

Environmental, Health and Safety News

April 2014

We're Proud of Our Work



Safety First! All Day, Every Day - Our Families, Friends and Customers Depend On It!

Something to Think About!!

Always do right. This will gratify some people and astonish the rest. - Mark Twain



Three Points of Contact

As I write this, we are still trying to decide if winter is over. It was 11 degrees this morning as I left the house. Tomorrow it is suppose to be in the 50's. It has been a tough winter! As a result of all the snow and ice we have had a lot of slip and fall injuries. Slips, trips and falls continue to be our most frequently occurring incident where employees are injured, and it is not always due to ice. Maybe it is time to review the best way to mitigate slips, trips and falls—which is: **Three Points of Contact**.

According to an article I read, an Ohio ready-mix company performed a companywide analysis and found that with a fleet of 300 drivers, there were 24,000 potential mixer truck climbing accidents every day. (You should multiply this by 3 or 4 to approximate our exposure.) This was based on 10 climbing movements for each of 6 daily loads plus another 20 times per day per driver for additional climbing movements. Now, a mixer operator may do more climbing in, off or around their vehicles than you, but the number of potential accidents add up quickly.

Nationwide, falls account for about 15% of all workplace deaths, second only to auto accidents. 70% of all falls from equipment occurred at the bottom step.

- Never forget the 3-point contact.
- Never jump off a ladder or from the last step.
- Always look at the ground before stepping down.
- Be extra careful during adverse weather conditions.

- Always mount or dismount facing the equipment.
- Ensure the vehicle is stationary with the parking break set.
- Inspect climbing surfaces for mud, ice, snow, grease or any other hazards.
- Never attempt to climb or descend with anything in your hands.

Remember that:

3-points of contact is defined as *always* having one foot and two hands or one hand and two feet in contact with a handle, ladder or piece of the equipment.

Mounting or dismounting a large truck or piece of equipment without hurting yourself seems simple, but many accidents involve this type of injury. The best way to prevent falling while getting into or out of a truck, tractor cab or heavy equipment is to follow the three-point system.

Three points of contact is exactly that - three of four limbs are in contact with the vehicle at all times. No matter what type of access system your vehicle or equipment has available, the three-point system will significantly reduce the chance of a slip or fall because it allows you to maintain maximum stability and support when entering and exiting the equipment. The three points work to form a triangle, distributing your body's weight at the center.

You are the person most likely to prevent **you** from falling. Here are some more dos and don'ts:

