



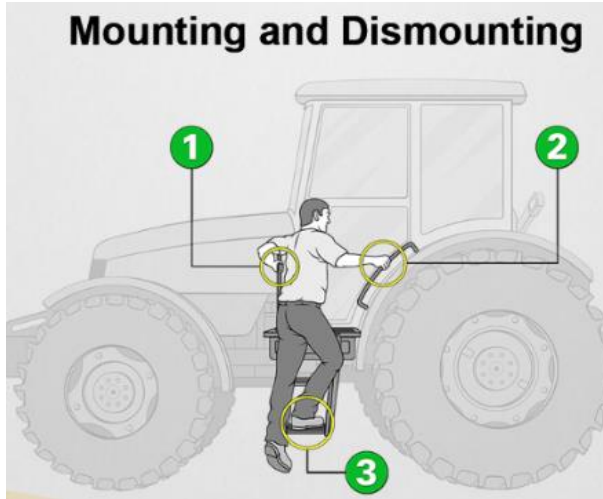
Three Point Rule: Avoid Falls

Toolbox Talks are intended to facilitate health and safety discussions. Find more Toolbox Talks on the [Occupational Safety web page](#).

General Information

Falling while getting into or out of a tractor or other equipment can cause serious injuries. Many knee, ankle, and back injuries result from jumping from equipment.

Failure to follow the “Three Point Rule” is the leading cause of falls from vehicles or equipment. The Three Point Rule requires three points of contact be maintained with the vehicle or equipment at all times – two hands and one foot, or both feet and one hand. This rule allows for maximum stability and support, reducing the likelihood of slipping and/or falling.



Preventive measures

- Evaluate access to vehicles and equipment before use.
- Provide additional steps, non-slip surfaces and hand holds where necessary.
- Maintain steps, contact surfaces and handholds in usable condition.
- Ensure all workers have been trained to safely mount and dismount using the Three Point Rule.

Equipment Operation Safety Tips

- Keep steps, ladders and standing surfaces free of snow, mud and debris.
- Do not use tires or wheel hubs as a step surface.
- Do not use the doorframe or door edge as a handhold.
- Do not climb with anything in your hand.
- Wear footwear with good support and slip resistance.
- Enter and exit facing the cab.
- Get a firm grip on the rails or handles.
- Descend slowly.
- Never jump off the machine onto the ground!
- Break three point contact only when you reach the ground, cab, or platform.

Discussion Date:

Supervisor:

Participants:
