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November - December 2020

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Upcoming Events:

Board of Directors Meeting
In-person (Galva) & Virtual
November 7, 2020

ILICA Annual Meeting
Virtual
February 27, 2021

2021 ILICA CONVENTION POSTPONED, ANNUAL MEETING MOVES VIRTUAL



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WOODCHIP BIOREACTOR PARTNERSHIP HOLDS VIRTUAL FIELD DAY



(page 16-17)

Also Featured Inside:

- ▶ **The Extension Connection: Measuring Tile Drainage Flow: Not as WEIRD as You Might Think** (page 12-14)
- ▶ **NRCS State Conservation Engineer Retires** (page 14)

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PRESIDENT'S MESSAGE



I know the calendar says October, but it has sure felt like August over here in Forgottonia (it's a real place, I swear; Google it if you don't believe me)!

Yields are above average in our area and the drainage tile is going into some of the nicest working conditions we've had in a long time. Fall tile work seems to be stacking up as local farmers realize that the large April and May rains cost them a little more yield than they had thought. We have seen some shallow roots in wet areas that really impacted development when the rains shut off in August. A wise man told me once: "You pay for tile whether you have it or not!"

As we continue through these long fall working days, please keep safety a priority. It is easy to hurry through some of the small things that might keep us safe through the day. Don't forget the safety of your employees either. Sometimes they are putting in some longer hours than you because of a drive to and from work each day. They have some of the same struggles as you, but just in different ways; it is easy for me to forget that in the hustle and bustle. Take 5-10 minutes each day, stand and talk. Get a plan for the day, week, month; let them know what you are thinking...they're not mind readers, as much as we think they should be!

Stay safe and enjoy these fall days; winter is almost here!

Grant Curtis

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BOARD & MEMBERS' MEETING SCHEDULE

Unless changed by the Board during the year, the ILICA business meetings are scheduled as follows:

Nov. 7, 2020 - Regular Meeting of the Board:
 Virtual & In-Person (Galva)

Feb. 27, 2021 - Annual Meeting (Board/Members')
 Virtual

Exact location, meeting times & other details will be published in the ILICA News and sent to members via mail and/or email.



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A = absent P = present C = cancelled meeting

Area / Director	Feb	Mar	May	Aug	Sep	Nov
Pres: Grant Curtis	P	P	P	C	P	
VP: Steve Anderson	P	A	P	C	P	
1st VP: Eric Layden	P	A	P	C	P	
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Area 2 - Stuart Anderson	A	P	P	C	P	
Area 3 - Wes Litwiller	P	P	P	C	P	
Area 3 - Joe Streitmatter	P	P	P	C	P	
Area 4 - David Kennedy	P	A	P	C	P	
Area 4 - John McCoy	A	A	P	C	A	
Area 5 - Vacant	-	-	-	-	-	
Area 6 - Scott Day	P	P	P	C	P	
Area 6 - Bill Dean	P	A	P	C	A	
Area 7 - Vacant	-	-	-	-	-	
Area 8 - Norm Kocher	A	A	A	C	A	
Area 8 - Tom Beyers	P	A	P	C	P	
Associate Dir: D. Randolph	P	A	P	C	P	

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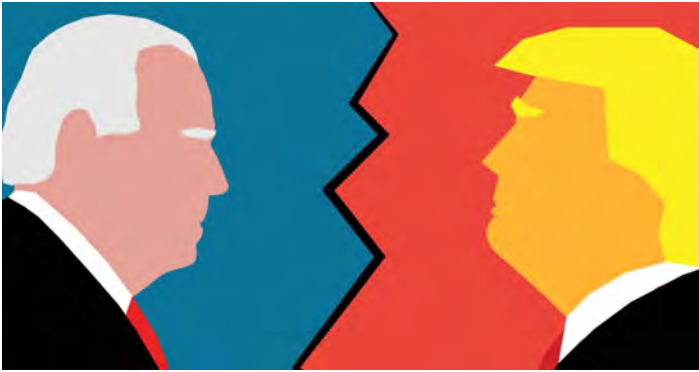
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BENEATH ALL THE NOISE: BIDEN & TRUMP INFRASTRUCTURE POLICIES



By Nick Yaksich

Director of Government Relations, National LICA

President Trump and former Vice President Biden are inundating the airways with their views on critical issues like the economy, COVID 19 response and the future direction they want to lead the country. For the construction industry, both candidates and their platform statements touch on construction issues that are of great importance to land improvement contractors. Below is a summary of what the candidates have stated on the record about construction related issues.

