

SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

Preventing Falls with Three-point Contact

Mounting or dismounting a large truck or piece of equipment is something you may do every day. And doing this 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 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 your vehicle or equipment has available, 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. To avoid injury, here are some simple do's and don'ts to follow when entering or exiting a large vehicle or other transportation equipment.

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 handholds 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 transportation equipment or vehicles. You may land off balance or on an uneven surface and fall.
- Don't use tires or wheel hubs as a step surface.
- Do not use door frames, door edges or door handles as a handhold.