



3-POINTS OF CONTACT

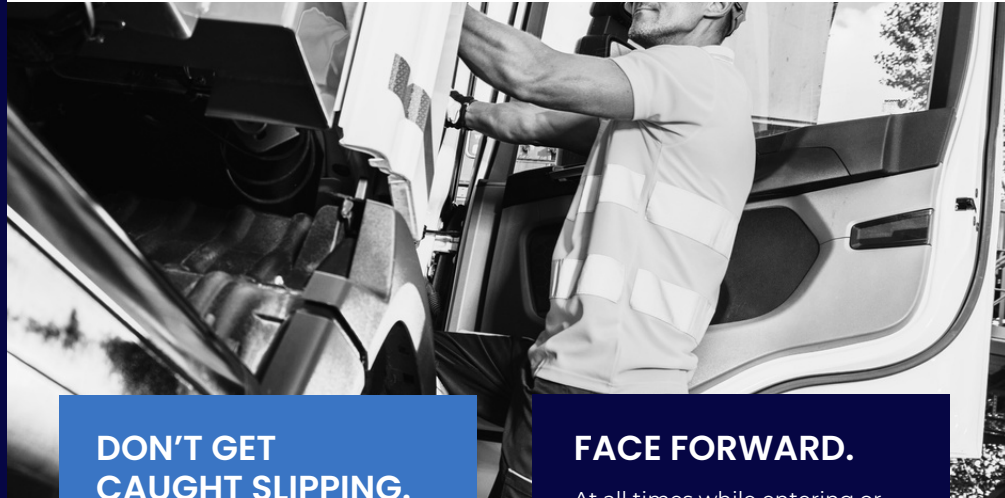
MARCH 2024

ENTERING & EXITING A TRUCK CAB: 3PT CONTACT

CLICK HERE: [HTTPS://BIT.LY/4ARYM0F](https://bit.ly/4ARYM0F)



Monthly Safety Training



DON'T GET CAUGHT SLIPPING.

When entering and exiting a truck cab, or trailer, it is **safe** to utilize **3-Points of Contact** because it minimizes the chances of slipping and falling.

FACE FORWARD.

At all times while entering or exiting, the driver must face the cab and have two hands and one foot, or two feet and one hand in contact with the steps, and handholds. In this way, the driver is not likely to become unstable in the event one limb slips during the climb

HANDS FREE.

It is important to note that the driver must not carry any objects in either hand that can interfere with a firm grip on handholds. Otherwise, 3-Points of Contact cannot be maintained, and the chance of falling is increased in the event a hand or foot slip occurs.

STAY AWARE.

Factors contributing to falls entering and exiting a truck include haste, sudden movement, lack of attention, the condition of steps and grab bars (worn, damaged, wet, ice, grease), the driver's physical condition, and the driver's footwear.

REDUCE YOUR CHANCES OF FALLING.

- Use 3-Points of Contact
- Keep hands free when entering or exiting truck
- Always face the cab when entering or exiting truck
- Look for ice, oil, potholes or debris before you enter or exit truck cab
- Wear sturdy footwear with slip-resistant soles, grooved treads and ankle support
- Keep soles of shoes clean of mud, oil, or grease to maximize traction
- Climb slowly and deliberately using extra caution in the dark or bad weather
- Stretch in the cab after a long drive before exiting
- Never jump



TAKE THE QUIZ!

We have created short, fun games for each monthly safety training topic. Scan or click the code to play along!

