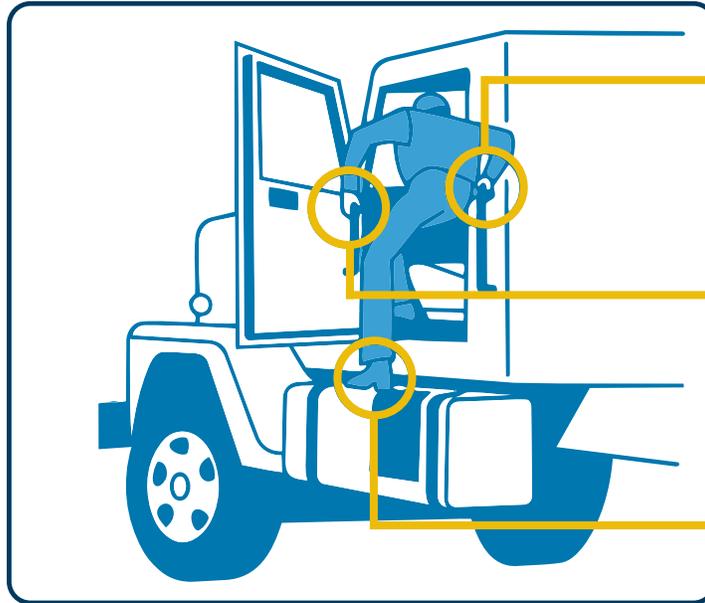
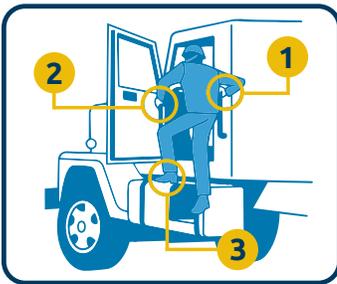


# Three Points. Zero Falls.

Over the past decade, fall, slip, and trip claims have exceeded \$60 million, often caused by ice and snow, stairs and elevated surfaces, improper footwear, and entering/exiting vehicles or heavy machinery.

Driving is part of members' daily routine and is essential to many job functions, making it crucial that they use three points of contact when entering or exiting any vehicle or heavy machinery to ensure their safety and reduce slip, trip, and fall injuries.



## MAINTAIN THE THREE POINTS OF CONTACT AT ALL TIMES.

Two hands and one foot, or two feet and one hand, until you are fully seated or standing on the ground, and use assistive devices, including designated handholds and grab bars. Do not rely on door frames, steering wheels, or loose objects for support.

- 1** Firmly grasp the exterior cab grab handle with one hand.
- 2** Firmly grasp the interior door grab handle with your other hand.
- 3** Place your foot squarely and firmly on the center of the step.

- **Step down slowly and deliberately.** Maintain balance when exiting vehicles and prevent sudden shifts in weight.
- **Ensure hands are clear.** Avoid carrying anything that may prevent you from gripping properly and maintaining three points of contact.
- **Wear appropriate footwear.** Good traction helps to reduce the risk of slips, trips, and falls.
- **Check the surface before stepping.** Watch out for ice, water, uneven ground, or loose debris that could cause a slip or trip.