

# Safety Alert

## PW – June 1, 2022

### **Description:**

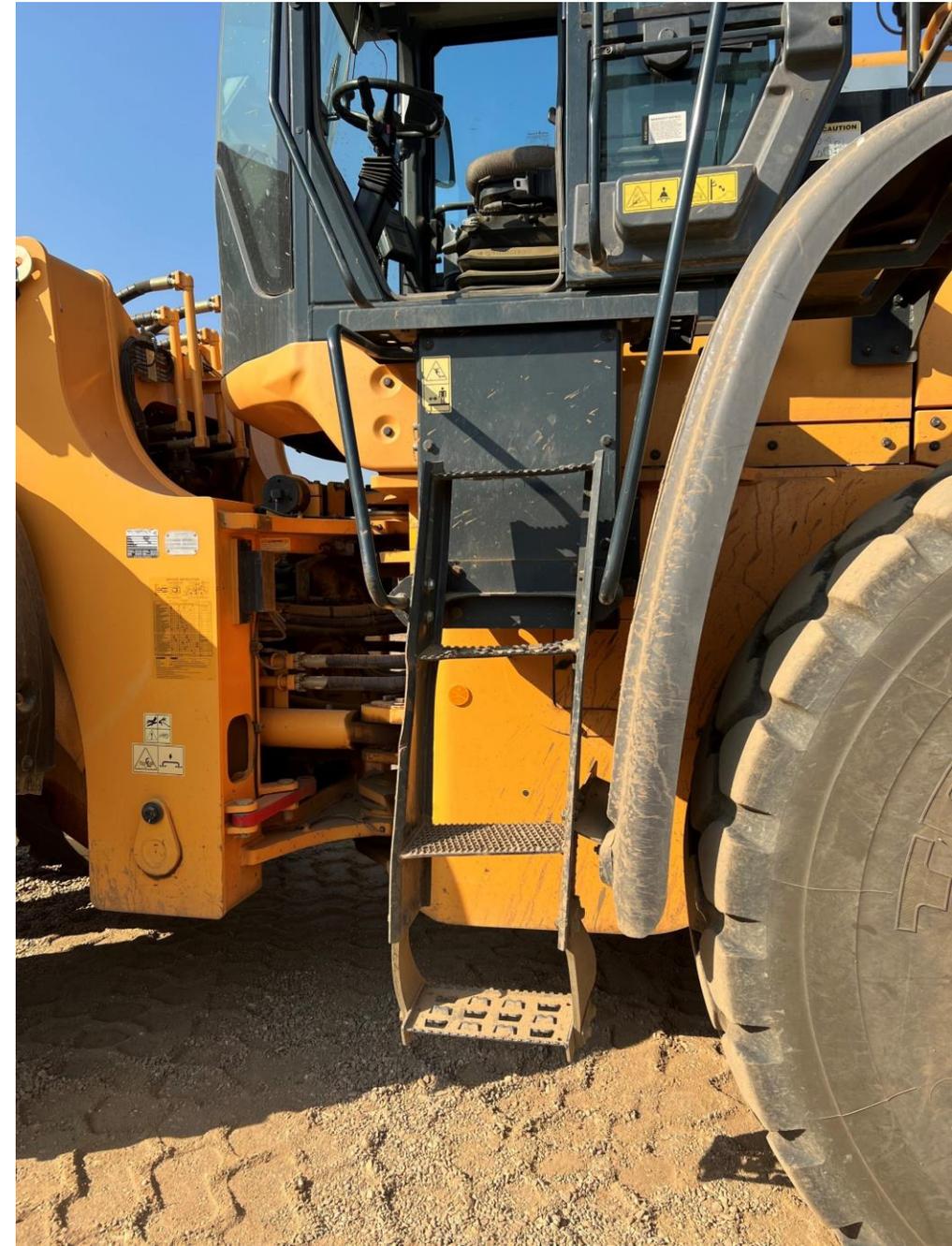
Operator was dismounting the pay loader and when they stepped on the last step, it moved towards the loader, causing the operators hands to slip, resulting in a fall backwards to the ground. The operator was dazed and may have lost consciousness for a short period. The operator went to see the doctor, with symptoms of a concussion. A concussion was confirmed, and the operator was advised to stay off work until symptoms resolved.

### **Findings:**

The bottom step is designed by the manufacturer to move to prevent damage when contacting a rock or dirt pile.

### **Corrective Actions:**

Awareness of the incident with a focus on three point contact.



# Mounting and Dismounting vehicles/equipment



- **Wear gloves and boots.** Both should be kept clean to ensure that you have as much grip as possible when getting onto your machine.
- **Use a three-point contact as you ascend and descend.** This means that three limbs should always be in contact with three separate areas of the equipment, either steps or handles. This method distributes your weight to keep you safe; if one of your feet or hands slips, you can regain stability quickly.
- **Place your hands and feet securely.** Don't rely on a fingertip or a few toes to keep you stable—always put your entire foot or hand on an adequate step or handle and take your time doing so.
- **Never carry objects while climbing up or down.** Keep both of your arms free in case you need to catch yourself.
- **Avoid reaching for handrails.** Everything you need to grab or step on should be within easy reach; if it's not, don't try to stretch for it.

# Why Face the Vehicle?

**Muscles used when facing the vehicle.**



**Muscles used when facing outward.**



## **FACING:**

Facing the vehicle provides the most natural arm and leg movement. Several large muscle groups are working together to support your movement.

A slip of the bottom foot engages the support of securely positioned body position and muscles to recover.

## **NOT FACING:**

Less muscle groups are engaged and are in awkward positions, when exiting a vehicle in a forward position.

A slip of the bottom foot in this case, sets us up a fall as there is no additional support; neither the right leg or the arms can support the full body weight.