



## THREE-POINT CONTACT FOR LADDERS

Falling while getting into or out of truck cabs or heavy equipment or when mounting or dismounting truck bodies or trailers can cause serious injuries. Many knee, ankle and back injuries result from jumping from equipment onto uneven ground or objects.

The biggest cause of falls from a vehicle is human error and failure to follow the “Three Point Rule”. The Three Point Rule requires three of four points of contact to be maintained with the vehicle at all times – two hands and one foot, or both feet and one hand. This system allows maximum stability and support, reducing the likelihood of slipping and falling.

There are important steps that can be taking to prevent mounting/dismounting injuries with use of the Three Point Rule being most important.

To use ladders safely, always maintain three points of contact when ascending or descending. That means two hands and one foot or two feet and one hand on the ladder at all times.

- Put both hands firmly on the rungs before stepping onto a ladder.
- Break 3-point contact only when you reach the ground or a stable platform.
- Always face the ladder when you’re climbing up and down.
- Keep your body between the side rails. Don’t lean out on either side.
- Make sure that the ladder extends at least 3 feet above the top landing.
- There must be a clear space of at least 6 inches behind each rung.
- Moving quickly often results in only 2-point contact. You often have to make a conscious effort to maintain 3-point contact.
- Don’t carry tools, equipment, or material in your hands while climbing. Use a tool belt for small tools and a hoist line or gin wheel for lifting and lowering larger items.
- Clean mud, snow, and other slippery substances off your boots before climbing.

### ***SAFETY FIRST!***

*Remember the three points-of-contact rule. It minimizes the chance of slipping/falling.*

- *Face the ladder.*
- *Have two hands & one foot or two feet & one hand in contact with the steps/ rungs at all times.*



**3 Point Contact**

- *Don’t carry objects in your hands, use a tool belt or backpack.*

**TOOLBOX TALKS  
THREE-POINT CONTACT FOR LADDERS**

Meeting Conducted By: \_\_\_\_\_ Date: \_\_\_\_\_

Comments: \_\_\_\_\_  
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Attendees:

Print	Signature	Print	Signature
1.		16.	
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