

Mounting and Dismounting

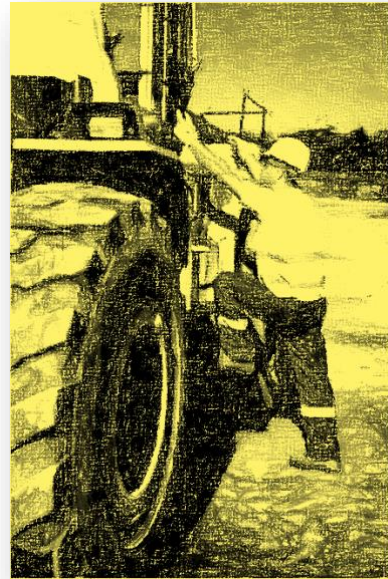
Every work day, you are mounting and dismounting vehicles, equipment and ladders.

Mounting/Dismounting is one of the most dangerous activities associated with every worksite.

The reason for this is often because of:

- rushing and not paying attention to the foot and hand placements; and
- slippery or obstructed surfaces.

Follow these principles to eliminate most of the injuries associated with mounting and dismounting.



Pause for Safety

- Hazards**
- Falling off the equipment or ladder;
 - Ankle sprains and strains;
 - Head injuries;
 - Back injuries;
 - Pinched fingers, arms and even legs; and
 - Loose clothing getting caught on equipment

PPE



Additional PPE

(Discretionary: Yours or your Supervisor's)

- Controls**
- Handholds/Handrails; and
 - Steps, rungs, platforms and ladders

Strategies

Always read the Operation and Maintenance Manual for proper mounting and dismounting procedures on vehicles and equipment. Reduce all fall hazards by eliminating the need to climb;

Inspect the ground before climbing up or down. Look before and where you step;

Always check the condition of the steps, ladders, rails and platform for debris, other material, and for damage and effectiveness that could cause slips;

Step up or down squarely, never at an angle;

Always maintain three points of contact with the vehicle, equipment and ladder;

Never carry items in your hands when mounting or dismounting. If you need to carry anything, secure the item to your back (i.e. put in a back pack) or use a rope to raise or lower the item;

Always face the vehicle, equipment or ladder;

Always close and latch gates, as required, for fall protection;

Take the time needed to properly enter and exit the equipment, do not skip steps or rungs in the ladder;

Ensure you have a solid firm grip of the handholds, rails or ladder rungs before stepping up or down; and

Never jump off vehicles, equipment, ladders, platforms or steps;

Be conscious of the clothing you wear — don't wear loose or torn clothing because it may become caught on equipment; and

Never attempt to mount/dismount from moving equipment.

Last word

Falling incidents are caused by lack of attention and over-looking details. Falls can be easily prevented by knowing your surroundings and taking your time.