

Company Name

SAFE WORK PRACTICE

PROPER MOUNTING / DISMOUNTING OF CONSTRUCTION EQUIPMENT

SPECIAL EQUIPMENT REQUIRED

None

INTRODUCTION

Each year in our construction industry, lost-time injuries occur to drivers, operators and mechanics working with construction equipment. Approximately 1/4 to 1/3 of these injuries are from getting on or getting off the machine. Bumps, cuts, sprains, fractures and fatalities occur when personnel jump down, slip, trip, or fall while attempting to climb onto or dismount from construction equipment.

PRACTICES

A review of some basic common safe work practices associated with mounting and dismounting of construction equipment can help you be aware of the hazards and reduce your risk of injury:

- Look before and where you step;
- Use every available hand – hold;
- Maintain 3-point contact;
- Step squarely, never at an angle;
- Never attempt to mount / dismount from moving equipment;
- Never jump off equipment;

Operators, drivers and maintenance personnel should familiar with proper mounting and dismounting procedures for each piece of equipment they use. Procedures should be based on basic fundamental concepts such as the three point contact.

Three point contact will be the most valuable lesson to learn in safe work procedures for mounting / dismounting of construction equipment. This can be related to ALL climbing or descending actions you may take. To do this you must at all times have contact with one hand and two feet or two hands and one foot. With this three point contact, a triangle is formed with the workers body being the center of mass. The closer together or smaller the triangle, the more stable you will be.

Due to the wide variety of equipment and machines used in construction, operators should ensure they are familiar with particular machine they will use. Dependent on manufacturer design, sufficient handholds and footholds should be provided to enable three point contact while getting on or off the machine. Handholds and footholds should be of a solid material in a fixed position. Skid resistant material on steps will aid in the prevention of slipping.

Maintenance programs should be established for all equipment and should cover at least the following provisions regarding access:

