

# VEHICLES AND SAFETY

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**HOW DO THEY GO  
TOGETHER?**

# WHAT DOES SAFETY MEAN?

**SAFETY – The condition of being protected from or unlikely to cause danger, risk or injury.**

**SAFETY MEANS: Complete understanding of your work. A knowledge of every step that must be taken. The realization that the mistakes could be costly to you and your company.**

**SAFETY MEANS: Good judgment. Never relying on luck. Being prepared to cope with unexpected situations. Being alert when following your routine.**

**SAFETY MEANS: Consideration for the family that depends on you, the company that employs you and for your own welfare.**

**SAFETY MEANS: Remembering the safety rules set up by your company and applying them every minute when you are on the job.**

**A single risk, might mean an accident from which you might never recover.**

**How do we ensure safety is an effective part of our company?**

# **TRAINING**

**Having an effective safety program is essential in providing a safe and accident free workplace.**

## **What is an accident?**

**An accident is an unfortunate incident that happens unexpectedly and unintentionally, typically resulting in damage or injury.**

# ACCIDENTS – cont.

**What we learn from accidents is crucial.**

- **Accident prevention is strongly based on learning from previous accidents.**
- **When accidents occur they raise awareness and understanding of things that went wrong and could perhaps go wrong again.**
- **The challenge is to learn as much as possible about the causes of accidents and near misses that have already happened in order to prevent reoccurrences.**
- **When experiences of previous incidents are translated into preventative measures an organization can help prevent accidents in the future.**

# UNDERSTANDING AN EFFECTIVE MOTOR VEHICLE SAFETY PROGRAM

- **A formal, written fleet safety policy statement is an essential component of an effective safety program. This policy statement should be the result of collaborative efforts across departments.**
- **New hire training is important, but remember it doesn't cover everything. Organizations should also place emphasis on refresher training, remedial training and ongoing (or annual) training programs.**
- **According to bureau of labor statistics, transportation incidents are the #1 cause of death in today's workplaces. In 2014 1,891 workers were killed in transportation incidents. That number represented 40% of all fatal workplace injuries. Roadway incidents and pedestrian vehicular incidents accounted for most transportation-related fatalities.**
- **We need to turn data into information and information into action.**
- **By identifying and analyzing high-probability factors that lead to crashes, organizations can develop targeted plans to reduce the risk.**
- **Leadership commitment is essential to support all aspects of workers safety. Safety professionals can bolster the chances of executive buy-in by educating and training the management team about the direct and indirect benefits of maintaining fleet safety programs.**
- **Handling post accident interviews as an organization helps establish causal factors and whether the crash was preventable.**
- **Remember we need to learn from our accidents and incidents to help prevent future occurrences.**

# ACCIDENTS IN THE TRUCKING INDUSTRY

Data collected industry wide has identified two incident types that account for a large portion of the industries accidents.

## ENTERING AND EXITING VEHICLES

- 25% of all accidents to drivers occur while entering and exiting the vehicle

## BACKING UP VEHICLES

- Statistics show that 1 out of 4 accidents involving trucks occur while the vehicle is backing up

Next I'd like to look at the two types listed above and see if we can provide some information that may help reduce these types of accidents in our workplace.

# ENTERING AND EXITING VEHICLES

## THREE POINTS OF CONTACT

- **More than 25% of all injuries to truck drivers occur while entering and exiting the vehicle.**
- **Government guidelines in place require manufacturers to provide proper hand holds and steps for entering and exiting vehicles.**
- **We need to make sure our drivers are properly trained to safely enter and exit the vehicle using hand holds and steps provided to assist in this process.**
- **The single most common cause of falls is driver error or failure to use the three points of contact rule.**
- **According to OSHA reports, truck drivers had more non-fatal injuries than any other industry. Most of those sprains and strains were caused in part by slip and falls while getting in or out of trucks.**
- **To reduce or prevent injuries the three point of contact system has been developed. This means three of four limbs are in contact with the truck at all times.**



# WHAT IS THE THREE POINT RULE?

## The Three Point Rule

- Three points of contact
- Face the vehicle
- Nothing in your hands



## Why 3 Points of Contact?



**1 Point**  
Unstable and  
Unsafe



**2 Points**  
Stable, but  
Unsafe



**3 Points**  
Stable and  
Safe

## Entering and exiting a vehicle is a routine task but if not done properly it can be one of the biggest cause of injury.

- Before entering or exiting a vehicle make sure the area is free from debris or slip hazards.
- Use extra caution in wet, snowy or icy weather conditions
- If your taking an item in the cab with you make sure to place it in the cab first. Carrying items in your hand will prevent you from maintaining THREE-POINTS of contact and can cause you to fall.
- Make sure the vehicle isn't moving, you should never attempt to climb on a moving vehicle
- Always face the truck while entering and exiting and never climb up or down backwards. It increases your risk of falling and ability to catch yourself in the event of a fall.
- Don't ever jump off a truck – landing exerts 12 times your body weight on your joints. (200lb x 12times body weight = 2400lb's of force)
- Always remember before exiting the vehicle make sure it's safe to do so by checking mirrors and making sure the area is free of obstacles.



# WHAT HAVE WE LEARNED ABOUT ENTERING AND EXITING?

The biggest cause of falls from vehicles is driver error and failure to follow the THREE-POINT rule.

The THREE-POINT system allows a person to have maximum stability and support, thereby reducing the likelihood of slipping and falling.

## DO's

- Wear shoes with good support
- Always face the cab when entering and exiting the truck
- Slow down and use extra caution in bad weather
- Get a firm grip on rails and handles with your hands
- Look for obstacles on the ground below before exiting

## DON'T

- Don't climb up or down with something in your hand
- Don't rush while ascending and descending to avoid muscle strains
- Don't ever jump out of the truck
- Don't use tires or wheel hubs as a stepping surface
- Don't become an injury statistic

**The only person who can prevent a fall is you!!!**



Falling from the truck can easily result in an injured back, shoulder or knee.



