



Safety & Training

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A monthly resource for members of IMEA's Safety, Education & Training program

eSource

THE THREE POINT RULE

Using Three Points of Contact

You've probably heard of the "three points of contact" rule to help prevent falls. But what is it, and how do you use it?

Three points of contact means you're using two hands and one foot, or one hand and two feet, to support your body while mounting or dismounting a vehicle, stable platform or ladder. The three points of contact should be broken only after you reach your destination (the ground, vehicle cab, stable platform, etc.).

Keep these tips in mind when using the "three points of contact" rule:

- **Dry your hands** and wipe excess mud or snow off your boots for surer grips.
- **Face the vehicle**, platform or ladder when you enter or exit.
- **Use the handrails** when mounting a platform.
- **Keep your hands free.** If you need to bring tools or materials up with you, place them in a tool belt or use a hoist line for larger items. If you're climbing down from a vehicle, put the tool or other item on the floor and then grab it from the ground.
- **Don't use a tire as a ladder** — enter the vehicle way the manufacturer intended. And don't reach for the steering wheel to pull yourself up.
- **Don't jump off the machine** onto the ground. Even if you don't slip or fall, your joints won't appreciate the impact.
- **Don't try to enter** a piece of equipment that's moving.
- **Check for obstacles**, debris or fluids on the ground before dismounting.
- **Don't wear loose clothing** that could catch on something.

Three points of contact sounds simple, and you probably already do it most of the time. But it's that one time you don't that can land you in trouble.

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From the Desk of Duane Richardson

Municipalities must register with alcohol, drug violation database

The Federal Motor Carrier Safety Administration (FMCSA) has developed an information clearinghouse to better ensure that drivers cannot conceal drug and alcohol violations by moving on to another job. There are no exemptions for municipalities.

The FMCSA Commercial Driver's License Drug and Alcohol Clearinghouse is a secure online database that will give employers, the FMCSA, state driver licensing agencies and state law enforcement personnel real-time information about commercial driver's license (CDL) and commercial learner's permit (CLP) holders' drug and alcohol program violations. An act of Congress directed the Secretary of Transportation to establish the Clearinghouse.

The clearinghouse will enable employers to identify drivers who commit a drug and alcohol program violation while working for one employer, but who fail to subsequently inform another employer (as required by current regulations).

Additional information about the clearinghouse and to register click the link below:

<https://clearinghouse.fmcsa.dot.gov/About>



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Three Points of Contact

WHAT CAN YOU DO TO AVOID FALLS?

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 a person to have maximum stability and support, thereby reducing the likelihood of slipping and falling. Be a winner; use the THREE-POINT system.

DO'S:

Wear shoes with good support -- not sandals, bare feet or high heels.

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 door frame or door edge as a handhold.

Don't become an injury statistic.

The only person who can prevent a fall is you!



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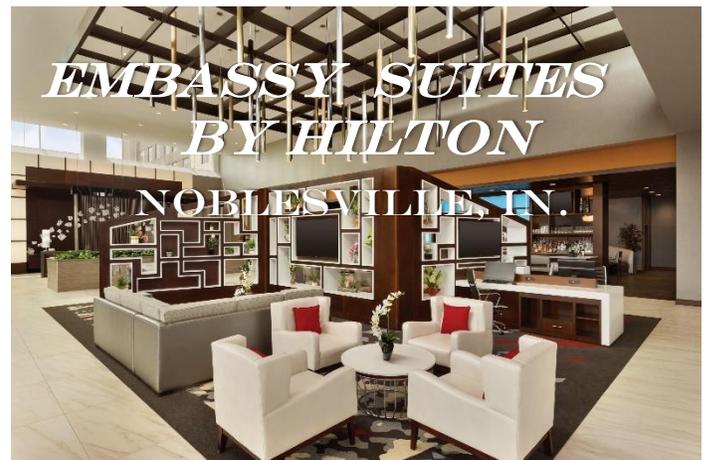
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