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:
  - Three of your four limbs should have contact with a ladder or vehicle at all times
  - For example, two hands and one foot or two feet and one hand
- Know when to follow the Three Point Rule:
  - While getting into or out of heavy equipment or truck cabs
  - When mounting or dismounting truck bodies or trailers
  - When working on a ladder
- Additional tips when using the Three Point Rule include:
  - Wear shoes with good support
  - Face the ladder while climbing, and face the cab of a vehicle while entering/exiting
  - Before exiting the cab of a vehicle or stepping down off a ladder, look for obstacles on the ground below
  - Keep a firm grip on rails or handles with your hands
  - 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:**

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

**Toolbox Talks safety information provided by Texas Mutual Insurance Company.**
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
   e. All of the above

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: __________________________

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