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SAFETY BRAKE

3-POINTS OF CONTACT

As a commercial motor vehicle (CMV) driver, entering and exiting your vehicle is a daily task. It is also something that has considerable safety risks. You may also have to climb into or on to a trailer. Whatever the task, falling from an elevated surface can result in a severe injury.

How can you reduce the chance of injury? Utilize 3-points of contact each and every time you enter and exit your equipment. 3-points of contact is when you have two feet and one hand secured, or two hands and one foot secured while navigating up and down your vehicle.

Below are a few important things to remember about 3-points of contact:

- ◆ Keep both hands free, place any items you need to take with you on the floor or seat while moving from the vehicle.
- ◆ Only climb up or down when facing the vehicle
- ◆ Don't carry anything while climbing, keep your hands free.
- ◆ Maintain proper footwear; this includes no open-toed shoes or heels.
- ◆ Inspect your stairs and handles to ensure they are in proper working condition and will not cause you to slip or fall.
- ◆ Never jump from your equipment.
- ◆ Always look where you are stepping to ensure you are not placing your foot into a pothole or uneven surface.
- ◆ Never sacrifice safety to move faster out of your vehicle.

You can never be too cautious when entering or exiting your vehicle. Complacency can cause injuries. Being aware of your surroundings can help reduce the chances of you being injured when entering or exiting the vehicle. Using three points of contact is a choice worth making. This can help prevent accidents and injuries!

3250 Interstate Drive | Richfield, OH 44286-9000 | National 800-929-1500 | Vanliner 800-325-3619

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Knowledge Check

Participant's Name: _____

Date: _____

Directions: Read each statement carefully and circle the response that best answers the question.

1. How often should you inspect handholds and steps to ensure they will not cause you to slip and fall?

A) Before each use	C) Never
B) Every day	D) When it's convenient

2. True or False: Always wear footwear that has good traction, support and is slip-resistant helps to maintain 3-points of contact.

A) True	B) False
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3. Before climbing down from your vehicle you should always
 - A. Prepare by thinking about safety
 - B. Look before you step
 - C. Walk down the steps facing away from the vehicle
 - D. Keep your hands free
 - E. A, B, and D are correct answers

4. When exiting my vehicle, I should move as ____ to reach the ground safely.

A) Fast as possible	C) Slowly as necessary
B) Carelessly as possible	D) None of the above

Answers: 1) A, 2) A, 3) E, 4) C

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