



3 Points of Contact

- Use three-point contact whenever mounting or dismounting any trucks, equipment or trailers.
- Use three-point contact to avoid slipping off of a step or component of the truck.
- Falls from the cab cause shoulder rotator cuff tears and knee/ankle injuries that are difficult and painful to repair.
- Scan the ground for slick spots before stepping down.
- Beware of stepping down and twisting an ankle on a curb.
- **Do not** jump from equipment.
- When a slip occurs, it's easier to catch yourself without causing injury.
- Mount the cab slowly and methodically. Don't just "hop" up and down from the truck.
- At night, use a flashlight to scan the ground before dismounting.
- Scan trailers and truck ladders for ice, loose components or snow that could cause a fall.

FOCUS on maintaining three points of contact.

Always face the cab or trailer to allow the larger muscles to handle the load.

ANTICIPATE AND ADJUST for the current conditions.

Make sure you have adequate footing and footwear to avoid injury. Do not climb on loose freight to reach higher product. Knock it down!

CORRECT what jeopardizes our safety.

Make sure you are always using 3-point contact. Report loose or broken handles and steps to Transervice for repair.

TALK about 3-point contact safety.

Inform other drivers when they are not being safe. Help each other to focus on safety. **Make safe work habits an Important TEAM effort!**

Safety is a CPC FACT!

