



The Three Point Rule

What this Toolbox Talk Covers:

- ✓ The “Dos” and “Don’ts” for using the Three Point Rule.

Discussion Notes:

- ✓ Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- Know what the Three Point Rule is and when to follow it:
 - o Three of your four limbs should have contact with a ladder or vehicle at all times
 - o For example, two hands and one foot or two feet and one hand
 - Know when to follow the Three Point Rule:
 - o While getting into or out of heavy equipment or truck cabs
 - o When mounting or dismounting truck bodies or trailers
 - o When working on a ladder
 - Additional tips when using the Three Point Rule include:
 - o Wear shoes with good support
 - o Face the ladder while climbing, and face the cab of a vehicle while entering/exiting
 - o Before exiting the cab of a vehicle or stepping down off a ladder, look for obstacles on the ground below
 - o Keep a firm grip on rails or handles with your hands
 - o Ensure there is no debris, mud or grease where you will be making your points of contact

- Don't**
- Jump onto or off of equipment or ladders. Landing off balance or on an uneven surface could cause a fall and/or injury.
 - Don't carry objects in your hands while climbing or descending ladders, or while climbing into or out of a vehicle cab.
 - Climb on or get off a vehicle while it is moving.

Discussion questions:

1. What guidelines should be followed when climbing a ladder?
2. What guidelines should be followed when exiting the cab of a piece of machinery?

Meeting notes:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record: Date: _____ Jobsite/Facility: _____

Trainer: _____ Title: _____

Employee name (print)	/ (signature)	Employee name (print)	/ (signature)
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(Continue recording signatures on a separate sheet of paper)

Employee Quiz is provided on last page. Answers are: 1. (c), 2. (b), 3. (a), 4. (d), 5. (d)



Employee Quiz

Topic: The Three Point Rule

Employee Name: _____

Circle the correct answer below.

1. Why shouldn't you jump onto or off of equipment or ladders?
 - a. You could step on a nail
 - b. It doesn't look cool
 - c. Landing off balance or on an uneven surface could cause a fall and/or injury
 - d. All of the above
2. When is it NOT necessary to follow the Three Point Rule?
 - a. When working on a ladder
 - b. When working near a fire hazard
 - c. When mounting or dismounting truck bodies or trailers
 - d. While getting into or out of heavy equipment or truck cabs
3. You should never carry objects in your hands while climbing a ladder.
 - a. True
 - b. False
4. Which of the following is an example of someone following the Three Point Rule?
 - a. A worker on a ladder with his two feet and one hand in contact with the ladder
 - b. A worker facing away from the cab of a vehicle to climb into it
 - c. A worker climbing into the cab of a vehicle with his two hands and one foot in contact with the handles and steps on the cab
 - d. A & C
 - e. All of the above
5. You should follow the Three Point Rule when:
 - a. You are getting into or out of heavy equipment or truck cabs
 - b. You are working on a ladder
 - c. You are mounting or dismounting truck bodies or trailers
 - d. All of the above

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____