

3-point contact—Vehicles and equipment

Explain 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.

Three-point contact forms a triangle of anchor points that changes in form while you mount or dismount. You have the most stability when the centre of this triangle is close to your centre 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.

- Take your time and always face the vehicle or equipment when mounting and dismounting.
- Climb on and off only when the equipment is standing still.
- Break 3-point contact only when you reach the ground, the cab, or a stable platform.
- Use the parts designed by the manufacturer for mounting and dismounting—steps, footholds, running boards, traction strips, handgrips, etc.
- Keep these parts clear of mud, snow, grease, and other hazards that can cause slips, trips, or falls.
- Take extra care in wet, snowy, icy, or other dangerous weather conditions.
- Don't use wheel hubs, machine tracks, or door handles for mounting and dismounting.
- Avoid wearing loose or torn clothing that can catch on something.
- Don't jump down when exiting the vehicle.

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.

