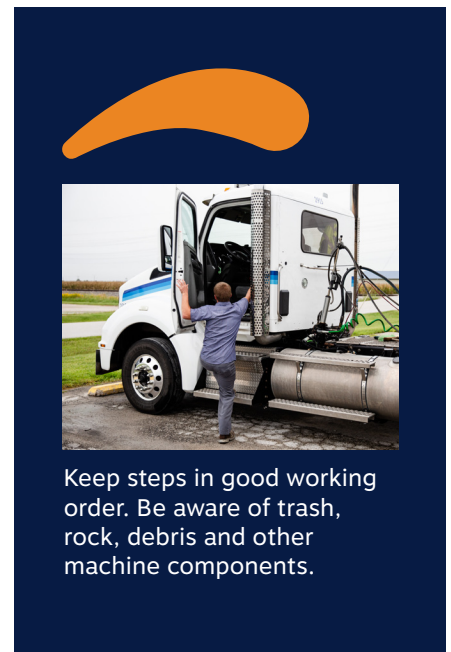


# Machine Three-Point Contact Slip, Trip and Fall Prevention

*Climbing in and out of machine cabs can put operators at risk for shoulder, back and ribcage injuries. Falls occur when performing this routine task because feet give way or slip. Terrain is rough and machine steps can become damaged or fall into disrepair. Review these three-point contact safety tips with your employees.*

## Tool Box Tips

- After an extended amount of time operating machinery your shoulders, back and leg muscles are not as flexible. Use caution when dismounting.
- Survey the ground for trip hazards before exiting.
- Use a flashlight or machine lights to survey the ground at night.
- Enter and exit machinery facing the cab or ladder.
- Climb using only steps and hand rails.
- Keep steps clean and in good repair.
- Report damage or maintenance needs immediately.
- Watch out for the diesel fill cap on saddle tank steps. The fill cap can cause you to lose your footing.
- Maintain good footing and wear good quality footwear.
- Never jump down from the truck or machine.



*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*