

# IT REALLY HAPPENED

True Stories  
Real Truck Drivers  
Serious Injuries



## Three-Pointers Get Wins



Step van delivery drivers score big when they patiently enter and exit their cab, making three points of contact by: 1) firmly gripping the grab handle, 2) climbing all steps, and 3) having stable, balanced footing on the ground.

The basketball court isn't the only place where three-pointers help you win big! Using three points of contact when entering or exiting step van delivery trucks is always a winning play to help prevent falls. This strategy could have saved a 34-year-old delivery driver a bad ankle sprain that still keeps him off the job, today.

The driver was new to the courier company-he worked long hours with many stops to deliver his packages. Just after dropping off a parcel at a customer's house he rushed to leave for his next delivery.

Not following the three-point rule, he missed a step, lost his balance and fell backward. The driver landed with a sharp, pulsating pain-he twisted his foot and ankle!

Unable to walk, he got help at a local urgent care clinic. The exam and x-rays showed a swollen, sprained ankle. The doctor sent the driver home with an ankle brace and orders to keep pressure off his foot. Having no modified duty opportunities to keep him working, the driver remains off the job-still-and not able to drive for several months as his ankle heals.

### TIPS TO LIVE BY

#### Management

- Install and maintain anti-slip flooring or grip tape into step van cab and cargo entrances.
- Install grab handles near van doors so drivers won't grasp steering wheels, seats or other unstable objects for support.
- Train new hires and offer refreshers for your long-term drivers on how to safely enter and exit vehicles using three points of contact.

#### Drivers

- Wear all-weather slip-resistant work boots and keep the soles, tread and edges clean and serviceable.
- Every day, ensure anti-slip flooring and grab handles are secure, clean and ready-to-use.
- Don't rush, instead stay focused on floor and ground surfaces when entering and exiting your van.
- Use three points of contact when entering or exiting your van. Every time. Hold firmly onto grab handles, gaining stable, balanced footing, and climbing all steps.

#### All Employees

- Actively look for hazards and share injury prevention ideas with management.



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[KeepTruckingSafe.org](http://KeepTruckingSafe.org)

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