

Mounting and Dismounting Construction Equipment Safely

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Each year in the construction industry, lost-time injuries occur to truck drivers, equipment operators and mechanics working with construction equipment. Approximately 1/4 to 1/3 of these injuries are from getting on or getting off a machine. Bumps, cuts, sprains, fractures and even fatalities occur when personnel jump down, slip, trip or fall while attempting to climb onto or dismount from construction equipment.

The proper procedure for mounting and dismounting construction equipment will vary, depending on the machine. Therefore, it is important to be familiar with the particular machine or equipment you are mounting or dismounting.

Here are a few tips to use the next - and every time - you mount or dismount construction equipment:

- Always use 3-point contact when mounting and dismounting equipment. Three-point contact means that either:
 - two hands and one foot, or
 - one hand and two feet are firmly placed as you mount and dismount equipment.
- Always use handrails, handholds and steps when mounting or dismounting equipment.
- Never use operating levers or steering wheels instead of handholds and handrails.
- Step squarely, never at an angle.
- Never jump from the equipment to the ground. Loose clothing could catch on levers or other protruding parts as you jump down, or you could land incorrectly and injure yourself.
- Make sure the soles of your boots are reasonably clean. Scrape the soles before mounting or dismounting equipment.
- Inspect and, when necessary, clean the rungs and cleats of your equipment's access ladders before you mount or dismount your equipment.
- Do not carry tools, paperwork or coffee in one hand while attempting to mount or dismount equipment. Always set it down in a location that can be reached from the cab if mounting or the ground if dismounting.
- Carry tools in a tool belt, or have a co-worker hand them to you.
- Be especially careful when mounting or dismounting equipment, especially:
 - in the morning when dew can form on access steps.
 - on wet/rainy or snowy/icy days when access steps can be slick.
 - on days when your boots may pick up ice, snow, mud or oil.
- Never mount or dismount moving equipment. Always shut off the equipment and put it in park before dismounting.

Take the time to follow the appropriate steps when mounting and dismounting equipment. Always pay attention to what you are doing on the jobsite; it will help keep you and your co-workers safe.

Good Safety is No Accident



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Company Name
Project #/Name

Date

Meeting Location

Person Conducting Meeting

Items Discussed

Problem Areas or Concerns

Attendees

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Comments
