



Ergo Insights

Exiting your vehicle

Exit your vehicle safely to prevent possible injury

Whether your occupation involves driving a large semi truck for delivery or transporting goods or you are a real estate agent driving a car to show clients new homes, exiting your vehicle the wrong way can put you at risk for injury.

The following tips are not just for work - they should be followed when coming home from a family outing or running errands as well!



Use all steps

Don't skip steps - use each step when getting out of a large vehicle.

Three points of contact

ALWAYS keep 3 points of contact (ex. 2hands 1 foot) with the ankle.

Watch your step!

Watch out for built up ice or mud on the step of a truck. Look at the ground too. Watch out for puddles, ice, uneven surfaces or cracks in the pavement.

Don't jump out!

Jumping out of your vehicle is hard on the joints and bones. Jumping increases impact by 7 times your weight. You could injure your ankle, knee or back.





Exiting your vehicle

Backward Exit

- Use a backward exit when the vehicle seat is higher than your hip/waist height and you have to step down to reach the ground (Opposite to vehicle entry).
- Slide the seat back in order to make exiting easier.
- Support yourself with your hands on the vehicle, such as on the door or seat, or use hand-holds if available.
- Bend at the hips and knees and keep your back straight.
- Ensure one foot is always in stable contact with the vehicle.
- Step onto the runner/step first, then onto the ground.
- Maintain your hand support on the vehicle until your feet are flat and stable on the ground and you are standing upright.



Forward Exit

- Use a forward exit when the vehicle seat is lower than your hip/waist height (Opposite to vehicle entry).
- Slide the seat back in order to make exiting easier.
- Swing legs one or both at a time so that you are sitting sideways.
- Slide forward on the seat in order to secure a solid footing on the ground.
- Support yourself with your hands on the vehicle. Utilize handgrips if available.
- Maintain a straight back, bend at your hips and knees, and position one foot slightly forward of the other to stand.
- Maintain hand support on vehicle until feet are flat and stable on the ground and you are standing upright.
- Ensure runners/steps are well maintained during the winter to reduce risk of slipping.



General Recommendations

- If available, utilize the cruise control in order to relax the legs and back by sitting in an alternative position.
- Periodically, remove or adjust the partial backrest to provide your back with a change of position.
- Frequently, adjust the seat-back angle to provide your back with a change of position.
- Stretch to loosen still muscles after driving and to prepare the body for work.
- Move slowly after exiting the vehicle. Avoid sudden or extreme movement for the first few minutes.
- Limit lifting from the vehicle.

