

# INDUSTRY ALERT

## HAZARD

### *Improper dismount from log loader results in sprained ankle*

#### **What happened?**

A young worker with three months experience as a log loader operator was in a hurry to park his machine and get to lunch. After properly shutting down his machine, he stepped down from the cab with his back to the machine, holding one of the grab bars and reaching his foot down to the second step before jumping to the ground. The second step was covered in wet mud from work in the yard. He slipped as he pushed off from the slippery step and landed awkwardly on the ground in a standing position. He immediately felt pain in his right ankle. Medical examination confirmed a slight sprain.

#### **Why did it happen?**

This young worker, who was obviously in a hurry, failed to use three-point contact when he dismounted from the machine. He stepped out from midway down the access steps when he was still at least two feet from ground level, and the step was very slippery from a build-up of mud. Had he correctly used the three-point contact method, faced the machine and had both hands and one foot secured, he would have been able to steady himself when his other foot encountered the slippery step.

#### **How can it be prevented?**

- All workers must receive training and post-training evaluation and follow-up supervision in all aspects of safety training for the work they perform, including the three-point contact method of dismounting from heavy mobile machinery.
- Workers should be cautioned and reminded to avoid rushing.
- Warning decals or signs in the cab or on the door of heavy mobile machinery reminding workers to use three-point contact would be helpful.
- Falls or jumps from heavy mobile machinery are one of the leading causes of lost-time injuries among mobile equipment operators, often causing serious fractures and ligament/tendon injuries.

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