

Mounting and Dismounting from Vehicles

Each year, workers suffer injuries while mounting or dismounting trucks, backhoes, and other heavy equipment. These incidents often result from slips, falls, or repeated strain injuries, contributing to musculoskeletal disorders (MSDs). Proper techniques and safety measures are crucial to prevent accidents and ensure long-term health.

NCC T&D Project Leaders' Key Responsibilities

Project leaders play a critical role in ensuring safety when mounting and dismounting vehicles and equipment. Their responsibilities include:

- Implementing Safety Standards – Ensure all NCC T&D projects follow safe access requirements for equipment.
- Routine Inspections – Conduct regular site inspections to identify and mitigate slip, trip, and fall hazards.
- Training & Awareness – Provide workers with proper training on safe mounting/dismounting techniques.
- Incident Reporting & Review – Investigate and document all near misses and incidents to prevent recurrence.
- Engineering Controls – Where needed, modify equipment with grab rails, slip-resistant steps, or access ladders.

Workers' Responsibilities

Workers must take personal responsibility for their safety and follow best practices when mounting and dismounting vehicles:

- Use Three-Point Contact – Always maintain two hands and one foot (or two feet and one hand) when climbing.
- Face the Equipment – Never turn away when mounting/dismounting; always face toward the machine.
- Inspect Before Use – Check for slippery surfaces, loose steps, or debris before stepping on equipment.
- Avoid Jumping – Climb down carefully; jumping can cause serious injuries.
- Use Designated Access Points – Always enter/exit at the designated safe areas designed by the manufacturer.
- Report Hazards – Notify supervisors of any unsafe conditions immediately.

Additional Considerations for NCC T&D Projects

Working on transmission and distribution (T&D) projects involves unique risks due to terrain, weather, and sometime hilly environments. Consider the following:

- High-Risk Environments – Workers often operate on uneven or remote terrain where proper footing is critical.
- Weather Conditions – Extreme heat, dust, rain, and sandstorms can increase slip risks.
- Emergency Preparedness – Have fall protection measures in place for elevated access points.
- Proper PPE – Ensure workers wear appropriate safety footwear to reduce the risk of slips.

Key Takeaways

- Take Your Time – Assess hazards before mounting or dismounting.
- Use Three-Point Contact – Always maintain stability with two hands and one foot.
- Keep Surfaces Clean – Remove mud, or grease from steps and platforms.
- Avoid Jumping – Climb down safely instead of jumping.
- Follow Manufacturer Guidelines – Use only designated access points for mounting/dismounting.
- Report Hazards Immediately – Address and fix unsafe conditions without delay.

For more information, refer to NCC T&D's relevant IMS procedures or consult our HSE Department for expert guidance and training resources aligned with Saudi Arabian regulatory requirements.