

TOOLBOX TALK 08/60

TOPIC: FALLS FROM EQUIPMENT

OBJECTIVE: TO ENSURE WORKERS ARE SAFE FROM FALLS

Some things to know before you give your talk

There are many ways that your crew could get hurt when operating or maintaining machinery. The most common way is by falling on or from the equipment they're working with. Many workers fall but don't get hurt. Some are not so lucky.

Things you can do to prevent falls:

- Start off with a good pair of work shoes or boots, with slip resistant soles. Make sure that you scrape off any mud, grease, or oil before you start climbing onto equipment.
- Keep equipment clean. It's easy to let oil, grease, mud, tools, parts, and debris build up but this just increases the chances of falls.
- In the rain, remember that the ground that was dry when they got into the cab, may not be when they get back out.

More operators and workers are hurt simply entering or exiting equipment.

Here are some things that your crew can do to stop this problem:

- Take the time to learn where the steps, ladders, handles and grab bars are on the equipment that they operate. This is especially important if they use different equipment every day.
- If the equipment is missing handholds, grab bars or steps, they should let their supervisor know.
- Use the "3-point contact" for getting on or off equipment. This means that you always keep three points of contact with the vehicle - two feet and one hand, or two hands and one foot.
- Exit the same way you got in – facing the equipment.
- Keep your hands free. Lower tools, paperwork, or equipment before you get out of the cab or wait until you're standing on the ground before you reach for them.

Don'ts

- Don't jump from equipment.
- Don't use tyres or wheel hubs as steps.
- Don't assume that the ground outside the cab is level. Check it before you get out.

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DID YOU KNOW?

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