

# Toolbox Talk

## Exiting / Entering Vans



### What?

- Incidents have occurred when operatives enter and exit their van, this common task can result in complacency and has the potential to cause a fall resulting in serious injury

### Why?

- When exiting, be aware of what you are stepping out onto; is it a slippery surface due to water, ice, other slippery substances, unstable material such as grit, uneven surfaces and curb stones
- If any of these are present make sure that your foot/feet are firmly footed to the floor surface before moving the rest of your body weight out of the vehicle
- Be aware of your surroundings at all times as they are changeable and an area that was safe may become unsafe very quickly, be aware of moving traffic in the vicinity
- Clear the hands; the only thing in your hands by the time you enter the vehicle should be the car keys; take the time to put all items in secure storage.
- Get a grip; hand contact will stabilize the upper body, the more points of contact, the less likely you are to have to suddenly contract postural muscles to protect against sudden movements.
- Get a good footing; make sure your feet are firmly planted on the ground; be aware if the ground is icy, wet or uneven; being prepared for your feet sliding out from underneath you is one of the best ways of ensuring it doesn't happen
- Point Contact; the key issue when entering a raised vehicle (Van , Transit etc.) is to ensure that you have 3 points of contact at all times
- Seeing as you can't have both feet in contact when one of them is in mid air / between steps, that means that both hands should have a firm grip, you should be holding the door and the other the steering wheel (or other handle, depending on the height of the vehicle)
- Vehicles with side doors; use this to step in or out using hand rails, running board rather than the rear door area unless it is fitted with a step. (Consider exiting backwards with hand on vehicle frame as hand hold)
- Consider the safe access / egress points allowing suitable foot placement points to and from the vehicle

### Do



- ✓ Be aware of the floor surface before stepping out. (Gravel , tarmac, pot holes)
- ✓ Take a few seconds to climb down facing the vehicle; DON'T jump.
- ✓ Ensure your vehicle is always tidy and everything stored in an orderly manner both in the cabin and storage area.
- ✓ Wear correct footwear
- ✓ Be aware of other moving vehicles
- ✓ Report unsafe conditions and take appropriate action

### Don't



- ✗ NEVER JUMP! Out of the vehicle
- ✗ Make any movements without first looking

