

MAFES Dawg Tracks



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You Don't Have To Fall Off A Truck



It's easy to get comfortable when we are getting on or into a tractor, a truck or a piece of equipment because we do it so much that it becomes a "rote" action. Like so many other incidents, this is where the problem can start. There are so many ways in the agriculture industry that an accidental fall can happen. One of the reputable insurance companies claims that falls from vehicles produced injuries that were almost 25% worse than other types of injuries.

Minor injuries can cost you big in terms of lost-income and downtime. Even an ankle sprain can cause you a problem when trying to engage a clutch.

HOW TO AVOID FALLS:

It doesn't matter what type of vehicle that you're trying to mount, if you practice the use of the "**THREE-POINT RULE**", you will reduce the potential for a slip, trip, or fall. The "**THREE-POINT RULE**" means that three of your 4 limbs are in contact with the vehicle at all times. **2 hands/1 foot** or **2 feet/one hand**. This allows you to have maximum stability and support, which reduces the possibility of experiencing a slip, trip, or fall. "**Be a winner by using the 'THREE-POINT RULE.'**"

PROTECTION FROM FALLS:

DO'S –

- Wear shoes with good support - not sandals or bare feet.
- Exit and enter facing the cab.
- Slow down and use extra caution in bad weather.
- Get a firm grip on rails or handles with your hands.
- Look for obstacles on the ground before exiting.

DO NOT'S –

- Climb down with articles in your hand.
- Rush to climb out after a long run. Climb down slowly to avoid a muscle strain.
- Jump out. Two things can happen and they are both bad - you fall in a hole or uneven ground, or you get over-balanced and fall. Either one might result in an injury.
- Use tires or hubs for a step.
- Use the door frame or door for a handle.
- Become a statistic by not watching your step.

Be a professional and continue to watch when exiting a vehicle by practicing the "**THREE-POINT RULE.**" You are the only person that can protect you from a fall.

**YOU FALL-YOU CALL
WE HAUL
THAT'S ALL!**

**STAY ALERT-ACCIDENTS
HURT!**

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