

# Safe Work Practice

## Three Point Entry & Exit

Falling while getting into or out of heavy equipment, a truck or tractor cab, hooking up air and electrical lines, or mounting or dismounting trailers is a sure way to get seriously hurt. Even an ankle sprain can make it difficult for you to use the clutch. Minor injuries can cost you big in terms of lost income and downtime.

No matter what type of access system your vehicle has available, use the THREE-POINT system to significantly reduce the chance of a slip or fall. The THREE-POINT system means *three* of your *four* limbs are in contact with the vehicle at all times—two hands and one foot, or two feet and one hand.

The THREE-POINT system allows you to have maximum stability and support, thereby reducing the likelihood of slipping and falling.

### DO'S

- Wear shoes with good support – CSA approved boots must be worn while working.
- Exit and enter facing the cab.
- Slow down and use **extra** caution in bad weather.
- Get a firm grip on rails or handles with your hands.
- Look for obstacles on the ground below before exiting.



### DON'Ts

- Don't climb down with something in your free hand. Put it on the vehicle floor and reach up for it when you get down on the ground.
- Don't rush to climb out after a long run. Descend slowly, to avoid straining a muscle.
- Don't *ever* jump out. You may land off balance or on an uneven surface, and fall.
- Don't use tires or wheel hubs as a step surface.
- Don't use the doorframe or door edge as a handhold.
- Don't become an injury statistic.
- Don't be in a hurry!

The only person who can prevent a fall is you!

