

How to Safely Mount and Dismount a Vehicle Cab

To prevent an injury, follow these safety tips on how to properly mount and dismount the cab:

- Maintain a three-point contact with the cab while climbing. Keep body contact by either placing both feet and one hand or both hands and one foot on the cab.
- Never jump out of the cab. Assure all foot and hand holds are secure and tight on your cab when climbing.
- Never exit with your back to the cab. Always exit by facing the cab.
- Check the ground condition for uneven ground and holes before exiting a cab.
- Do not carry items when climbing. Place items in cab before climbing.
- Do not climb over clutter. Keep cab floors clean and remove all objects.
- Keep set of steps clean on the cab. Carpeted steps should be hazardless.
- Wear proper footwear to avoid slips.

Zenith provides workplace safety resources at: **TheZenith.com**[®]