Overall Infrastructure Investment

Biden: \$2 trillion, mostly federal, over four years.

Trump: \$1 trillion federal investment over 10 years.

Funding Source

Neither candidate provides a specific source for infrastructure investment.

Basic Infrastructure Plan

Biden: Funds would be targeted towards “far-reaching investments” in infrastructure, auto industry, power sector, buildings, housing, innovation, agriculture and conservation and environmental justice.

Trump: Proposes 10-year reauthorization of current highway and transit federal program with additional investments of Build Infrastructure Grants, Moving America’s Freight Safely, Bridge Rebuilding program, Revitalizing Rural America’s program and Transit State of Good Repair Sprint Program.

Regulatory, Streamlining & Efficiency

Biden: Includes “a series of policies to build worker power to raise wages and secure stronger benefits” including expansions in union representation and collective bargaining. Maintains Davis-Bacon, Project Labor Agreements, and strengthens Buy America requirements. Proposes to “promote faster and easier permitting” for projects on existing rights-of-way.

Trump: Proposals to streamline and expedite project delivery, including NEPA reform and establishing a “One Agency, One Decision” environmental review structure.

Climate and Resiliency

Biden:

- Encourages the production and purchase of clean automobiles through consumer rebates and targeting incentives for zero-emissions vehicles
- Pledges major public investments in clean automobile infrastructure including 500,000 electric vehicle charging stations
- Accelerates R&D for electric vehicles through direct subsidies
- Establishes fuel economy standards
- Marshals historic investment in energy efficiency, clean energy, and electrical systems through direct federal spending, tax incentives, and innovative financing mechanisms
- Pledges to create a new Advanced Research Projects Agency on Climate (ARPA-C) to achieve a 100% clean energy target
- Create a Civilian Climate Corp

Trump: Does not specifically address.

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See Rick's story at ads-pipe.com/stories.



ILICA Ladies Page

4 Ways You Can Give Back This Holiday Season

It's easy to get so caught up in both the joys and obligations of the holidays that we don't make time for things that are personally fulfilling...things like supporting the causes we believe in! The fact is, each of us can make a difference right now. Here are four great ideas for helping to change the world – and spreading a little holiday cheer at the same time.



1. Instead of a tie for dad or earrings for mom, make a financial donation in their honor!

Why waste precious time searching for the perfect gift for the person who has everything? A gift “in honor of” a loved one shows them you care, while helping make a

difference for a worthy cause. Be it \$20 or \$50 or \$100, financial donations of all sizes give non-profit organizations the most flexibility to respond when challenges arise. Whether it's the Red Cross responding to a home fire on a cold winter's night or your local animal shelter overwhelmed by unwanted “Christmas puppies”, having money in the bank empowers them to take immediate action. Donating is quick and easy: most organizations accept donations online (and the Red Cross will even send a card or ecard to your honoree to let them know about your gift when you donate online).



2. Feeling like the holidays are too material? Take time to volunteer!

Do you worry that your kids are too focused on getting gifts and not thinking about others during this season? Help restore the balance by choosing a volunteer activity for your family. Volunteers

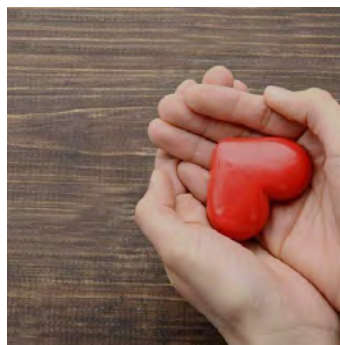
extend the reach and bandwidth of a non-profit's staff, making the entire organization more effective. Volunteering is personally enriching, too: volunteers can grow in empathy, develop new skills, and make friends. Your family can help deliver holiday meals to senior citizens, or wrap toys that have been donated for underprivileged kids.



3. Share the spirit by getting your entire network involved in fundraising!

So budgets are tight with all the gifts you have to buy, and you're too overscheduled to be able to volunteer. But you're a sociable person with a network of friends, family and colleagues and you're always looking for ways to

bring them together. Be the catalyst that motivates your social network to support a great cause! The Red Cross makes it easy to hold an online fundraiser – simply set a goal, tell everyone why you're fundraising, then put your network to work! For a more analog approach, have your friends and acquaintances sponsor you in a charity ice skate-a-thon or – if you're generous and brave – a polar plunge! Fundraising among your social network is a one-two punch of raising awareness of an issue that's close to your heart while multiplying your financial impact beyond what you could achieve from your own budget.



