

# Maintain 3-Point Contact with Mobile Equipment

## OHBA Safety Pages

- Falls from mobile equipment are one of the major causes of injury in the road-building industry.
- Many of these falls occur when workers are mounting or dismounting 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.



regulations or standards. The Members remain responsible for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws,

SAFETY PAGE MEETING GUIDE

Topic: Maintain 3-Point Contact with Mobile Equipment

Employer: \_\_\_\_\_ Project: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Shift: \_\_\_\_\_

Number in crew: \_\_\_\_\_ Number attending: \_\_\_\_\_

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

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Follow up on recommendations from last safety meeting:

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Record of those attending:

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

Supervisor's remarks: \_\_\_\_\_

Supervisor: \_\_\_\_\_ (Print) \_\_\_\_\_ (Signature)