



INJURY PREVENTION

Quick Review of Safety

Entering/Exiting Vehicles

3 Points of Contact

The best means of preventing slips and falls when entering or exiting vehicles is to use three points of contact. This means that either two hands and one foot or one hand and two feet are in contact with the vehicle or ground at all times.

Additional Safety Measures

- Only climb on or get out when the vehicle is stationary.
- If driving a higher-profile vehicle, never jump out as you exit. You may land off balance or on an uneven surface and fall. You could also jar your knees or back.
- Face a vehicle when entering it.
- Use grab bars or other solid objects, such as the door frame, to grab onto when entering or exiting. If you use the door or steering wheel, it can move unexpectedly when standing up. Wearing gloves can make it more comfortable when grabbing cold surfaces.
- Look for obstacles on the ground before exiting.
- Make sure that the points of contact you use are clear of debris, mud and/or ice before you make the first step.
- Make sure you have firm footing with one or both feet before putting your entire weight on your foot. Move your foot back and forth first to gauge how slippery the surface is by the door.
- Wear shoes or boots with good support and tread.
- Do not enter or exit with something in your hand. Put the item on the vehicle's floor, dash, roof or seat and reach for it when standing on the ground.

(Over)



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- Do not rush to exit.
- Park to provide adequate space to enter/exit the vehicle comfortably.
- Beware of black ice or areas where ice or snow melts and refreezes. Occasionally the hot engines of vehicles melt the snow and ice below, which then refreezes as it flows away from the engine. This is particularly common around idling vehicles. Take special care when approaching or walking past idling vehicles.

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