

# THREE POINTS OF CONTACT

## HOW TO USE THE RULE

The rule suggests that workers, when using equipment, ladders, forklifts or vehicles in the workplace, keep three points of contact with the object or equipment at all times. The Three Points of Contact are best followed by one of these two combinations:

- Two feet and one hand
- Two hands and one foot

## PREVENTING FALLS

There are many ways workers can help prevent falls from equipment. Some of these include:

- Using proper footwear for support and traction, and making sure that footwear is free of mud, grease and snow
- Scanning the ground for hazards before exiting
- Always face the equipment when entering and exiting, and never jump, even from the last step
- Knowing the equipment (explained below)

Workers can best utilize the Three-Points-Of-Contact rule by paying attention to their foot and hand placement. By using provided hand holds and placing the entire front half of their foot on the step, they reduce the chance for injury.

Grasping hold of non-approved parts of equipment or only placing the tip of the shoe on a provided step raises the chance of slipping.

## EQUIPMENT

Workers should be trained in the proper use, including mounting and dismounting, prior to utilizing equipment. It is important to know the locations of stairs and ladders for climbing as well as handles and bars for gripping. Share with workers the mandatory inspection and daily routine checklists as well, so they can assist in ensuring safety for themselves and others using the equipment. Remind workers to enter and exit equipment following manufacturer's recommendations utilizing proper ladders, stairs, steps and hand holds.

## OTHER GUIDELINES

Other guidelines to maximize the use of Three Points of Contact include:

- Know your workplace surroundings; be aware of elements like slippery surfaces, uneven ground and traffic patterns
- Perform all mandatory inspections and daily routine checks on equipment
- Verify equipment is clear of mud, grease and other workplace debris ■



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05-2017