



## Soft Tissue Injury Prevention Tool

### Tip Sheets

**Trade:** Transportation  
**Job Task:** Heavy Haul Cab Entry/Exit

<p><b>General Tasks</b></p> <ul style="list-style-type: none"> <li>➤ Entry and Exit into Truck Cab</li> </ul>	<p><b>Common Tools</b></p> <ul style="list-style-type: none"> <li>➤ Foot Holds, Hand Holds</li> </ul>
<p><b>Potential Risk Factors</b></p> <p><i>Risk Factors can lead to increased risk for Work Related Musculoskeletal Disorders (WMSD's)</i></p> <p><b>Placement of Foot Holds</b></p> <ul style="list-style-type: none"> <li>• Height and depth of footholds can cause hyperextension of leg muscles when entering and exiting of the vehicle. Wide of the step can affect the gripping and slipping of the feet when entering and exiting the vehicle possibly causing an acute strain or sprain related incident or a strain brought on by repetitive over extension of muscles</li> </ul> <p><b>Placement of Hanholds</b></p> <ul style="list-style-type: none"> <li>• The height of the handhold can cause shoulder problems if the initial gripping height is too high in the air where the hand and arm needs to extend straight up vertically.</li> </ul> <p><b>Possible Slipping issues of the Hand and Feet</b></p> <ul style="list-style-type: none"> <li>• Placement of footholds and handholds at heights that are too high also contribute to slipping. When a driver slips they can strain muscles, tendons and ligaments that can cause an acute injury.</li> </ul>	<p><b>Possible Solutions</b></p> <p><b>Awkward Foothold and Handhold Solutions:</b></p> <ul style="list-style-type: none"> <li>• Provide for lower initial steps that do not require the upper thigh to be raised at greater than a 90 degree angle to the ground. Add footholds so that when entering and exiting the truck cab the footholds do not cause and extension of the upper thigh by greater than a 90 degree angle</li> </ul> <p><b>Foothold/Handhold Grip Solutions:</b></p> <ul style="list-style-type: none"> <li>• Increase the length of handholds or add additional handholds so that the upper arm and shoulder do not need to be extended above the height of the head of the driver.</li> </ul> <p><b>Potential Benefits</b></p> <ul style="list-style-type: none"> <li>✓ Reduces stepping reach that can lead to strain or sprain related incidence</li> <li>✓ Reduces exertion of lower back.</li> <li>✓ Reduces slipping of footholds that can lead to an acute strain related injury</li> <li>✓ Reduces gripping force requirements entering and exiting the cab</li> </ul>
	
<p><b>Feasibility</b></p> <ul style="list-style-type: none"> <li>• Engineer Control Manufacture additional custom steps. Handholds PerryCraft Grab Handles</li> <li>• Work Practice Control</li> <li>• Administrative Control</li> </ul> <p><b>Estimated Cost of Intervention</b></p> <ul style="list-style-type: none"> <li>• \$500-\$1000 for custom built steps. \$100 for handles plus installation</li> </ul>	