

GET A GRIP WHEN CLIMBING ON / OFF A TRUCK



1. Check Your Surroundings

Park on **level ground**. Watch for potholes, debris, or anything that could cause you to trip / slip. **Ensure steps and the cab are clean, clear, and damage free.**



2. Keep Your Hands Free

No phones, drinks, or paperwork when climbing. **Stow everything first so you can use both hands.**



3. Use the Grab Handles

Only use the grab handles for support, not the steering wheel. Make sure they're secure and easy to reach



4. Wear proper footwear

Choose **boots with good grip** to help prevent slips and maintain control while climbing.



5. Maintain three points of contact

Always keep **two hands and one foot**, or **two feet and one hand**, on the vehicle. It's the safest way to climb in or out.



Click the link or scan the QR code to watch a short Video

<https://www.mpconnect.co.uk/SafeAccessOnandOffTrucks.mp4>