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Accidents due to improper egress of vehicles are a common occurrence.

24% of non-crash injuries are attributed to entering and exiting vehicles.

Improper egress places dangerous strain on ankles, knees and back.

In addition to serious injuries like falls and sprains, chronic injuries to muscle and joint tissue are a persistent problem.

The proper egress technique requires 3 points of control during the entire descent; holding onto the safety handle and ensuring proper footholds.

When getting off or on equipment

- Make sure you have inspected the vehicle stair system.
- Always face the equipment and maintain three-point contact.
- Keep either two hands and one foot or two feet and one hand on the equipment at all times.
- Maintain 3 points of contact at all times until completely out or in the vehicle.
- Break three-point contact only when you reach the ground, the cab of the vehicle, or a stable platform
- Keep hands free of any contents.

Safety professionals know that proper egress technique is important, but does everyone really put it into practice?

The Egress Training System shows the employees the importance of using the proper 3 points of control technique by measuring and displaying the force on the person's body, in real time, as they exit the vehicle using both proper and improper 3 points of control techniques.

The training demonstrates the impact on the employees body due to improper vehicle egress, driving home the point that proper vehicle egress can help reduce their risk of both acute and chronic injury.

Spine and joint injuries

The high impact force of jumping down increases your risk of seriously injuring your lower back and lower limbs.

The force of landing on the ground intensifies the shock or impact load on the spinal column, which can lead to increased bone-on-bone compression forces.

Research has shown that repetitive bone-on-bone impact is a direct cause of spinal disc degeneration and other soft-tissue back injuries.

The force of landing can also cause a similar bone-on-bone effect in your joints, such as your knees and ankles

- When you jump down from the cab of a truck or the back of a trailer, you risk a slip, a fall, or a musculoskeletal injury.

- Your body must absorb the impact of the landing.

- The higher up you jump from, the greater the impact of the landing on your body. Usually it's your lower back, knees, or ankles that suffer the damage.

Slip and fall injuries

- Another risk from jumping off a trailer or from a truck cab is a slip and fall injury after the landing.
- The higher the jump distance, the higher the landing force.
- To maintain balance and prevent a slip or a fall, the contact friction between your feet and the ground must be high upon landing.
- If the friction is low, a slip or a fall can occur.
- The risk of a slip and fall injury can also increase if you land on a slippery surface such as ice, mud, or waste materials on the ground.
- Landing awkwardly on an uneven surface can lead to ankle and knee injuries from torn muscles and tendons

If you can't avoid jumping down, get as close to the ground as possible. Sitting on the edge and jumping from a seated position will lessen the impact on your body