



- 1** Ask for steps and ladders to load areas and provide suitable handholds. Steps are better than ladders as they give a more stable footing and rigid handholds are better than straps or monkey ropes.
- 2** Insist on anti-slip materials or coatings on surfaces where people will walk. Focus on materials with high microroughness, not a profiled surface like chequer plate.
- 3** All steps, including cab steps, should have even step height and be deep enough for safety boots.
- 4** On artics, ask for the fifth wheel coupling hoses to be fitted on a sliding connector block which avoids the need to climb on the fifth wheel catwalk.
- 5** Catwalks should be large enough to provide a good foothold; be level and be made of anti-slip material.
- 6** Reduce the need to work at height by specifying controls for equipment, such as refrigeration units, tail lifts and lorry cranes, at ground level.
- 7** Refrigeration plant should have controls to reduce water and ice build-up in the load area to avoid the slipping risk.

Many of these safety measures are also suitable for fitting to existing vehicles.