



Safety Message of the Day for IMEA Members

Three Points of Contact Motor Vehicle Safety Message

Falling while entering or exiting the cab of a truck, heavy equipment, or mounting or dismounting trailers and truck bodies can cause severe injuries or even death. Injuries to body parts such as the back, ankle, knee, and head are common when employees do not follow safe work practices. According to the Bureau of Labor Statistics, slips, trips, and falls cause nearly 700 fatalities per year and many more workplace injuries. Fortunately, by following the three points of contact rule, you can help reduce the likelihood of becoming a statistic.

The Three Points of Contact Rule

The three points of contact rule, or the three-point rule, states that you must always maintain three of four possible points of contact with the vehicle. This combination can include:

- Two hands and one foot
- Two feet and one hand

Discussion points:

1. What does three points of contact mean?
2. Give an example of how to use the three points of contact rule.