Facing the truck means better foot contact with steps and platforms.



Always use three-point of contact when entering and exiting trucks.

# ACCIDENTS WHILE IN REVERSE

- **Backing a vehicle is something drivers probably do several times a day, day in and day out without giving it a whole lot of thought. But according to the national statistics on backing accidents, it is something that drivers need to pay very close attention to from a risk management / loss control standpoint.**
- **Roughly one out of every four accidents (25%) involves backing.**
- **To give you an idea of the scope of this issue, here are some statistics from the National Highway Traffic Safety Administration (NHTSA).**
  - **Each year there are at least 500,000 backing accidents of some type.**
  - **Of the half million accidents, 15,000 include some sort of injury.**
  - **Approximately 210 people are killed annually from backing accidents.**
- **In addition to the above, the National Safety Council estimates that the average property damage caused by backing accidents is \$7,400 per event.**

# ACCIDENTS WHILE IN REVERSE

- While we drive thousands of miles going forward, have you ever stopped to consider that most drivers cover less than a mile or two per year in reverse?
- Backing up isn't easy:
  - The driver's seat faces forward making it tough to turn to look and see what's behind you.
  - Many cargo carrying vehicles create giant blind areas where you can't see.
  - Mirrors and even camera systems while helpful, can distort views and don't cover the entire area unless positioned properly.
- Unfortunately, backing accidents continue to happen and they are frustrating for everyone
- These collisions are avoidable/preventable and while most only involve simple property damage, some lead to very serious injuries or even tragic fatalities.
- Although there are new "aids" or "tools" such as camera systems and sonar systems, the only certain way for any driver to know that they have enough room to maneuver or what may be behind them is to get out and look.

**G. O. A. L.** GET  
OUT  
AND  
LOOK

# ACCIDENTS WHILE IN REVERSE

Only by looking at exact clearances on either side (and behind!) the vehicle can a driver spot what maneuvers will be needed to safely back up a vehicle.

## CONTRIBUTING FACTORS TO ACCIDENTS IN REVERSE

- Moving backwards without first looking to be sure that the area behind the vehicle is clear, no one can assume it's safe to back up.
- Improperly positioned and adjusted mirrors (line of site, minimize blind spots)
- Blind spots which can't be easily corrected with mirrors (the area directly behind large vehicles)
- Items that block the drivers view (signs, poles, shrubs, other vehicles)
- Turning while backing up a vehicle (BLIND SIDE)
- Distractions caused by bystanders, traffic, improper signaling from a spotter, ect.
- Low visibility conditions (weather, night, enclosed docks, dimly lit garages)

# TIPS TO HELP WHILE BACKING UP

- **Avoid backing up whenever possible. Drivers should plan ahead to reduce backing operations in the first place when possible.**
- **Try to position the vehicle to avoid or minimize having to back up.**
- **If backing can't be avoided, its better to back in upon arrival than to back out later while departing.**
- **Conduct a visual walk-around of the vehicle to identify potential hazards.**
- **Whenever available, use a passenger or spotter to guide you during backing operations.**
- **Minimize your distractions (turn off music and put down your cell phone so you can hear what's happening around your vehicle)**
- **Always back slowly while continuously looking and listening for signs of trouble.**
- **Continuously check all mirrors while backing.**

# **LONG-TERM SOLUTIONS TO SAFE BACKING**

- **Installation of rear-vision camera systems in vehicles eliminates rear blind spots. Investing in a rear-vision camera system for vehicles can put drivers in full visual control of the rear of a vehicle.**
- **No amount of forward-driving experience can help a driver with backing a truck or other vehicles. All drivers need to practice, practice, practice in safe surroundings until they become familiar with the way the vehicle backs up compared to the direction the steering wheel is turned.**
- **Creation and support of a company-wide training program. The program should include a driver's course to teach and review backing techniques, as well as covering equipment usage, hand signals, dangers to avoid, and other risk-lowering topics.**

# WHAT DOES IT TAKE TO PREVENT WORKPLACE ACCIDENTS?

## TEAMWORK

**Workplace safety isn't a one-person job. It takes teamwork.**

**Here are some key steps to make your teams more effective.**

- Make safety a priority - Talk about it every day and hold weekly safety meetings to discuss new information, problems, and solutions.**
- Keep your workforce informed - Make sure employees are up to date on any changes in policies, procedures, materials, hazards, and so on. Ignorance is a dangerous enemy of safety.**
- Provide excellent training. Demonstrate, discuss, practice, and review. Drills, skill building, and knowledge transfer will mold raw material with potential into a tight-knit**
- Select the right equipment - This includes both equipment like tools and machines as well as required PPE. Make sure employees know how to use equipment properly—and follow up to make sure they do.**
- Emphasize employee participation - Get employees involved in hazard detection, problem solving, and decision making. Everybody has something to contribute to a safer workplace.**
- Encourage suggestions - Employees know a lot about their jobs, and if you've trained them well, they know a lot about safety, too. Listen to their ideas for making the workplace safer.**
- Reinforce safe behavior – Give positive feedback and lots of it for safe performance, and use feedback to correct unsafe behavior.**

# **BASIC SAFETY PHILOSOPHY**

- Every incident can be avoided.
- No job is worth getting hurt for.
- Every job can and will be done safely.
- Incidents can be managed.
- Most importantly safety is everyone's responsibility.

**Tell me what risk or job is worth losing your life?**

**SAFETY DOESN'T HAPPEN BY ACCIDENT**

# **The Key To Safety Is in Your Hands.**

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