4. The best gift may be the one you give of yourself!

Sometimes the most needed gift isn't money or time but something more personal and precious. By donating blood or platelets you can literally save lives – restoring holiday joy to the family of an ill or injured person. Another way

to be a lifesaver is by getting certified in CPR – online and in-person courses make it easy to fit into your schedule, and you'll be ready to give back when help is needed. Heading to the salon before your holiday parties? You could help ease a cancer patient's fight by donating long hair for a custom wig. And please consider signing that organ donor card if you haven't already. Whichever you choose, you'll experience the magic of giving to someone when they need it most.

Source: Reprinted with permission from the American Red Cross:

<https://www.redcross.org/donations/ways-to-donate/4-ways-you-can-give-back-this-holiday-season.html>

2021 ILICA CONVENTION POSTPONED, ANNUAL MEETING MOVES VIRTUAL

Over six months ago, the Convention Committee met via conference call in May to discuss possible 2022 Convention locations and venues, a full year and a half in advance of the event per their committee goal. It was during this call that the conversation took a very surprising and very forward-looking turn; someone mentioned the possibility that our 2021 Convention may be forced to transition to another format or be cancelled altogether due to COVID 19 impacts and that that should likely be the focus of our current convention discussions. Four months later, after further analysis and countless conversations, the Convention Committee came to the decision to postpone the 2021 Convention, as they had foreshadowed.

While the Convention Committee did not come to their decision lightly, especially with the 2021 Convention already contracted back in 2019 for February 24-27, 2021 at the Crowne Plaza in Springfield, IL, their final determination took into account a few main points.

Member safety and security have been at the heart of all ILICA conversations, particularly as they have applied to hosting in-person events during the COVID 19 pandemic. While there is no doubt that our members, and the general public, have varying views about the disease, its impacts, and its severity, ILICA does not want to put any member in a situation where they are uncomfortable with their surroundings or where they may have an increased exposure risk to the disease.

Event income and attendance are regular items of discussion amongst the Convention Committee on an annual basis. However, this year's discussions were punctuated with endless question marks. Certainly, no one owns a crystal ball (please email ryan@illica.net immediately if you do), but many ILICA chapters have already been experiencing travel bans and work-from-home restrictions that have impacted their sponsors' ability to travel and to support their events. Additionally, ILICA can implement and enforce every COVID 19 guideline recommended or mandated at an event, but realistically we will still have some members uncomfortable with attending in-person events at this time; and that's okay! On the other hand, a virtual event designed to contain all the components of our tradi-

tional, in-person convention that we love just didn't seem to make sense for our group; that's not to mention the cost involved with these platforms which can run tens of thousands of dollars.

Finally, the Crowne Plaza's ability to host our event in February 2021 given the state's current restrictions appeared questionable. As of September, the hotel had already postponed all their larger 2020 events through the end of the year. Their staffing levels were at minimal capacity, and they had no indication of when they would be bringing staff back, let alone at what level. Furthermore, Crowne Plaza is adhering to a 90 day COVID 19 clause/policy that states any contracted event cannot be cancelled before that timeframe due to COVID 19. This means, if we decided to continue to pursue our 2021 Convention and were not able to host the event in the end due to increased COVID restrictions, the hotel's inability to meet staff requirements, etc., we would only have 3 months to pivot to another event or cancel entirely. Generally, this is problematic for convention planning when event correspondence, registration, and sponsorship are developed and sent to members 4-5 months in advance of the event.

Ultimately, the Convention Committee decided to postpone the 2021 Convention for one year, effectively extending our contract with the Crowne Plaza to a February 2-5, 2022 Convention. Per our Bylaws, ILICA is required to hold an annual meeting of the members each year. To meet this requirement, it was decided to move our annual members' meeting to a virtual meeting via Zoom for the purposes of electing leadership, passing along the previous year's committee reports, and addressing other necessary business. At this time, the virtual annual members' meeting, board meeting and reorganizational board meetings will be held on February 27, 2021. Meeting notices will be mailed to members sometime in January. For those members still seeking education content and/or trade show style interaction before 2022, various ILICA committees are working on a spring safety workshop series across the state focusing on 10hr OSHA, flagger & CPR certification, as well as an outdoor summer exposition event...stay healthy & stay tuned!





