



## Safety Message of the Day for IMEA Members



### Maintain Three Points of Contact Safety Message

The three points of contact rule is simple. When climbing or descending ladders, trucks and equipment, always maintain contact with one hand and two feet, or two hands and one foot.

If you maintain three points of contact while you climb, you can limit your exposure to slips and falls.

Vehicles and equipment

Before you lift a leg to climb or descend a vehicle or piece of equipment:

- \* Firmly grasp the points of contact with both hands.
- \* Climb on and off only when the vehicle or equipment is stationary.
- \* Always mount and dismount facing the vehicle or equipment.
- \* Use the points of contact designed by the manufacturer to mount and dismount. Points of contact may include steps, running boards, traction strips, footholds and hand grips.
- \* Don't use wheel hubs, machine tracks or door handles for mounting and dismounting.
- \* Make sure both feet are firmly planted on the ground before you let go.
- \* Break three-point contact only when you reach the ground, the cab or a stable platform.

**NOTE:** We just had a serious injury within the IMEA membership, the individual will be out of work for at least 6 months and it will more than likely, be a life changing accident.

Read this post I ran across on social media about a safety message to discuss **Slips Trips and Falls**

***"Nobody cares. And frankly - if we're all adults, I think we should already know basic safety measures that need to be taken at work."***

Safety Messages are a few minutes or so long, **assuming you are getting paid for that minute (or so)** they may just focus people's minds for that minute and is that not worth it?