



EXITING YOUR VEHICLE

Do not exit your vehicle facing forward. It is simply common sense that if you slip, you will not be in a good position to catch yourself. But you know what, you will try and catch yourself to break your fall instinctively. You really won't even have a choice in the matter because it all happens automatically. The next thing that happens is that you pull your shoulder or twist your knee or maybe even do a header and break your neck. Don't take that chance. Exit by backing yourself out using a tree point contact. You will be safer and be able to work another day, because you were safe today!