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| Factsheet Safe exit |
| What is it? | A video explaining how to exit a lorry safely. The easiest and fastest way to leave a lorry is to jump. However, this puts a lot of strain on the knees and may damage them. Moreover, there is a risk of falling and slipping, possibly resulting in a twisted ankle or bone fracture. |
| Who is it for? | Lorry drivers and their employers. |
| What risks are avoided?  | Slips, trips, falls and overloading the joints. |
| How do you implement it? | Drivers and their employers should watch the video to increase awareness of the risks when exiting their vehicle.  |
| Type of good practice  | Video |
| Origin  | Mediathek für Arbeitsschutz und Gesundheitsförderung, Germany |
| Type of source | Video |
| Attached media and /or useful links | [**http://www.arbeitsschutzfilm.de/mediathek/uk-hessen/sicherheit-beim-lkw-ausstieg-video\_74ea52105.html**](http://www.arbeitsschutzfilm.de/mediathek/uk-hessen/sicherheit-beim-lkw-ausstieg-video_74ea52105.html) |
| Key words | Type of sectors: transportType of tasks: driving Type of vehicle: heavy good vehicles and lorriesType of issues: entering and leaving the vehicle |
| Risk statements for OiRA | Drivers that leave the cabin of their lorry carefully, protect themselves from physical injuries, such as fractures and bruises. |