What are we discussing today....

A crew talk on: How best to mount and dismount heavy equipment correctly

Sylvania Accidential and Dismounting and Dismountings CITY OF VANCOUVER Machinery



Things You Can Do to Reduce Injuries Due to Mounting and Dismounting

- ALWAYS refer to the Operation & Maintenance Manual for proper mount and dismount procedures
- Inspect the ground before climbing up or down. Note where feet will be placed to avoid a twisted or sprained ankle
- ALWAYS check the condition of the steps, ladders and rails for mud, water, ice, dust or any other material that could cause slips
- Always maintain three points of contact when mounting and dismounting equipment — This means always have two feet and one hand or two hands and one foot in contact with the machine at all times

Things You Can Do to Reduce Injuries Due to Mounting and Dismounting

- 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(s) 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
- ALWAYS mount and dismount while facing the equipment
- Inspect the condition of rails and guarding for damage and effectiveness
- Always close and latch gates, as required, for fall protection
- Close doors to the equipment in case the outside grab bars are used as handles while climbing in or out
- <u>DO NOT RUSH</u> Take the time needed to properly enter and exit the equipment; do not skip steps or rungs in the ladder

In Summary: Mounting and Dismounting Heavy Equipment

What s the basic rule applying to mounting and dismounting? Maintain three points of contact

When the machine has a vertical ladder, the operator should:

Find an area that will provide a level surface to step down on

Face the direction of travel

Check to ensure nothing has changed with the ladder

Maintain 3 points of contact

After maintaining 3 points of contact, it is safe to jump to the ground from the last step.

On machines equipped with vertical ladders, it is not safe for operators mounting and dismounting to carry in their hands:

Lunch bucket, Rags, tools, etc

While mounting and dismounting machines equipped with stairs, you should face:

The direction of travel

Questions or Suggestions?

If you have a question, suggestions or ideas, please don't go away without asking or mentioning it!

Mounting and Dismounting Machinery

Let's work safe and work smart, it's our responsibility....and

Thank You

