

Want to be a pro?

Exit your trailer like a pro!



UNPROFESSIONAL
Don't ride the door.

UNPROFESSIONAL
Don't jump!

PROFESSIONAL
Use the hand holds
and 3 points-of-
contact.

A professional truck driver is a safe truck driver — on and off the road.

- Plan your work, deliveries, and pick-ups so that you do not need to climb in or out of the trailer.
- Protect your ankles, knees, and back against injuries — never jump out or ride the door.

Visit www.KeepTruckingSafe.org for more information on how to reduce your risk of injury.

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