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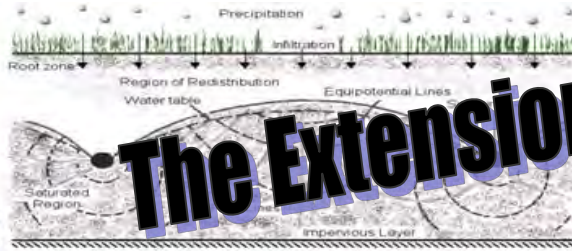
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The Extension Connection

Source: Dr. Laura Christianson, PE

Department of Crop Sciences, University of Illinois at Champaign-Urbana

MEASURING TILE DRAINAGE FLOW: NOT AS WEIRD AS YOU MIGHT THINK

Measuring the flow rate and amount of flow passing through drainage systems can be important for a number of reasons including helping determine the effectiveness of conservation practices like controlled drainage or woodchip bioreactors. But how is it possible to measure drainage flow rates given tile pipes are several feet underground and located in remote areas generally without access to electricity? A flow meter might come to mind, but this option usually won't work due to the lack of pressurized flow in tile pipes necessary for most inline flow meters. Enter one of the most common tile drainage flow monitoring methods: use of a control structure stop log as a weir.

Weirs are commonly used for flow measurement in many water applications and are simply defined as obstructions placed in a channel or flow path over which water flows and can be measured. The basic theory of how a weir works is that different depths of water flowing over the weir are correlated with different flow rates using an equation. In technical terms, this equation is called a stage-discharge relationship. Stage is a different way to say water depth or water surface level. Flow rates themselves are difficult to measure directly in open channels (or in tile pipes), but water depth is not as difficult to measure,

especially if one wants continuous measurements. Therein lies the simplicity of this approach of using weirs for water flow measurement; it is the water depth (stage) that is measured in the field, and then this is related to flow rate (discharge) using a predetermined equation. Two important weir terms are the "crest" which is the point that water flows over the weir and the "nappe" which is the sheet or curtain of flowing water (Figure 1). There is a variety of weir shapes, such as rectangular or V-notch (Figure 2), and each weir shape and size has its own equation to calculate flow rate.

In a tile drainage application, a normal stop log (AKA flash-board riser, drop chute, plate) in an inline control structure can act as a rectangular weir and can be used with a pre-calibrated stage-discharge equation to calculate drainage flow rate (Figure 3). For research, a water depth sensor (often called a "pressure transducer") is placed in the upstream chamber of the control structure to continuously record the entire depth of water standing behind the stop logs. This could also be measured manually by hand. The weir height (that is, the total height of the stop logs from the bottom of the control structure) is then subtracted from that water depth. This subtraction gives the depth of water that is flowing over the top stop log. It is that

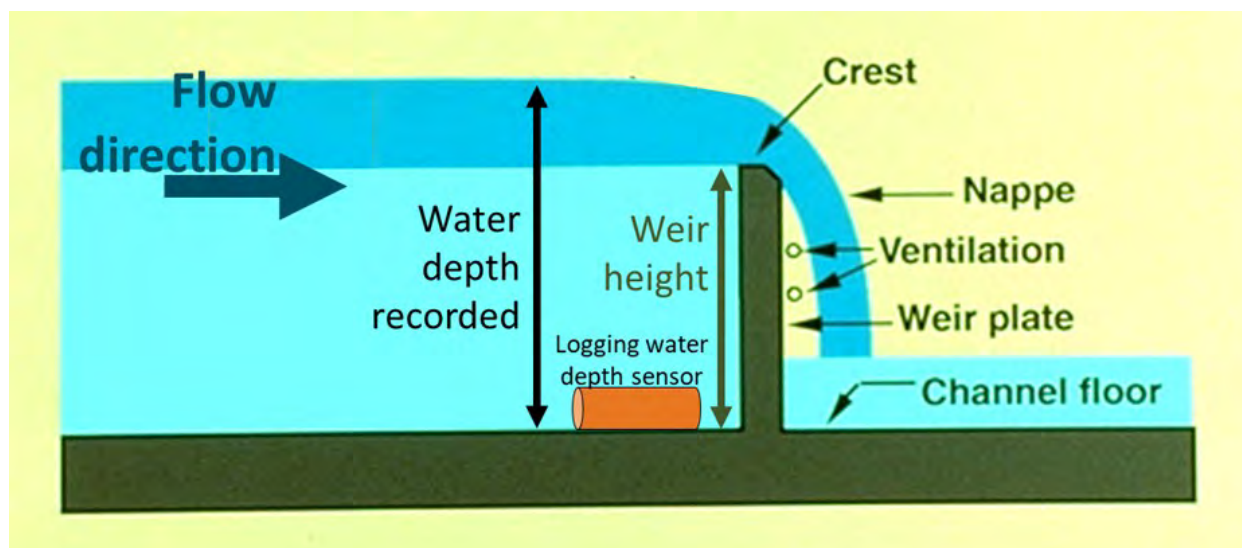


Figure 1. Weirs are obstructions purposefully placed in a flow path to measure water flow. In this illustration, the water depth sensor continuously logs the water depth so the flow rate over the weir can be calculated. Adapted from: CC Lynch and Associates, *The Water Monitoring People*: <https://www.cclynch.com/criteria-for-proper-weir-design/>

The Extension Connection (cont.)

