

## 3 Points of Contact



Good morning team. Today's safety focus is on maintaining three points of contact when climbing or descending ladders, equipment, or vehicles on the jobsite. This simple practice is critical in preventing falls and injuries.

### **Why Three Points of Contact Matters:**

**Stability and Balance:** Always having two hands and one foot, or two feet and one hand, in contact with the ladder or equipment ensures maximum stability and support.

**Injury Prevention:** Falls are a leading cause of injury in the construction industry. Maintaining three points of contact minimizes the risk of slips and trips.

**Equipment Damage Prevention:** It also prevents damage to equipment by discouraging the carrying of tools or materials when climbing, prompting the use of proper storage or hoisting methods.

### **Best Practices:**

**Inspection:** Before use, inspect ladders, steps, and handholds for any damage, wear, or slip hazards.

**Approach:** Approach climbing with a plan. Ensure that nothing in your pockets or gear could snag and that your pathway is clear.

### **Climbing and Descending:**

Face the ladder or equipment when ascending or descending.

Keep your body centered between the side rails.

Do not rush or skip steps. Move deliberately and with caution.

If carrying tools or materials, use a tool belt, a bag, or hoist them up once you've climbed to your destination.

### **Reminders:**

**Footwear:** Make sure you're wearing boots with good grip and support.

**Weather Conditions:** Be extra cautious during poor weather conditions; wet or icy steps are a serious hazard.

**Communication:** Let others know when you're climbing up or down, so they're aware of your movements.

**Conclusion:** Remember, taking a moment to ensure you're using three points of contact can prevent a lifetime of consequences from a fall. Let's look out for each other and make sure we all adhere to this rule.



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