## Don't Fall for It

A person jumping or falling from a truck cab or trailer will hit the ground with a force of...

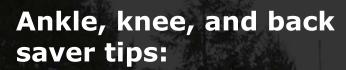
Your ankles, knees, and lower back will do the math



A person jumping or falling from a height of 4 feet would hit the ground with a force of between 7 and 12 times their body weight. For example, a 200 lb. person would hit the ground with a force of 1,400 to 2,400 lbs.

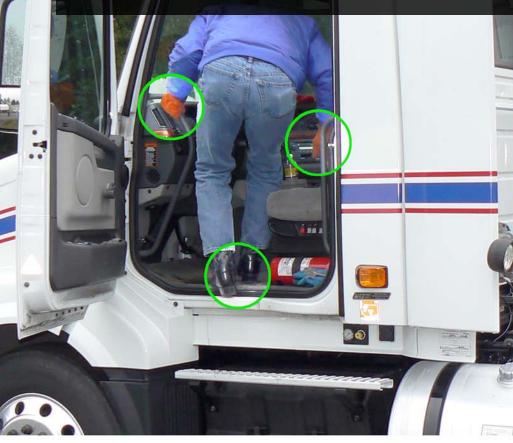
Identify it deal with it Jumping from your truck doesn't save time...

- On average, a driver will lose 11 days of work from an ankle sprain.
- The long-term effect of jumping from a vehicle is strain on the knees and back. Over time this may cause joint stiffness and pain, making everyday tasks difficult.



When entering or exiting

- Use three points of contact
- Face towards the cab
- Stay focused on the entry/exit task
- Use the steps Don't jump or slide!



These injuries don't just happen