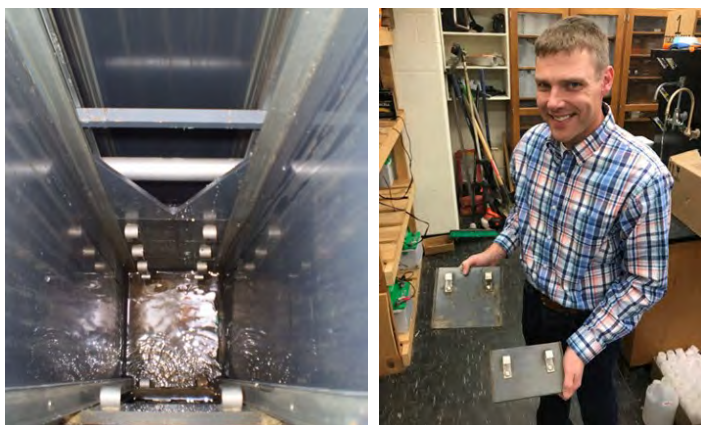


Figure 2. (Left) View looking downward at a V-notch weir stop log in a control structure. The water is not high enough to be flowing over the weir. (Right) Example of conventional inline control structure stop logs that can function as rectangular weirs because their tops are flat like a rectangle.

water depth that correlates to the flow rate that is being calculated. This is the water that is actually leaving the field in the tile pipe. If you have access to a tile outlet, small weirs can also be placed directly in the outlet pipe rather than in a control structure.

Flow equations have been developed for many common drainage control structures and their stop logs. Much of this work has been done at the University of Illinois by Dr. Richard Cooke and collaborators. For these tests, the control structure and associated stop logs were set-up in the lab and different flow rates were run through the control structure while the water height in the control structure was simultaneously measured. This testing allows development of graphs like Figure 5 that show as the water depth over the top of the stop log increases on the horizontal X axis, the water flow rate also increases on the vertical Y axis.

Chun and Cooke (2008) developed flow rate equations for AgriDrain inline water level control structures sized for drainage pipes ranging from 6 to 24 inches when regular flat stop logs (rectangular weirs) are used. These equations varied by control structure size, water depth, and flow rate. The equations for 6 inch structures are:

$$Q = 3.19924 * (L - 0.437 * H) * H^{1.48} \quad H \leq 0.44L \quad (1)$$

$$Q = 3.3268 * L * H^{1.20} \quad H > 0.44L \quad (2)$$

where Q = flow rate (gallons per minute), L = width of the stop log (inches), and H = flow depth above the stop log (inches). For 8 to 24 inch structures, the equations are:

