

7 Safety Tips for Entering and Exiting Your Truck

While it may seem simple, entering and exiting a tractor trailer takes a driver's full concentration. One slip and you could suffer a serious ankle, leg, rotator cuff or back injury.

In 2018, the transportation industry accounted for 20% of all non-fatal workplace illnesses and injuries that required time off of work, according to the [U.S. Bureau of Labor Statistics](#). On average, a driver needed 13 days away from work to recover from a workplace injury. [The Occupational Safety and Health Administration](#) estimates that 50% of truck driver injuries result in strains and sprains, which are common when a driver falls from a truck.

Protect yourself. Follow these seven ways to avoid injury while entering or exiting your truck:

- 1. Look for the handles.** They may be outside the rig on older trucks, or inside the rig on newer trucks. Make sure you can see them – and that they're securely fastened to the rig – before jumping in.
- 2. Check the conditions.** Make sure there are no water puddles, ice or snow on the cab steps. Also, check that the steps don't contain any worn carpet or gripping material. Park on an even surface and look for any potholes or obstacles that might make entering or exiting difficult.
- 3. Use the proper footwear.** Make sure your shoes or boots offer the grip and protection you need to safely move in and out of the truck.
- 4. Keep hands-free.** Don't start to enter or exit your truck while texting, holding coffee, turning a dial on the dashboard or carrying paperwork. Set down any objects onto the floor of the cab so your hands are empty when you mount or dismount.



- 5. Use the three points of contact.** It's proven to be the safest way to enter or exit a truck. Anchor your body using both hands and one foot.
 - **When entering,** turn your body so it faces the cab. Put one hand on one handle, the other on the second handle, and then place your foot on the step of the cab. Once you're on the step, transfer one hand onto the steering wheel and glide into the seat.
 - **When exiting,** turn your body so it faces the passenger seat. Use both hands to take a firm grasp of the door and the steering wheel and step down onto the step of the cab. Then move your hands to the truck handles and slowly step out.
- 6. Take your time.** Rushing or jumping may put you at greater risk for a slip-and-fall injury.
- 7. Avoid loose or baggy clothing.** It may get caught in the doorway or on a step, causing you to fall.