Falls from vehicles can break arms, legs & ankles.

Give drivers a break from breaks

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.