$$Q = 3.19924 * (L - 0.74 * H) * H^{1.48} \quad H \leq 0.27L \quad (3)$$

$$Q = 3.0318 * L * H^{1.37} \quad H > 0.27L \quad (4)$$

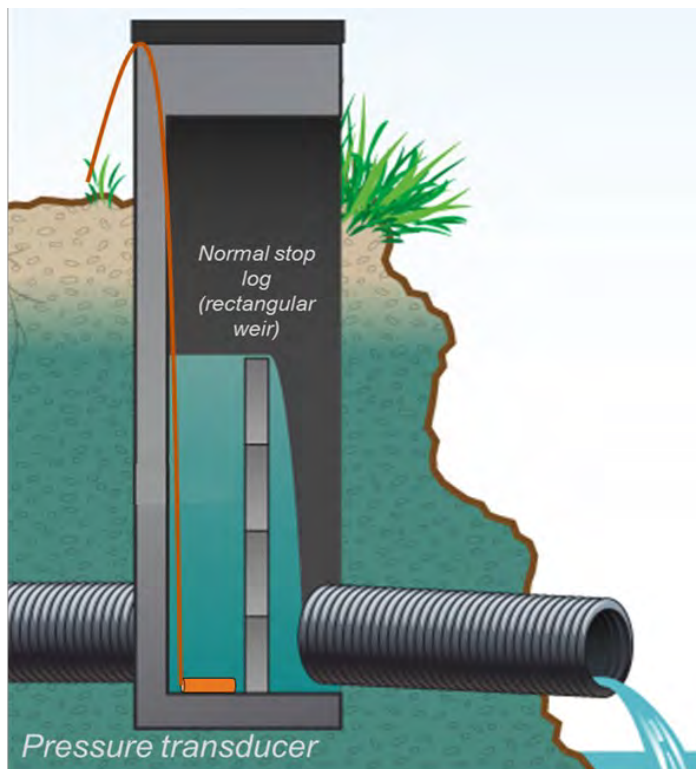


Figure 3. Example of how a control structure stop log can be used as a weir with a water depth sensor (pressure transducer) deployed to continuously record the water depth behind the weir. In this case, the control structure is also set to allow controlled drainage in the field.

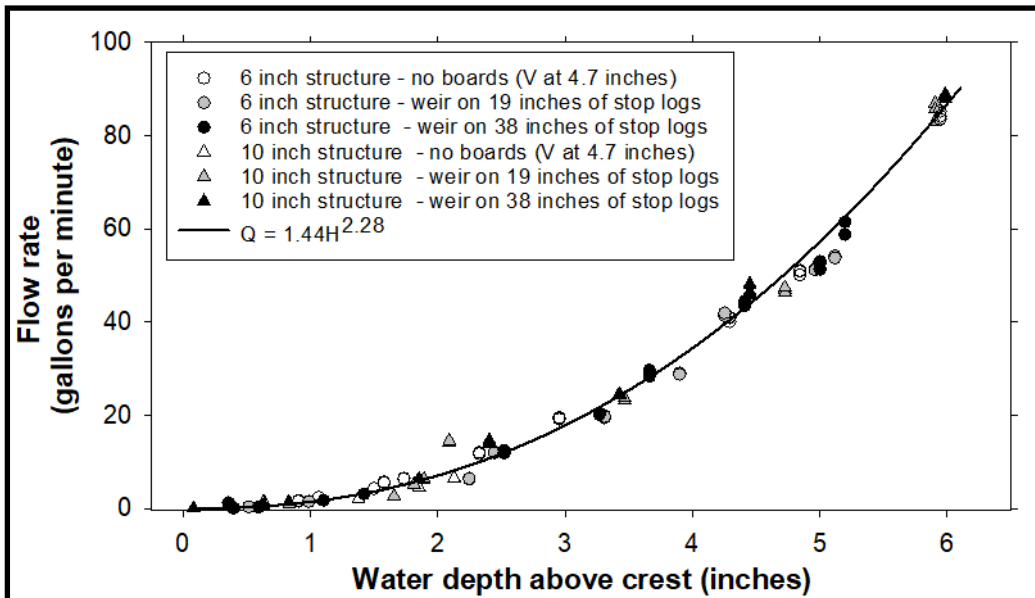
with the symbols similarly defined. V-notch weirs are often used for drainage flow monitoring purposes because they can increase accuracy especially at low flow rates. The equation for the specific V-notch weir stop log being tested in Figure 5 is:

$$Q = aHb = 1.44H^{2.28} \quad (5)$$

where Q = flow rate (gallons per minute) and H = flow depth above the weir crest (inches). The a and b are calibration parameters, which can change depending on the weir. This means the numbers in equation 9 are specific to the tested weir.

Use of pre-calibrated weirs, water depth sensors, and simple stage-discharge equations provides a practical and reliable water flow monitoring method for tile drainage. Given one of the most common needs to monitor tile drainage flow is at conservation practices, and most drainage conservation practices already require use of a control structure in some way (for example, controlled drainage, bioreactors, saturated buffers, wetlands), little extra infrastructure is required for this monitoring method. For more information, access the two publications listed below or contact the author.

The Extension Connection (cont.)



References:

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2008. Technical Note: Calibrating Agridrain Water level control structures using generalized weir and orifice equations. *Applied Engineering in Agriculture* 24(5), 595-602.
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Figure 5. Stainless steel-edged V-notch weir stop log calibration for 6 and 10 inch inline water level control structures with the weir placed on 0 (structure bottom, no other stop log boards), 19, or 38 inches of stop logs. Adapted from Christianson et al. (2019)

NRCS STATE CONSERVATION ENGINEER RETIRES



Ruth Book stands below a stained glass window she designed and built at the IL NRCS State Office

