Truck Driver Slips, Trips & Falls Checklist

Walk-around or discussion

Driver / reviewer / date

Vehicle / work area

Enter and exit deliberately

- ☐ Park and secure the vehicle before climbing. Face the cab and use its designed steps and handholds.
- ☐ Keep three points of contact: two hands and one foot, or two feet and one hand. Move one limb at a time.
- ☐ Keep hands free. Place items inside first or use an approved way to pass them; do not climb with a phone or drink in hand.
- ☐ Inspect steps and handholds for looseness, oil, mud, water, or ice. Clean or report the hazard before use.
- ☐ Look at the landing area before stepping down. Never jump from the cab, trailer, or dock.

Walk and work safely

- ☐ Use secure footwear suited to the surface. Walk around hoses, straps, uneven pavement, ice, and other obstacles.
- ☐ Use designated walkways and adequate lighting; stay clear of moving equipment and unprotected edges.
- ☐ Use approved access equipment for trailer or cargo work. Do not climb tires, unsecured freight, or improvised platforms.

Demonstration

Driver showed safe entry / exit to

Hazard reported to / date

Condition to correct / owner / target date

NIOSH: Three points of contact OSHA: Loading and unloading