

Maintain three-point contact with mobile equipment

Falls can occur when workers mount or dismount mobile equipment.

Many knee, ankle, and back injuries result from jumping from equipment onto uneven ground or objects.

By following the safe work practices listed below, you can help reduce the risk of injury when mounting or dismounting mobile equipment.

- When entering or exiting mobile equipment, always maintain three points of contact. This means keeping two hands and one foot—or two feet and one hand—on the equipment at all times.
- Equipment must be stationary before mounting or dismounting.
- Never jump from mobile equipment.
- Face the equipment while mounting or dismounting.
- Use the manufacturer's handhold and foothold design to mount or dismount the equipment. Use the steps, running boards, traction strips, footholds, and handgrips.
- Don't use wheel hubs, machine tracks, or door handles for mounting or dismounting the equipment.
- Keep handholds and footholds clear of mud, snow, grease, and other materials that can increase the risk of slips, trips, and falls.
- Proper footwear should be worn (ideally, boots with a 15 cm [6 in.] lace-up for ankle protection).



Project: _____ Address: _____

Employer: _____ Supervisor: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: _____

Manager: _____ Supervisor: _____

(signature)

(signature)



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