[Tips that should be visualised in the illustration:]

**How do I step in and out of my truck?**

A quarter of the accidents among truck drivers occurs while stepping in or out of their truck.   
To prevent accidents, I follow these simple rules:

**Basic rule**

• I step in and out facing the cabine. So I get out backwards from the cabine.

**Support**

• I always use the fixed handle. Because the handle of the moving door, does not offer enough support.

• I seek support on three points: that is, two hands and one foot or two feet and one hand. I prefer to use two hands to hold me, if possible without having anything in my hands. I always keep at least one hand on the fixed handle.

• I climb and descend rung by rung

• I never jump out of my cab. This increases the risk of accidents with pedestrian injuries, fractures etc., because the supporting foot on uneven ground is not sufficiently stable.

**Rungs**

• I check the rungs at each maintenance inspection and sign damaged rungs immediately to management.

• I leave the first step/rung clean and free from dirt, mud, grease, ice.

**Shoes**

• I clean my shoes so I do not slip by adhering mud.

• I wear robust shoes with non-slip soles and a good distribution of weight across the sole.

**Surroundings**

• I make sure there are no obstructions in the area nor objects hanging round so I do not stumble, fall and get injuries ...