By Paige Buck
Public Affairs Officer,
USDA NRCS

September, 2020 marked a time of change for the NRCS engineering team in the state office. Ruth Book retired at the end of the month, having served as our State Conservation Engineer since 2007. It seems like such a short time since Ruth joined NRCS in September, 2000 – but here we are 20 years down the road. She enjoyed her time with NRCS, work-

ing alongside all the staff, and all the essential conservation partners here in Illinois. Ruth brought a strong passion for conservation, a commitment to high standards, and expert

technical skills to the job. Ruth's next chapter is focused around family. With COVID hitting Los Angeles hard, her daughter and her family are temporarily moving to Illinois, and Ruth and husband Tom will be providing day care for their granddaughter. She'll be celebrating her second birthday in October, so they have that to look forward to. As you can see, Ruth will not be sitting around wondering what to do with her time! The skills and expertise required for looking after a two-year old might be even more challenging than overseeing engineering teams and complex structural designs. But there is no doubt that Ruth is up to the task.

Ruth leaves us all in good hands with Acting SCE, Matt Robert, and the rest of the NRCS Engineering team. Ruth sends her thanks to the Illinois Land Improvement Contractors Association for all the good things you've been a part of with the Illinois NRCS and with so many Illinois farmers who want to do the right thing on their land.

###

Ruth has been a strong conservation partner and friend of Illinois LICA for many years. We congratulate her on retirement and thank her for her leadership and support to our Association and conservation in Illinois.

PRECISION CONSERVATION MANAGEMENT (PCM) PROGRAM RECEIVES USDA RCPP RENEWAL

Precision Conservation Management, the premiere conservation program of the Illinois Corn Growers Association, received a renewal from the United States Department of Agriculture's – Natural Resources Conservation Service (USDA-NRCS), Regional Conservation Partnership Program (RCPP) – one of only a few in the nation to do so.

Under the RCPP, PCM has now secured over \$10 million dollars in federal funding to support local Illinois farmers as they work to implement conservation practices on their farms. The RCPP funding renewal awarded to PCM will be available to support farmers through 2026.

"Farmers are interested in investing in their farms and in the environment but trying something new that requires its own investment and may or may not work out financially is a risky situation, especially in today's difficult ag economy. This RCPP renewal gives PCM farmers access to funds that will offset that risk and get them started trying out a new conservation management technique," said PCM Director Travis Deppe.

In 2019, the program funded approximately 100,000 acres of conservation practices in Illinois, superseding their goal by 20,000 acres.

According to State Conservationist Ivan Dozier, "I'm glad we have programs like RCPP that give us greater flexibility to work with partners by leveraging resources and focusing on issues. Our goal is to help farmers do the right thing that fits their farm, their soils, and their land. I am pleased with the interest and activity in PCM and the impact this program will have here in Illinois and beyond."

"Having access to these dollars makes all the difference when I'm talking to farmers and trying to help them understand what implementing a new conservation program might entail," said Clay Bess, PCM Conservation Specialist. "Farmers that worked with us over the last five years reported that offsetting their risk was a key decision point when they considered joining our program."

PCM has secured over
\$10 million
in federal funding
available to support
farmers through
2026
www.ilcorn.org

"What makes PCM different from other programs is that they are considering the financial impact to the farmer for each practice. Yes, I want my farm to be in the best environmental shape it can be and I want it to have great soils and minimal erosion, but I have to know that practices pan out financially for me to try something new. It's a tough economic climate in ag today and sustainability also means that I'm financially stable enough to pass something on to my kids," said Tim Mohr, PCM farmer from Allerton, IL.

###

Illinois LICA congratulates IL Corn on their RCPP renewal. We are excited to once again be a committed partner of their PCM RCPP and look forward to providing in-kind technical assistance, outreach, and education.

Source: <https://www.ilcorn.org/news-and-media/current-news/article/2020/10/precision-conservation-management-program-receives-usda-rcpp-renewal>

LICA MISSION

To promote, perpetuate, and
improve the proper use of our
natural resources for the
benefit of all

WOODCHIP BIOREACTOR PARTNERSHIP HOLDS VIRTUAL FIELD DAY

In keeping with its goal to install at least five woodchip bioreactors across the state beginning in 2017, the Woodchip Bioreactor Partnership, comprised of Illinois Farm Bureau, Illinois LICA, IL Natural Resources Conservation Service, and the University of Illinois' College of ACES, completed its third bioreactor installation on September 21st. Given the statewide COVID 19 restrictions, the planned field day event was closed to the public and instead transformed into a virtual field day through video documentation of the practice construction.

