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## Sample General Safe Work Practice for Entering/Exiting a Motor Vehicle

Entering and exiting vehicles and equipment safely is an important step that is often overlooked. Also known as a three-point mount/dismount, this series of critical safety processes should be emphasized for employees or customers who must enter, exit, ascend, or descend vehicles or equipment. These principles should be followed when moving up or down off of a ground-level surface or a stable platform.

- 1 A three-point contact means that two hands and one foot are used to position the body for safe entry or exit. Two hands are gripping secure hand-holds or handles while one foot is safely supporting the body's weight during entry or exit.
- 2 Maintain three-point contact at all times while entering, exiting, ascending, or descending.
- 3 The three-point contact should be broken only after reaching the desired destination: ground, vehicle cab, stable platform, etc.
- 4 Do not enter and exit or ascend and descend moving equipment.
- 5 While entering or exiting, movement should be slow and steady to avoid injury from slips, falls, and striking other objects.
- 6 Enter and exit vehicles and equipment at the most direct and most secure access point, normally designed by the manufacturer for this purpose.
- 7 Only authorized, trained people should enter and exit or ascend and descend vehicles and equipment.
- 8 Other personnel must advise the vehicle or equipment operator or process supervisor of their intent to enter, exit, ascend, or descend. If a signaling system is in place, it should be used.
- 9 Employees should wear footwear appropriate for the weather conditions, access points, and other work being performed.
- 10 Loose, baggy, or bulky clothing should be worn with caution, as it may become entangled in the vehicle or equipment. It may also interfere with the access points used for entering and exiting vehicles and equipment.