

Your **SMART** 
SAFETY Moment

Vehicle Safety

Leave the single bounds from tall vehicles to Superman.

There are wrong ways to get out of a vehicle. Don't climb down with something in your free hand — put it on the vehicle floor and reach up for it when you get down on the ground. Don't rush to climb out — get out slowly to avoid straining a muscle. Don't ever jump out — you might land off balance or on an uneven surface and fall. Don't use the door frame or door edge as a handhold.

Don't become an injury statistic. Following these tips will help keep you from a fall that could result in injury and lost workdays

And that's smart safety!

For additional information or guidance, contact your safety office.