3 Points of Contact

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