

# ON OR AROUND A VEHICLE?

**HARD  
HATS  
MUST  
BE WORN!**



**All Personnel must wear hard hats when carrying out routine duties on or around vehicles.**

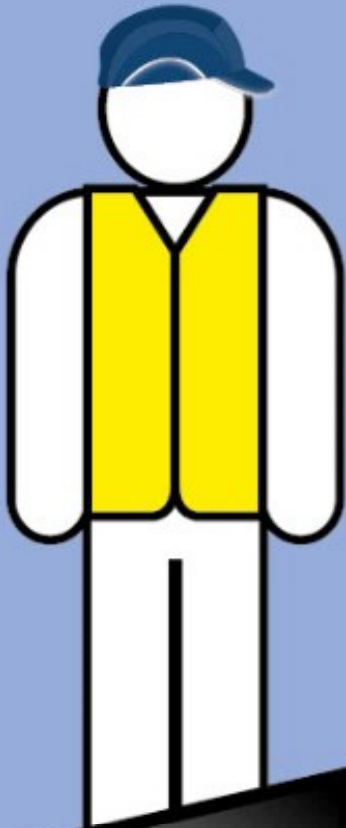
**This includes opening/closing curtains, securing loads, coupling and uncoupling procedures and all work around walking floors and swap bodies.**

**THIS IS COMPANY POLICY!**

**THINK SAFETY!**



**A NEAR MISS  
TODAY  
COULD BE AN  
ACCIDENT  
TOMORROW**



**REPORT ALL**

**NEAR MISSES!**

**THINK SAFETY!**

**MALCOLM**  
GROUP

# HEALTH & SAFETY



**YOUR**  
**RESPONSIBILITY**

**THINK SAFETY!**



# BUCKLE UP - ALWAYS WEAR YOUR LAP BELT

A lap belt is designed to stop you coming out of your seat. The seat is placed within a safety roll cage.

All forklift operatives must ensure they wear a lap belt at all times.



# PREVENT BRIDGE STRIKES

Striking a bridge with your vehicle has **SERIOUS** consequences – damage to your vehicle and loss of wages at best or even injury and death at worst! Make sure you know your load height before you leave the Depot and check it again if you have a quick turnaround on a new load.

## CHECK IT

- Your vehicle height; width; and weight
- Remember to include trailers and loaded material
- If your vehicle is higher than 5m / 16'6" plan your route with great care

## PLAN IT

- Plan your route to avoid low bridges :  
Scotland : [www.freightscotland.org/lowbridges](http://www.freightscotland.org/lowbridges) or 0800 028 1414  
England and Wales : [www.networkrail.co.uk/BridgeStrikeIncidentProtocol](http://www.networkrail.co.uk/BridgeStrikeIncidentProtocol)  
or 03457 11 41 41
- Do not use SAT NAV –it may not hold accurate bridge height information

## DO IT

- Always display the height of your vehicle in the cab as a reminder; this is the law if your vehicle is higher than 3m / 10 feet
- Always obey the height sign on bridges

