



Mounting Heavy Equipment Safety Message

When heavy equipment operators experience a slip, trip, or fall while getting off or on their equipment, the result can be severe due to falling from heights or landing awkwardly. Taking the proper steps to prevent slip, trip, and fall injuries is crucial. Below are nine safety measures to consider regarding climbing on and off heavy equipment.

Nine Safety Measures to Consider

- Limit how much you get out of your cab. Reduce your risk of suffering a slip, trip, or fall injury simply by not getting out of your cab unless it is necessary. Every single time you do so, it puts you at risk for injury.
- Always face your equipment. On some heavy equipment, it may seem faster or more convenient to climb down while not facing the machine, but there is an increased chance of injury when an operator does so. Facing the machine will provide more strength and stability when climbing onto or off of it.
- Use three points of contact. This measure is probably the most frequently mentioned safety tip regarding climbing anything, but it is often not followed if operators have items in their hands. Put items you are carrying in the cab or on the track until you climb up or down.
- Pay attention when you are mounting or dismounting heavy equipment. Our brains are programmed to go on autopilot during tasks we have mastered in order to be able to provide focus elsewhere. Take time today to pay attention to each move when climbing on and off your equipment.
- Check your footwear. Proper footwear in good condition can make all the difference in preventing an injury. Boots that support the ankle and that can be tied will provide more protection than boots that slip on and may not be tight around the ankle. Check the tread of the boots along with the overall condition to ensure failure is not present in any component of the boots.
- Mind where you park. Park your equipment out of the path of other moving equipment and also pick an area where there is less mud or other undesirable walking conditions.
- Clear your steps. Once you park, take the time to shovel out your steps and the path to the cab so that in the morning you can easily and safely climb into your cab.
- Take extra caution in bad weather. Ice, snow, frost, and rain can create extremely slippery conditions on heavy equipment.
- Never jump down from an elevated level. Doing so can easily result in a serious injury to your knees, feet, or ankles. Use the steps or ladder on the machine to climb down.

Discussion Point:

What other safety measures could we implement ?