

# Getting in and out of trucks

## THE PROBLEM

Getting in and out of a truck cab can be risky. In many cases drivers have to stretch or twist to get into the cab. Injuries can occur.

## COMMON CAUSES OF INJURY

- Tripping and slipping when you are in a hurry or if steps are wet, broken, or too short
- Poorly placed rails or steps putting pressure on the shoulders and back.
- A low roofline making the driver twist to get in or out of the cabin.
- Jumping to the ground from the cab resulting in foot, ankle, knee, shoulder or back injuries.

## CASE HISTORIES

The following injuries occurred as drivers were getting in or out of trucks. These examples include the cost to the driver in lost wages and medical treatment.

- The driver's foot slipped on ice when getting out of the cab, damaging their right knee. Direct cost \$28,350.
- The driver slipped when getting into the truck injuring their hip and back. Direct cost \$7,513.
- The driver slipped on the truck's step and then fell to the ground injuring their shoulder and groin. Direct cost \$9,577.
- The driver jumped out of the cab landing heavily and twisting their back. Direct cost \$6,263.

## THE COST OF INJURY

### Direct cost

- Lost wages (ACC pays 80% of the weekly salary from the second week).
- The medical cost surcharge for doctors, medical specialists and chemist.
- Cost of hiring a replacement truck.
- The cost of fixing the truck.

### Indirect cost

- Pain and suffering from injuries.
- Cost to hire a replacement driver.
- Possible loss of contracts while a replacement driver is found.



# Hazard sheet

# Correct procedure for getting in and out of trucks



Always maintain at least three points of contact when entering or exiting the cab.

Don't jump from the cab. If you do you will exert 12 times your body weight on your ankles, knees, hips and lower back. For an average driver that is equal to a tonne of impact.

