

Risk Reminder

3 Point Contact

Help to prevent slips and falls while working by maintaining three points of contact when entering or exiting the cab of your truck. That is, a driver should have two feet on the steps and one hand on the handhold, or two hands on the handhold and one foot on the step.

The fact is that three-point contact gives you the best balance and least chance of slipping, tripping or falling, as well as the best chance to catch yourself if you do slip.



On or away from the employer's premises, drivers fall frequently and for many different reasons. Cabs can be several feet off the ground, and a driver can sustain serious injuries if he/she falls while entering or exiting the truck. Transitioning out of the cab and onto uneven terrain, slippery, greasy or oily surfaces can cause slips and falls. Oil and grease can accumulate on yard surfaces and be transferred to the driver's shoes. In winter weather, snow and ice can accumulate on the truck decking that leads into/out of the cab. To reduce these exposures, consider:

- Use of foot and handholds, as well as non-skid decking, can help prevent such falls.
- Remember to always face your vehicle when entering or exiting your cab.
- Put anything you are carrying into the cab first, and then climb in. Don't try getting in with an armful.
- Drivers should be aware of which leg they lead with when climbing into and out of the cab.
- Based on the design of the steps, leading with the left or right leg can reduce the amount of twisting of the torso and increase the ease of maintaining a three point stance.
- Furthermore, the driver must be aware that jumping from cabs is an unsafe and prohibited practice. This is especially true when considering some of the ruts and uneven terrain you encounter on a job-site. Jumping out of the cab and landing on this uneven terrain can cause significant injuries such as twisted or broken ankles.
- Also avoid bad habits such as swinging down from the cab, skipping or missing steps.