



TOOLBOX TOPIC: ALL ABOUT TECHNIQUE

JOB NUMBER / NAME	DATE

Slips trips and falls account for 20 percent of work injuries. This totals 13 million injuries per year. Climbing into and out of mobile equipment or up and down ladders presents a common exposure to slips and falls. Inclement weather, greasy or broken steps, grab handles and the rush of the work day make this a serious exposure.

The three-point technique is a simple and effective way to minimize the risk of falling. Use this technique if you are climbing onto a piece of equipment, climbing onto the bed of a truck or climbing a ladder. When you are climbing, at least three limbs should always be in contact with the equipment. This could be two hands and one foot or two feet and one hand. