



MISSISSIPPI STATE UNIVERSITY™
EXTENSION

MSU DAWG TRACKS

Believe it or not, there are multiple workers' compensation claims annually, here within MSU, from dismounting equipment incorrectly. Heeding these precautions listed below will help avoid injury to operators when mounting or dismounting their equipment.

- ✓ Always **maintain 3 points of contact** when climbing up or down equipment. Three points of contact means you're using two hands and one foot, or one hand and two feet, to support your body weight.

Doing so means not carrying items when mounting or dismounting equipment. If carrying items up and down from the cab is necessary, place the item on a bench or a ledge of the equipment and stagger step the items up or down with the extra hand while maintaining three points of contact, or you can also use a rope to raise or lower the items.



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- ✓ **Inspect the condition of steps, rails, and handholds** for damage and effectiveness. If fasteners are missing replace them and repair any bent/torn steps or rails. Keep them clean from built up mud or debris.
- ✓ **Face the vehicle**, platform or ladder when you enter or exit (unless equipment is otherwise designed & specified in owner's manual).
- ✓ **Close doors** to the equipment in case the outside grab bars are used as handles while climbing in or out.
- ✓ **Dry your hands and wipe off excess mud** from your boots for surer grips.
- ✓ **Don't use a tire, hubs or tracks as a ladder.** Do not reach for the steering wheel or other controls to pull yourself up.
- ✓ **Don't wear loose clothing or jewelry** that could catch on something.
- ✓ **Do not get in a rush skipping steps or ladder rungs.** Find an area that will provide a level surface to step down on. Check for obstacles, debris or fluids on the ground before dismounting.
- ✓ **Don't jump off the machine** onto the ground. Even if you don't slip or fall, your joints won't appreciate the impact.
- ✓ **Never try to enter or exit a piece of equipment that is moving.**

Sources:

https://www.bccsa.ca/_customelements/uploadedResources/TTSMountingandDismountingHeavyEquipment.pdf
<https://www.unitedrentals.com/project-uptime/safety/use-three-points-contact-prevent-falls#/>