



## Watch Your Step Near Heavy Equipment

Workers who operate or work near hydraulic excavators and backhoe loaders are at risk of being struck by the machine or its components, or by excavator buckets that detach from the excavator stick, NIOSH recently warned. To prevent injuries, the agency advised operators to take the following steps:

- Use the equipment properly. Follow manufacturers' specifications and recommendations.
- Identify and label all machine controls and ensure safety features are working.
- Install and maintain equipment attachments and their operating systems according to manufacturers' specifications.
- Latch attachments securely before beginning work.
- Follow manufacturers' instructions for using positive locks on quick-disconnect equipment.
- Conduct visual and operational checks on all machine systems and operating controls before beginning work.
- Make frequent visual inspections of quick-disconnect systems.
- Use the rollover prevention structures and seat belts supplied.
- Do not exceed load capacities.
- Lower the boom to a safe position with the bucket on the ground and turn off the machine before stepping off for any reason.

For more information visit:

[www.cdc.gov/niosh/docs/wp-solutions/2004-107](http://www.cdc.gov/niosh/docs/wp-solutions/2004-107).

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