

# SAFETY ALERT



## Three points of contact

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### Background

There has been a recent lost time injury involving an operator climbing out of a machine. Slips/trips/falls when dismounting machinery is a consistent contributor to injuries in our industry. Three points of contact is a simple principle that can help prevent these incidents.

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.



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