



Every year hundreds of people risk serious injury falling from vehicles. Here we outline the basic steps to prevent falls while loading and unloading vehicles.

Causes of Falls

- Slipping and falling from loads and access steps and ladders
- Broken ropes or torn sheets that cause overbalancing.
- Inappropriate footwear
- Lack of awareness and training

What do I Need to Do?

As with all work at height, there are basic steps you should take to reduce the chances of people falling and being injured.

- If you can avoid the need for work at height then do so.
- When you can't avoid working at height you must take steps to prevent falls.
- If there are any remaining risks of falls you should take steps to minimize them.

Safety Checklist

These tips will go a long way towards tackling the problem of falls from vehicles.

- Always use all equipment provided to avoid working at height if available.
- **Don't jump** from vehicles or loads.
- Report damaged, loose, or inadequate steps and handholds - ensure that steps are safe for you to use.
- **Report slippery surfaces**, such as those that are oily or greasy.
- Keep the vehicle clean and free of loose debris - avoid creating tripping hazards.
- **Wear suitable footwear** for the job.
- Ensure steps and work areas are well lit.
- Use edge protection on tail-lifts (where it is fitted).
- **Do not walk backwards** near the rear or side of the vehicle bed.
- Only use equipment such as ropes, straps, curtains, sheets, nets etc. if you can be sure it is well maintained and is in a good state of repair.

Questions for Discussion

- Before working in or on a vehicle, do you consider how to do it safely?
- What can you do to reduce the chances of falling from the vehicle you are working on?