

# NRMCA Monthly Safety Initiative

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## THE LAST STEP



### The Last Step

"Houston, we have a problem." Whether it's the last step from the cab of a mixer truck or the last step from the mixer ladder, numerous injuries occur annually to mixer drivers, due to a lack of focus. Make sure you have a stable footing when releasing personal contact from the mixer truck. Jumping-off the last step is a simple, but potentially dangerous act, resulting in twisted ankles, pulled muscles, broken bones and even worse. This unsafe act costs ready mix companies greatly; but more importantly, causes pain and suffering for mixer drivers and their families.

### Is it worth it?

"One small step for man..." No giant leaps for mixer drivers. This major problem for mixer drivers has a very simple solution. When descending from a mixer truck and reaching the final step, a driver must focus on **3-points-of-contact**. While the first foot is stepping off, both hands and the other foot must remain still. Once the first foot is firmly planted, step off with your other foot while firmly holding on to the truck. Once both feet are firmly planted, remove one hand from the vehicle. Then, and only then, when firm footing has been established, should the driver remove the final hand from the mixer truck. Risking broken bones, immobility and reduced income, are hardly good reasons to save just a few seconds.



### Actions

Considerations for "last step" policies and practices:

- Think first
- Focus
- Determine hazards
- Use 3-points of contact
- Look down for the last step
- Release one hand only when both feet are firmly planted
- With balance maintained, release the final hand

### Resources

For more information on working safely around mixer trucks please follow the links below.

NRMCA: [Working Safely On and Around Mixer Trucks](#)

NRMCA: [Safety Series](#)



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