

# The Importance of Three-Point Contact

## What are the three points of contact?

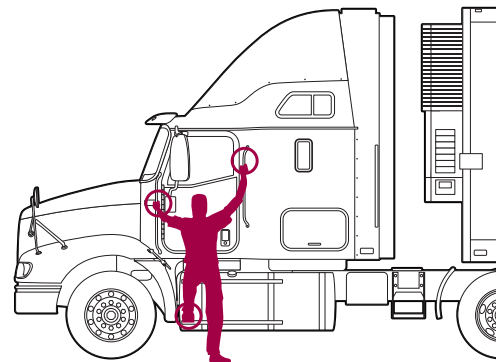
This important rule requires at least three points of contact at all times when getting on/in or off/out of a vehicle: two hands and one foot, or two feet and one hand.

## How to stay safe

Each year, far too many serious and needless injuries happen to drivers while getting in and out of their vehicles. By using the three-point contact method you will greatly reduce the potential for injuries.

### Remember these key points:

- Maintain three-point contact at all times when entering or exiting a vehicle.
- The three-point contact method should only be broken after reaching the ground, vehicle seat or other stable platform.
- Never enter or exit a moving vehicle.
- Always make slow, deliberate movements to avoid injury from slips and falls.
- Enter and exit a vehicle at the most direct and secure point.
- Only those employees who are authorized to drive on-the-job



should do so.

- Always wear appropriate footwear for the weather conditions.
- Lead by example to help influence others to be safe.

Remember, safely entering or exiting a vehicle can be as important as how you drive it. Use the three-point contact method to stay safer today.

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