers can be injured getting on and off equipment when they lose their footing or the equipment moves suddenly. Injuries can range from sprains, cuts, and bruises to fractures and even death.

## Joe's Story

Joe was climbing down from the cab of a front-end loader and lost his footing on the muddy steps. He fell to the ground and sprained his ankle.

- ✂ What caused this incident?
- ✂ How could this have been prevented?
- ✂ Have you ever been injured while getting on or off equipment, or do you know someone who has? If so, what happened?

## Remember This

- Set the parking brake to prevent the equipment from moving.
- Check the handholds and steps for mud or other conditions that could make them slippery.
- Face the equipment ladder and use both hands when climbing up or down.
- Wear footwear that will provide support and traction.
- Keep work areas clean and free of waste such as scraps, extra materials, and garbage to prevent trip and slip hazards.

## How can we stay safe today?

What will we do at the worksite to prevent injuries from getting on and off equipment?

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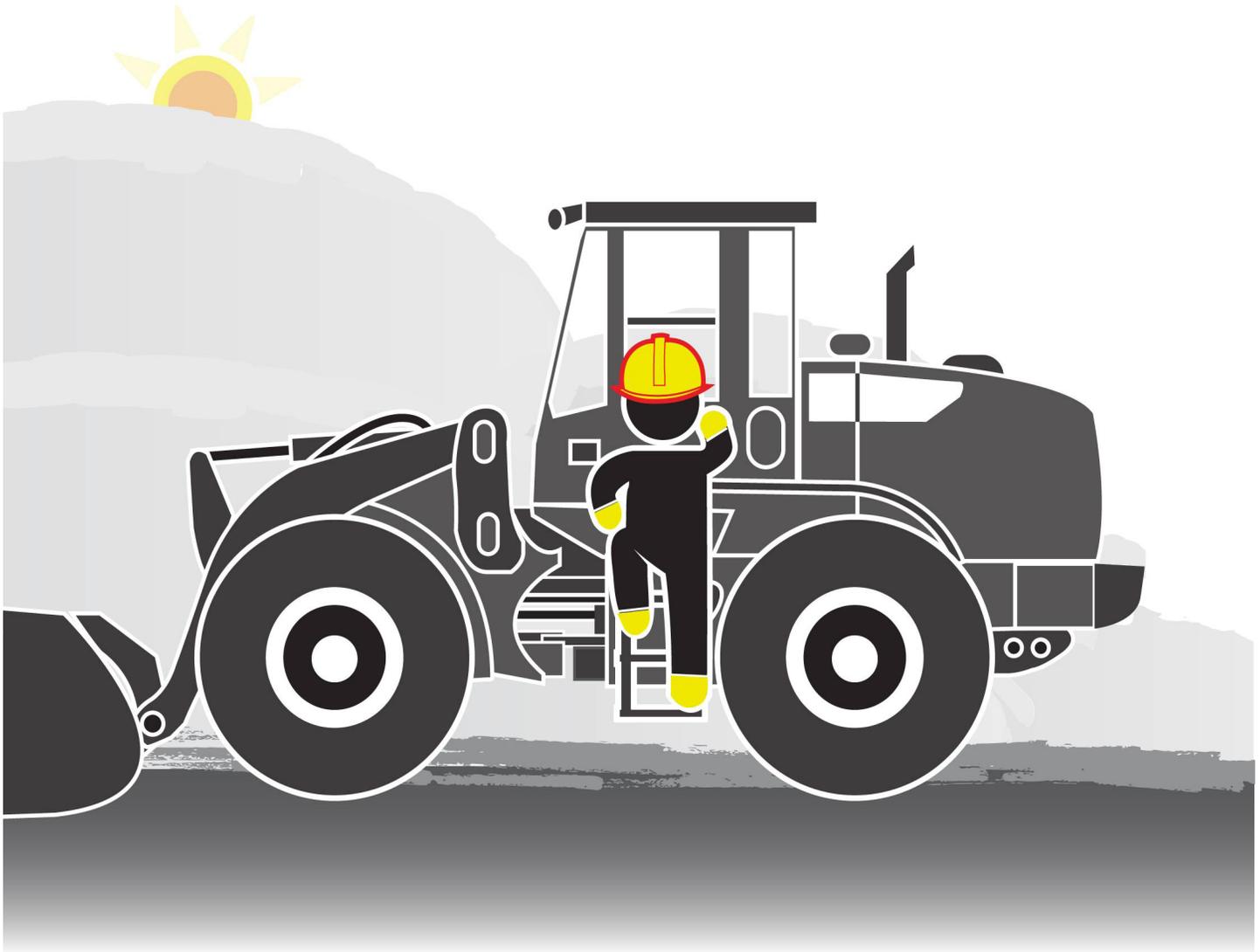


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OSHA Standards: 1926.600, 1926.602, and 1926.20



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## GET INFORMATION

CDC/NIOSH INFO: 1-800-CDC-INFO (1-800-232-4636) | TTY: 1-800-232-6348 | [cdc.gov/cdc-info](https://www.cdc.gov/cdc-info) | [cdc.gov/niosh](https://www.cdc.gov/niosh)

CPWR: Contact 301-578-8500 | [cpwr-r2p@cpwr.com](mailto:cpwr-r2p@cpwr.com) | [www.cpwr.com/toolbox-talks](https://www.cpwr.com/toolbox-talks)

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