



RISK REMINDER

August 2025

Name: _____ Company: _____

Understanding the 3-Point Contact Rule:

The three points of contact rule is a fundamental safety guideline emphasizing the importance of always maintaining three points of contact with a ladder, forklift or vehicle while ascending, descending, or working from it. These 3-point contacts typically involve two hands and one foot or two feet and one hand. By keeping three points of contact at all times, individuals can significantly enhance their stability and reduce the risk of falling.

Reasons for Emphasizing the 3-Point Contact Rule:



Stability: Maintaining three points of contact distributes weight more evenly and provides greater stability, minimizing the risk of tipping or slipping.

Balance: Multiple points of contact can help individual's better balance themselves while climbing or working from heights, reducing the likelihood of losing balance and falling.

Control: With three points of contact secured, individuals have better control over their movements, allowing for safer and more precise positioning.

Incorporating the 3-Point Contact Rule into Practice:

1. Before climbing, ensure that a ladder or steps are correctly positioned on a stable surface and is free from defects or damage.
2. Ascend or descend one step at a time, maintaining **three-point contact** throughout the process.
3. Keep your body centered, and avoid leaning too far to either side.
4. Use tools or equipment with secure attachment points to free up your hands whenever possible.
5. If you need to reach for something, descend and reposition closer to the target area rather than overreaching.
6. Avoid rushing or making sudden movements that could compromise your stability.

Conclusion:

The 3-point contact rule is a simple yet effective safety measure that significantly reduces the risk of fall-related accidents. By incorporating this rule into your practices and receiving proper training, individuals can enhance their safety. Remember, prioritizing safety protects individuals from harm and promotes a culture of responsibility and well-being in any environment where climbing is involved.

TRUE OR FALSE:

1. 3-point contacts typically involve two hands and one foot or two feet and one hand?