



A MINI TRAINING SESSION FOR INJURY PREVENTION

Quick Take on Safety

Entering/Exiting Vehicles

TRAINING OVERVIEW AND OBJECTIVES

- Overview: Covers the common hazards and methods to prevent injuries when entering or exiting vehicles with an emphasis on typical passenger vehicles
- Purpose: Remind employees of hazards common to parking lots when entering/exiting vehicles to prevent injuries.
- Preparation: Read and become familiar with this Quick Take. *Change as needed to reflect procedures and personnel in your department.*
- Handouts: Quick Review of Safety: Entering/Exiting Vehicles
- Notes: Consider providing or encouraging employees to use abrasives (sand, chicken grit, etc.) to help improve traction near vehicle doors.

Entering/Exiting Vehicles

Many people sustain serious injuries from slips and falls when entering or exiting vehicles, particularly in winter. Think about your shoes when you first step out of a vehicle. They have warmed up during the drive, and when you step on the snow and ice, there is an immediate melt that occurs and creates a much slipperier surface.

Whether entering or exiting a vehicle, we are shifting the center of gravity of our bodies and need to be sure we are paying close attention to slick surfaces as that shift can be amplified, which can cause us to fall. So please pay attention. Your health and safety is important to us; we don't want you to get hurt.

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

Take these extra steps to prevent slips and falls while getting into or out of vehicles:

- Only get into or out of the vehicle when it 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 object, such as the door frame, to grab onto when entering or exiting. The door or steering wheel can move unexpectedly if you grab it 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 the vehicle while holding 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.
- Do not rush to exit. Descend slowly to avoid muscle strain and do not skip any steps or walking surfaces when getting into and out of larger vehicles.
- Park to provide adequate space to enter/exit the vehicle comfortably.
- Be aware of black ice or areas where ice or snow melts and refreezes. Occasionally the hot engines of vehicles melt the snow and ice below that 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.

Discussion Questions

- What else can we do to prevent slips, trips and falls when entering and exiting vehicles?

Entering/Exiting Vehicles Session Planning and Review

Trainer

Training
Date

Department(s)

TRAINING GOALS

- Employees are reminded of the hazards associated with entering or exiting vehicles.
- Employees know to use three points of contact when entering or exiting vehicles.
- Employees are reminded of and follow additional safety measures to reduce injuries when entering or exiting vehicles.

RESOURCES

- Step Wisely Year Round Slip, Trip and Fall Prevention campaign materials, Minnesota Counties Intergovernmental Trust, MCIT.org/step-wisely/
- Three Points of Contact campaign materials, Minnesota Counties Intergovernmental Trust, MCIT.org/step-wisely/

REVIEW

Did the training meet the stated goals?

How can the training be improved?

TRAINER COMMENTS

Attendance Record

Training Session Entering/Exiting Vehicles

Trainer

Training Date

[illegible]