**Don't risk your vehicle, a life, your job or the prospect of a jail sentence**



**THINK SAFETY!**



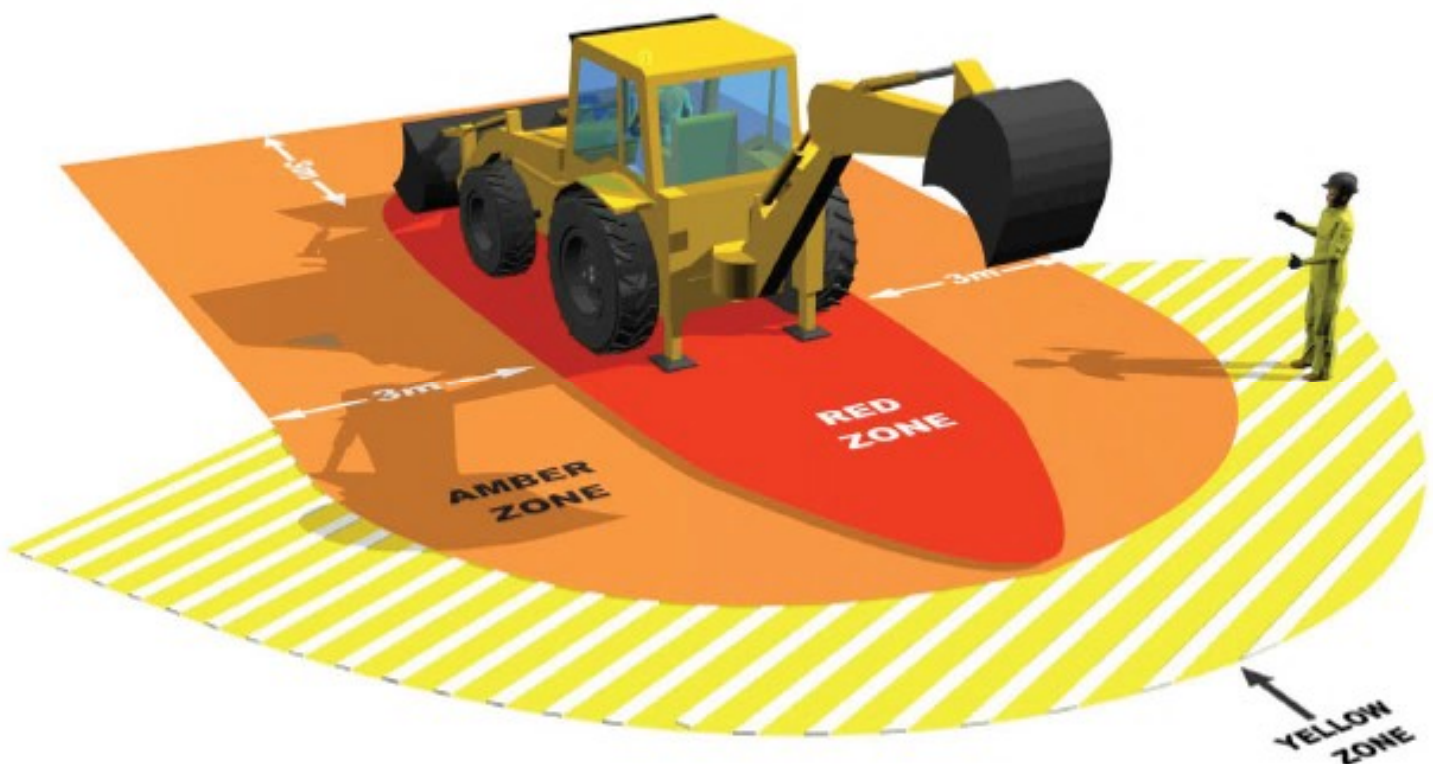
**MALCOLM**  
GROUP



## People Plant Interface

# DO YOU KNOW YOUR SAFE ZONES?

## 180 Excavator



### Plant Interface Zones

#### Yellow Zone

All personnel involved with the plant operation must remain within this zone to maintain visual contact with the plant operator.

#### Amber Zone

Entry prohibited until positive visual contact is made with the plant operator, the slew arm/hydraulics grounded and the machine is immobilised using the safety lever.

#### Red Zone

Entry prohibited unless the machine is completely isolated with the slew arm/attachment/bucket grounded, the machine immobilised using the safety lever and the engine switched off.

#### Hatched Zones

Denotes typical sight lines of the plant operator



**PREVENT ACCIDENTS TODAY**  
**RETURN TO WORK TOMORROW**

# WATCH YOUR STEP!

When you are working outdoors, it is also important to be safe.

A few simple measures can make it safer to walk outdoors in the winter:

- Plan your route and give yourself sufficient time
- Walk in designated walkways as much as possible.  
Avoid taking shortcuts over snow piles, ice patches
- Wear footwear with good treads
- Wear bright or reflective gear at night
- When walking on an icy or snowy surface, take shorter, slower steps
- If you identify an untreated area, inform your supervisor.

Practice safe winter walking.  
Walking on snow or ice causes  
many serious falls every winter,  
so watch your step.

