



MOVING HEAVY EQUIPMENT

**Arkansas Workers' Compensation Commission/
Health & Safety Division**

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Moving Equipment

The best way to avoid danger from self-propelled units, such as cranes, dozers, and trucks, is to keep our eyes open and stay out of the way. The operator does his best to keep from running over anyone, but with all the commotion on the construction site, he might not see you. And don't depend on hearing a horn or alarm. A construction site, as you know, is not only busy, it's noisy.

Be especially careful when a vehicle is backing up. The operator should ask his foreman to direct him into the space, but sometimes he doesn't. So, since he can't see you, you have to watch out for him. Never take a chance and dart behind a vehicle that's backing up. If you slip and fall, you've had it.

Riding on or in Vehicles

Don't ride on any vehicles except those intended to transport you on or between jobs. This goes for the running board or drawbar of a unit, loaded trucks, or the bucket loader. Riding on the top of a load is especially dangerous. You may fall off if the load shifts or be crushed when going under low clearances. When riding in transport vehicles, keep your arms and legs inside where they belong.

Walking Beside Vehicles

Don't walk alongside moving equipment. You can be killed or injured if the vehicle slides or turns, or if the load shifts, or if you slip. Don't walk under loads on cranes or hoists. Be especially careful not to touch the frame of a crane when there are power lines in the area. If the crane touches one of them you'll be electrocuted. Remember, too, that electricity can jump several feet, depending on voltage and weather conditions. So, in addition to not touching the crane, stay well clear.

Other Equipment

Not only vehicles, but moving equipment of any kind is dangerous. If, for example, you are working on portable staging, scaffolding, or work platforms, stay off while it's being moved unless it is designed for you to be on it.

Stay Alert

Stay ahead by not getting behind (or along-side of) moving equipment. The more you're alert, the less chance you'll have of getting hurt.

Seat Belts

Seat belts prevent injuries and protect the operator, by keeping him/her inside the cab. Always wear your seatbelt where there is a possibility of the machine sliding, slipping, or rolling over. Also, seatbelts help protect the operator should the piece of equipment be struck by another vehicle, especially large trucks on roadways. Always wear your seat belt when operating heavy equipment.

Accessing and Exiting the cab

Many employee injuries occur when operators improperly access or exit the cab, as a result of slipping, or jumping down onto uneven ground. These injuries typically involve a shoulder, knee, or ankle injury. Always face the piece of equipment and maintain a 3-point contact.

2 hands and 1 foot = 3 contacts, or

2 feet and 1 hand = 3 contacts

Never jump down.

Date	Company Name	
Project Name	Meeting Location	Person Conducting Meeting

Items Discussed:

Problem Areas or Concerns:

Attendees:

Comments:
