



HEALTH, SAFETY &
ENVIRONMENTAL MANUAL

4.13 Safe Work Program – Mounting and Dismounting Equipment

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SAFE WORK PROGRAM

Mounting and Dismounting Equipment

When you jump off a truck or equipment instead of climbing down, you are more likely to slip or fall—especially if the ground is icy or wet. When you climb up or down a ladder carrying tools or facing the wrong way, the risk of falling is higher. When you land on a slippery surface or uneven surface, the risk of breaking a bone or tearing a tendon is high. Because these types of injuries often have long recovery times and sometimes re-occur, they are also among the most expensive injury claims in Ontario.

To help prevent these injuries, please use these safety measures:

- Take the time to take a few extra steps. Climb down from the cab or back of the vehicle rather than jump.
- Always properly use ladders, stairs and handrails so you can safely enter and exit trucks, trailers and heavy equipment.
- When climbing up or down, always face the ladder and maintain 3-point contact—keep either two hands and one foot, or two feet and one hand on the ladder at all times.
- Keep your chest centered between the side rails of the ladder.
- Try and keep ladders and steps clear of mud, grease, snow and ice and other hazards that can cause slips, trips, or falls.
- Keep boots as clean as possible.
- Do not carry items up or down a ladder.
- Avoid distraction when mounting/dismounting. Avoid being on your phone.

