

# Don't Fall for It

A person jumping or falling from a truck cab or trailer will hit the ground with a force of...

**Your ankles, knees, and lower back will do the math**



**Jumping from your truck doesn't save time...**

- On average, a driver will lose 11 days of work from an ankle sprain.
- The long-term effect of jumping from a vehicle is strain on the knees and back. Over time this may cause joint stiffness and pain, making everyday tasks difficult.

## Ankle, knee, and back saver tips:

When entering or exiting

- Use three points of contact
- Face towards the cab
- Stay focused on the entry/exit task
- Use the steps – Don't jump or slide!



A person jumping or falling from a height of 4 feet would hit the ground with a force of between 7 and 12 times their body weight. For example, a 200 lb. person would hit the ground with a force of 1,400 to 2,400 lbs.

*Identify it,  
deal with it*

These injuries don't just happen

