



# RISK REMINDER

October 2020

Name: \_\_\_\_\_ Company: \_\_\_\_\_

## Using Three Points of Contact

One way to reduce or prevent injury while entering or exiting a vehicle is to use “three points of contact” when entering and exiting a vehicle. The three points of contact means three of four limbs are in contact with the vehicle at all times (two hands and one foot, or two feet and one hand, etc..).

The “three-points of contact” form a triangle of anchor points, which changes in form when mounting or dismounting a vehicle. Employees have the most stability when the center of the triangle is closest to their center of gravity. Sideways movement should be avoided since it creates an imbalance of weight distribution.

Here are some helpful tips for entering and exiting a vehicle:

- Always use the three point of contact system.
- Look at the ground for any hazards (water puddles, holes, objects, etc..) before exiting vehicle.
- Mount and dismount only when the equipment is stopped.
- Don't ever jump off a truck — landing exerts 12 times your body weight on your joints.
- Take extra care in wet, snowy or icy weather.
- Don't carry items in your free hand — place them on the vehicle floor and retrieve them once you're on the ground.
- Don't use tires or wheel hubs as a step surface.
- Never use the door frame or door edge as a handhold.



Preventing injuries on the job requires education, demonstration and continuous training to reinforce proper techniques and habits. Training should begin when a driver is hired and be reinforced frequently. To further promote safety, all trucks should display warnings in the cab or on the door to remind workers to use the three points of contact.

### Questions (True or False):

1. You should never jump from a vehicle. \_\_\_\_\_
2. Three-points of contact form a triangle of anchor points. \_\_\_\_\_

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