

## **AVOID FALLS**

### **THREE POINT TECHNIQUE**

Slips trips and falls account for 20 percent of work injuries. Climbing into and out of mobile equipment presents a common exposure to slips and falls. Inclement weather, greasy or broken steps, grab handles and the rush of the work day make this a serious exposure.

The three-point technique is a simple and effective way to minimize the risk of falling. Use this technique if you are entering the cab of a forklift, climbing onto the bed of a truck or climbing into/onto any other piece of equipment. When you are climbing, at least three limbs should always be in contact with the equipment. This could be two hands and one foot or two feet and one hand. Of course, to use this technique the climber must be facing the equipment. You cannot have three points of contact if you are jumping off or sliding out of the seat.

Other points to remember include:

- Wear footwear appropriate to the job.
- Keep the steps and grab rails clean.
- Make sure the lights are working so you can see where you are climbing.
- Do not use the steering wheel or control handles as handholds.

Before you enter the equipment, place any objects on the seat or place in bag/backpack. Do the same when you exit. It is important to keep your hands free to items which may result in a slip and fall. Old habits are hard to break, but properly climbing onto and off of mobile equipment may prevent you from becoming a slip and fall statistic.



Content Source: Occupational Safety and Health Administration (OSHA) (Users of Safety Talk are advised to determine the suitability of the information as it applies to local situations and work practices and its conformance with applicable laws and regulations.)

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