

# THREE-POINT CONTACT RULE

- When climbing up to a higher level or down to a lower level, **always maintain three points of contact**— either two hands and a foot or two feet and a hand.
- For example this should be done while climbing ladders or entering/exiting large vehicles.
- If you have at least three points of contact, you are less likely to slip and cause yourself injury.
- Mount & Dismount facing the equipment or ladder.
- Keep handholds & steps free of mud, grease or other hazards that could cause slips/falls.
- Don't Jump from equipment or ladders!

