



## Maintain three-point contact with mobile equipment

Falls from mobile equipment are one of the major causes of injury in the B.C. road-building industry.

Many of these falls occur when workers are mounting or dismounting mobile equipment.

Many knee, ankle, and back injuries result from jumping from equipment onto uneven ground or objects.

By following the safe work practices listed below, you can help reduce the risk of injury when mounting or dismounting mobile equipment.

- When entering or exiting mobile equipment, always maintain three points of contact. This means keeping two hands and one foot—or two feet and one hand—on the equipment at all times.
- Equipment must be stationary before mounting or dismounting.
- Never jump from mobile equipment.
- Face the equipment while mounting or dismounting.
- Use the manufacturer's handhold and foothold design to mount or dismount the equipment. Use the steps, running boards, traction strips, footholds, and handgrips.
- Don't use wheel hubs, machine tracks, or door handles for mounting or dismounting the equipment.
- Keep handholds and footholds clear of mud, snow, grease, and other materials that can increase the risk of slips, trips, and falls.



Project: \_\_\_\_\_ Address: \_\_\_\_\_

Employer: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

**Other safety issues or suggestions made by crew members:**

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**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: \_\_\_\_\_

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Manager: \_\_\_\_\_ Supervisor: \_\_\_\_\_

*(signature)*

*(signature)*



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