

# Training - Vehicle Fall Prevention and Mitigation Training

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# Vehicle Fall Prevention and Mitigation



- **Vehicle falls** are one of the leading causes of workplace injuries in industries involving transport and heavy machinery.
- Preventing these falls is crucial for the safety of personnel.
- This training will provide you with the knowledge to identify risks, implement safety measures, and respond effectively in case of a fall.

# Objectives of the Training



- **Understand** the common causes of vehicle falls and related incidents.
- **Learn** effective strategies to prevent falls from vehicles.
- **Know** how to implement mitigation techniques to minimise risks and injuries.
- **Promote** a safety-first mindset within your team and work environment.

# Causes of Vehicle Falls



**Slippery or Unstable Surfaces:** Surfaces like wet ground, unstable ground can lead to slips and loss of control.

**Human Error:** Lack of attention, fatigue, failing to use training techniques such as three point of contact can increase the likelihood of incidents.

**Equipment Failure:** Poorly maintained equipment or vehicle parts can lead to malfunction or breakage.

**Overloading:** Carrying excessive or unevenly distributed loads can cause instability.

**Lack of Securing:** Not using proper securing tools or methods when loading can result in falls.

# Risk Assessment

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**Hazard Identification:** Spot potential hazards related to falls in the workplace before they become issues.

**Risk Evaluation:** Determine the severity and likelihood of risks for each identified hazard.

**Regular Inspections:** Conduct daily checks to ensure that all equipment and vehicles are in good working condition.

# Preventive Measures

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**Standard Operating Procedures:** Follow industry-specific guidelines and protocols for safe operations such as three points of contact, enter and exit on approved stairs and ladders.

**Fall Protection Gear:** Use guardrails, and other fall prevention equipment when working on elevated areas.

**Communication:** Maintain clear communication with colleagues while performing tasks around vehicles.

**Loading Techniques:** Ensure loads are evenly distributed and do not exceed the vehicle's capacity.

# Safety Equipment and Tools



**Harnesses and Safety Belts:** Always use appropriate fall protection when working at heights.

**Guardrails and Safety Nets:** Install barriers where practical to prevent falls.

**Maintenance:** Regularly check and maintain equipment to ensure it meets safety standards.

# Best Practices for Mitigation



**Emergency Procedures:** Know what steps to take if a fall occurs, including who to contact and how to administer first aid. Action Huracan EMP in cases of injury.

**Injury Management:** Provide immediate first-aid response techniques for common fall-related injuries.

**Incident Reporting:** Properly document and report any fall incidents to identify areas for improvement.

**Continuous Improvement:** Regularly review and update safety protocols based on new risks or lessons learned.



# Discussion - Scenario

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**Scenario:** While you are working around a flatbed truck, strapping down pallets, you observe a new co-worker climbing onto the rear of the truck and positioning himself between a load and the side of the truck. The truck is 1.2m above ground level.

**Analysis:** Identify the potential hazard.

**Prevention:** Discuss what measures could have been taken to prevent the fall.

**Lessons Learned:** Highlight the importance of proper training and the use of safety equipment

# Role of Employees and Employers



## **Employees' Responsibilities:**

- Follow safety guidelines and procedures at all times.
- Report any hazards or unsafe conditions to supervisors.
- Participate actively in safety training sessions.

## **Employers' Responsibilities:**

- Provide adequate safety training and equipment.
- Conduct regular safety audits and risk assessments.
- Foster a culture of safety awareness in the workplace

# Review and Recap

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- **Key Takeaways:**

- Importance of risk assessment and regular equipment checks.
- Adherence to safety protocols and proper use of fall prevention equipment.
- Quick and effective response to incidents to minimise impact.

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# Question?

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# Conclusion

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- **Final Thoughts:** Remember that safety is everyone's responsibility, and even a small lapse in attention can lead to severe consequences.
- **Stay Vigilant:** Always stay alert and follow safety guidelines to prevent vehicle falls.

# Task Evaluation

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## Task Evaluation

- The student will now be shown a practical demonstration of training by demonstrating correct techniques for Fall Prevention while accessing and tying down loads on a heavy vehicle.