



Weekly Safety Meeting

Your Safety Is Our Business®

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The Truck Three-Point Rule of Safety

You Don't Have To Fall Off A Truck!

Fall injuries while getting into or out of heavy equipment, a truck or tractor cab, hooking up air and electrical lines, or mounting or dismounting trailers are usually serious injuries. Insurance studies show falls from vehicles produce injuries that are almost 25% worse than other falls.

An ankle sprain can play real havoc with an individual's ability to use a clutch. Even minor injuries can cost you much in terms of your lost income from downtime. The biggest single cause of falls from a vehicle is failing to follow the THREE-POINT rule.

Follow these Precautions to Minimize the Risk of Falling from a Vehicle:

No matter what type of access system your vehicle has available, use the THREE-POINT system to significantly reduce the chance of a slip or fall. The THREE-POINT system means three of your four limbs are in contact with the vehicle at all times—two hands and one foot or two feet and one hand.

The THREE-POINT system allows a person to have maximum stability and support, thereby reducing the likelihood of slipping and falling. Be a winner; use the THREE-POINT system!

DOs:

- Wear shoes with good support -- not sandals, bare feet, or high heels.
- Exit and enter facing the cab.
- Slow down and use extra caution in bad weather.
- Get a firm grip on rails or handles with your hands.
- Look for obstacles on the ground below before exiting.

DON'Ts:

- Don't climb down with something in your hands. Put objects on the vehicle floor and reach up for them when you get down on the ground.
- Don't rush to climb out after a long run. Descend slowly to avoid straining a muscle.
- Don't ever jump out. You may fall if you land off balance or on an uneven surface.
- Don't use tires or wheel hubs as a step surface.
- Don't use the doorframe or door edge as a handhold.
- Don't become an injury statistic.



The professional driver or operator should know all the DOs and DON'T's of getting in and out of vehicles and practices the Three-Point Rule every day.

Safety by Choice, Not by Chance!



Safety Meeting Sign-In Sheet

Supervisor:	Subject:
Location:	Date:
Conducted By:	Trainer Signature:

Name (print clearly)	Signature	Comments / Safety Concerns / Training Requests