

# MOCGA Tailgate Talk

## Three-Point Contact



**Introduction:** Falls from cabs and steps is a common cause of injury for construction company drivers and machine operators. Falls are a leading cause of injury and death in the construction industry. Falls cause injuries to shoulders, knees and ankles. Bone fractures can occur in lower legs and hips. Head injuries occur when the employee strikes their head on the way down or on the ground. Take time to encourage safe behaviors and proper mounting / dismounting of equipment.

### BE SAFE!

#### Safety Tips for Climbing In & Out of Cabs

- ✓ After driving for long periods of time, your shoulder, back and leg muscles are not warmed up. They aren't as flexible and can give out when exiting the cab of the truck.
- ✓ Be aware of wind when opening door.
- ✓ Don't step out into traffic.
- ✓ Enter & exit facing the cab.
- ✓ Use only steps and hand rails.
- ✓ Keep steps clean and in good repair.
- ✓ Saddle tank steps can be covered with diesel fuel.
- ✓ Watch out for the diesel fill cap on saddle tank steps. Fill caps can cause you to slip.
- ✓ Clear steps of dirt, road tar, and ice or diesel fuel.
- ✓ Maintain good foot grip.
- ✓ Survey the ground for trip hazards before exiting.
- ✓ Use a flashlight to survey the ground at night.
- ✓ Never jump down from the truck or machine.
- ✓ Jumping can injure ankles, needs and hips.

#### AN EXAMPLE OF PROPER THREE-POINT CONTACT



#### KEEP MACHINE STEPS CLEAR OF OBSTRUCTIONS THAT CAN CAUSE A SLIP



#### SURVEY THE GROUND BEFORE STEPPING DOWN. AVOID AN ANKLE INJURY!



#### KEEP TRUCK AND MACHINE STEPS IN GOOD CONDITION.



These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Common Ground Alliance assumes no liability for its use. Advice about specific situations should be obtained from a safety professional. 02-16-2019 by MW