**SAFETY IS FREE,  
USE IT GENEROUSLY.**





# SO YOU THINK YOU KNOW ABOUT SAFE COUPLING AND UNCOUPLING?

## COUPLING

### Procedure:

1. Slowly reverse tractor unit in a straight line towards the front of the trailer.
2. Apply tractor parking brake.
3. Exit tractor and ensure that trailer parking brake is applied.
4. Ensure tractor 5th wheel height is compatible with trailer rubbing plate.
5. Enter the cab & make necessary adjustments to tractor coupling height.
6. Slowly reverse the tractor unit under the trailer until 5th wheel coupling jaws engage.
7. Engage low gear and drive forward twice to ensure 5th wheel jaws have locked properly.
8. Reapply tractor parking brake. Exit the tractor unit, visually check fifth wheel / release lever position and apply locking safety clip (Dog Clip).
9. Connect all air lines and electrical leads.
10. Raise landing legs fully and stow landing handle safely.
11. Release trailer parking brake.
12. Apply Registration plate to rear of trailer.
13. Complete all pre use operational checks for the trailer.
14. Drive forward 2 metres and apply brakes to ensure brakes are working efficiently.

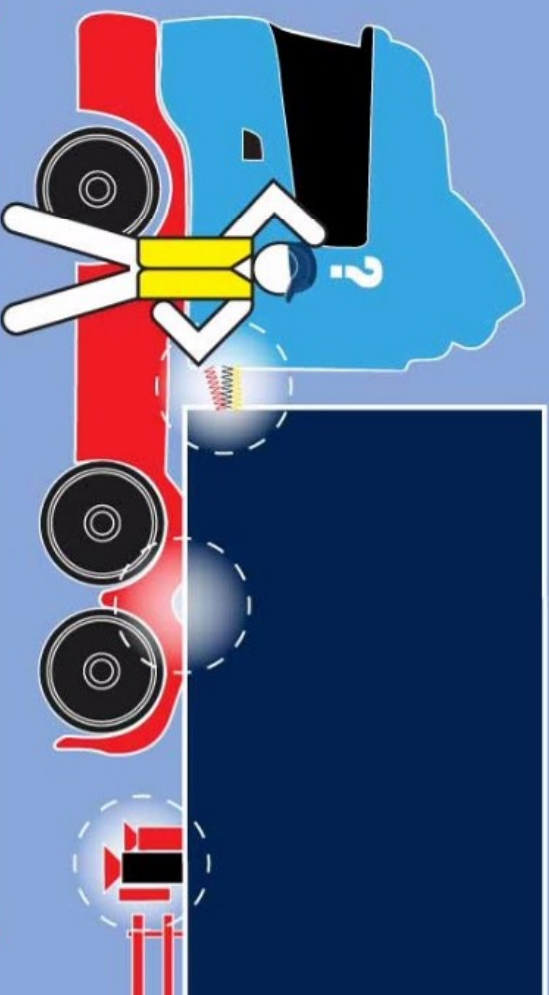
## UNCOUPLING

### Before uncoupling check that:

- Laden trailers must be parked on a solid, concrete / tarmac type surface.

### Procedure:

1. Ensure that you are parked on firm level ground and position tractor unit / trailer for uncoupling.
2. Apply tractor parking brake.
3. Exit cab & disconnect all air / electrical connections.
4. Lower landing legs to approximately 1-2 inches from the ground.
5. Ensure that the trailer parking brake is activated.
6. Remove Registration plate and stow safely.
7. Remove 5th wheel safety clip (Dog Clip) & pull 5th wheel release lever.
8. Enter tractor unit & drive forwards until 5th wheel disengages ensuring that the unit is still under the rubbing plate of the trailer.
9. Lower suspension on the tractor unit the 5th wheel is clear of the rubbing plate.
10. Drive forward slowly and reset tractor suspension ride height.



### IMPORTANT SAFETY INFORMATION:

1. If for any reason you are distracted during this procedure, go through all steps again from the start. Evidence shows distraction as a main cause of trailer detachment.
  2. At no time should vehicles be left unattended with the keys left in the ignition.
  3. Remember to use three points of contact at all times, when entering and exiting vehicle working areas.
- These procedures **MUST** be followed **EXACTLY**.

# THINK SAFETY!

