



Safety Tip of the Week

Your Safety Is Our Business®

Volume 1, Issue 33

August 17th, 2014

The Three-Point Rule

You Don't Have To Fall Off A Truck!

Each year, workers are hurt while getting into or out of heavy equipment, a truck or tractor cab, hooking up air and electrical lines, or mounting or dismounting trailers. Insurance studies show falls from vehicles produced injuries that were almost 25% worse than other falls.

ALWAYS use THREE-POINT contact with the machine. That means one hand and two feet, or two hands and one foot – at all times. Anything less and you are risking a fall.

Three-point contact forms a triangle of anchor points which changes in form while you mount or dismount. You have the most stability when the center of this triangle is close to your center of gravity. Your weight should be evenly distributed among the three contact points. This means that you should avoid sideways movement because it can put you off balance.

An ankle sprain can play real havoc with an individual's ability to use the 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 the failing to follow the THREE-POINT rule.



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

- Wear shoes with good support -- not sandals, bare feet, or high heels.
- Always exit facing towards the machine.
- 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.
- Break three-point contact only when you reach the ground, cab, or platform.
- 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 even 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 wear loose or torn clothing that can catch on the equipment.

Safety by Choice, Not by Chance!