

Getting In and Out

Lorry Cab

Every year, numerous drivers have accidents when 'getting in and out' of the lorry cab. Falls, slips, and sprains are not uncommon.

The consequences of accidents can be serious and sometimes even fatal injuries. These include bruises, torn ligaments, and broken bones – often the tibia and fibula, the neck, the spine, and the head.



Before getting in or out:

- Open the door fully to get in and out. Only when the door is fully open can the entrance or exit be used safely.
- Check steps and handholds for possible defects.
- Keep the entrance and exit clear of obstacles and tripping hazards, such as doormats, shoes, gloves, canisters, and drinking bottles.
- Ensure that steps and handholds can be used freely.
- If your vehicle is equipped accordingly, move the steering wheel to as vertical a position as possible and lower the seat (with the entry and exit aid) before leaving the vehicle.

Weather and ground conditions:

- Pay attention to the weather conditions, and be particularly careful in wet, snowy, and icy conditions.
- Clear the steps of snow, ice, and dirt before entering.
- Pay attention to the ground conditions, such as unevenness and kerbs.



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When getting in and out:

- Always get in forwards and get out backwards.
- Correct technique: '2+1' – two hands and one foot should always be in contact with the vehicle!
- Make use of the available handholds.
- Use every step – don't skip a step.
- Don't jump!
- Don't change your shoes on the steps; instead, change them before or after getting in or out.
- Don't hold any objects such as cargo documents, bags, or smartphones in your hands. Use aids such as a shoulder bag.



When getting in and out, wear footwear that encloses the foot and is non-slip in order to prevent slipping out of your shoes and slipping off of the steps.



Pay particular attention to the condition of the ground in front of the exit in order to step safely.

! **Caution**

Be careful when changing vehicles!
The number of steps and the distances between them are not identical for every vehicle type. The handholds also differ.

i **Info**

Report any defects in the vehicle immediately to:

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If necessary, supplement these instructions with further information determined as part of your risk assessment.