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## FALLS FROM VEHICLES

Falls are among the leading types of accidents on or off the job in the United States. One frequent kind involves falls while entering or leaving a van, truck or other large vehicle. Here are some conditions and problems that may contribute to falls from vehicles. Be aware of them and do what you can to correct them.

1. **Steps hidden from view**, operator misses step or loses balance. Make steps more visible by color, remove obstructions, install extensions.
2. **Irregularity in step design** on a vehicle, or different designs for similar vehicles, causing operator to miss step or lose balance. Make sure steps have uniform size, shape, tread, riser height. Try to provide all vehicles used with similar design.
3. **Steps too high**. User unable to make full foot contact, retain balance. First step should not exceed 12 inches from ground, each additional step should be at uniform distance.
4. **Lack of side step or poorly located side step** forces operator to over-reach. Reduce distance of side step or install platform.
5. **Lack of or poor location of hand rails**, forcing operator to use inadequate hand holds, over-reach, or use unstable hand holds such as door or steering wheel. Install continuous hand rail for each side of access or side step.
6. **Unstable or insecure steps**. Solidly fasten all steps and other components of access system.
7. **No access system**. Vehicle cab or loading area or working area must have safe access system.
8. **Poor tread surface condition** increases chance of slipping. Provide surfacing material in good condition with good traction. Users must wear appropriate work shoes.
9. **Foreign substances** such as dirt, grease, water, ice on steps and hand rails cause slipping. Use steps with drainage holes. Inspect and clean steps daily. Use extreme caution in adverse conditions.