



# SafetyTalk

## 3-point contact



List vehicles & equipment used on site.

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### Explain the dangers

Getting on and off equipment is not as easy as it sounds. More than one-quarter of all injuries to equipment operators and truck drivers occur during mounting and dismounting.

### Identify controls

To climb on and off construction equipment safely, always maintain three points of contact. That means two hands and one foot or two feet and one hand on the equipment at all times.

- Break 3-point contact only when you reach the ground, the cab, or a stable platform.
- Mount and dismount facing the equipment.
- Climb on and off only when the equipment is stationary.
- Use the parts designed by the manufacturer for mounting and dismounting—steps, running boards, traction strips, footholds, handgrips, etc.
- Keep these parts clear of mud, snow, grease, and other hazards that can cause slips, trips, or falls.
- Don't use wheel hubs, machine tracks, or door handles for mounting and dismounting.

### Demonstrate

Demonstrate 3-point contact by mounting and dismounting from a truck, bulldozer, or other piece of heavy equipment on site. Ask your crew to try out 3-point contact as well.