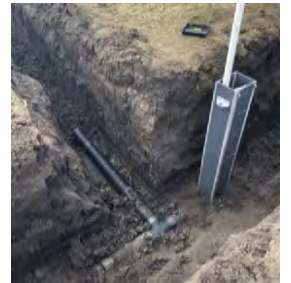
The 11' x 44' woodchip bioreactor was installed just east of Galva, IL on the Corkill family farm, treating approximately 18 acres of pattern tile drainage for nitrate removal. The project was completed over roughly two days under the lead of contractor member David Johnston, Johnston Land Improvement, on behalf of Illinois LICA. This particular NRCS designed bioreactor marked the first soil capped bioreactor installed by Illinois LICA. It also happens to be the fourth bioreactor in Henry County, of which two were installed through the Woodchip Bioreactor Partnership and two were installed by Johnston Land Improvement. While the partnership typically cost shares on these practices up to a certain percentage, this particular bioreactor was fully funded through the NRCS's Conservation Stewardship Program (CSP).

This event marked the ninth and final Nutrient Stewardship Virtual Field Day of 2020 for Illinois Farm Bureau, who has helped implement and document nutrient stewardship practices across the state this year including bioreactors, cover crops, nitrogen & manure management, and more. To view this particular virtual field day, and the others, visit IFB's website at <https://www.ilfb.org/take-action/current-priorities/protecting-our-environment/nutrient-stewardship-virtual-field-days/henry-county-farm-bureau/>

Illinois LICA would like to thank the Corkill Family, our partners, and Johnston Land Improvement for their efforts to implement this edge of field practice, improving water quality here in Illinois. We also would like to thank our Associate member donors that supported this project with their quality products and allowed us to continue to show in-kind support to our conservation partners: Agri Drain Corp.; Fratco, Inc.; Xylem, LTD.



WOODCHIP BIOREACTOR PARTNERSHIP HOLDS VIRTUAL FIELD DAY (CONT.)





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CALENDAR OF EVENTS

Illinois

Board of Directors Meeting November 7, 2020

Board & committee meetings held in-person & virtually

In-person: Crescent City Tap
336 Front St., Galva, IL 61434

Virtual Zoom meeting:

<https://us02web.zoom.us/j/9759547353?pwd=c1ZPcjFhSTBTYjhXeERNZnFRTXdOZz09>

Committee meetings: 9 am - 12 pm
Board Meeting: 1 pm

2021 ILICA Annual Mtg. February 27, 2021 (Virtual Business Meetings Only)

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SAFETY FEATURE: MAINTAIN THREE-POINT CONTACT TO PREVENT FALLS

Mounting or dismounting a large truck or piece of equipment without hurting yourself seems simple, but many accidents involve this type of injury. The best way to prevent falling while getting into or out of a truck, tractor cab or heavy equipment is to follow the three-point contact system.

The Three-point Contact System

Three-point contact is exactly that: three of your four limbs are in contact with the vehicle at all times. That can be two hands and one foot, or two feet and one hand.

No matter what type of access system available on your vehicle or equipment, the three-point system will significantly reduce the chance of a slip or fall because it allows you to maintain maximum stability and support when entering and exiting the equipment. The three points work to form a triangle, distributing your body's weight at the center.

Remember, the only person who can prevent a fall is you. Here are some simple do's and don'ts to follow when entering or exiting a large vehicle or other construction equipment to avoid injury.

Do's

- Always exit and enter your vehicle facing the cab.
- Slow down and use extra caution in bad weather.
- Get a firm grip on rails or handles with your hands.
- Use parts designed by the manufacturer for mounting and dismounting. This includes steps, running boards, traction strips, footholds, handgrips, etc.
- Look below for obstacles on the ground before exiting.
- Wear safe non-slip shoes with good support.
- Clean your shoes off; mud, grease and oil can cause you to slip.
- Inspect hand holds and ladders/rungs to ensure they are in good condition.
- Only climb on and off when the equipment is stationary.

Don'ts

- Never carry anything with your free hand when mounting or dismounting. Put the object on the vehicle floor and reach up for it when you get down on the ground.
- Don't rush to climb out of your vehicle or machinery after a long period of sitting. Climb down slowly to avoid straining a muscle or losing your balance.

- Never jump out of construction equipment or vehicles. You may land off balance or on an uneven surface and fall.
- Don't use tires, wheel hubs or machine tracks as a step surface.
- Do not use door frames, door edges or door handles as a handhold.

Familiarize yourself with these do's and don'ts, and always maintain three-point contact when entering or exiting a large truck or heavy construction equipment.



Discussion Date: _____

Employee Participants



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