

# CONTRACTOR SAFETY ALERT



Three points of contact (slips, falls, strains and sprains)

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## Background

On 1 May, a Loader Operator was entering their machine when their hand slipped on the door handle (their left hand was holding the hand rail at the time). The Operator hit their right ankle against the door guard, grazing their ankle. First aid was applied and the Operator continued to work.

Such an incident can result in more serious injuries, medical attention and lost time injuries.

## Key Points

- Machine operators must familiarise themselves with the orientation of their machines and the three points of contact provided on all plant and machinery.
- Appropriate steel cap boots with slip resistant soles are to be worn.
- Three points of contact must always be maintained when entering and exiting vehicles.
- Three points of contact refer to both hands contacting a suitable surface provided for hand holds, and one foot on a suitable surface provided for foot holds at all times, when climbing into truck cabs, vehicles and plant.
- Remain aware of environmental conditions wet surfaces, sandy soils and slippery substances such as oils and grease, situational awareness must always be maintained.