

SAFETY ALERT

Three points of contact

Number: 12

Issued: 17/02/2020

Background

When mounting and dismounting machinery we are exposed to an elevated risk of slips, trips and falls. The widely used principal of three points of contact can be used to prevent injury.

Three points of contact refers to using either two feet and one hand, or two hands and one foot to support your body whilst climbing in or out of machinery. Three points of contact should be maintained until you reach your destination, being either the machine cab or the ground.

In addition, it is important to only use designated contact points, such as ladders, handles and steps, and always face the machine when climbing up or down.

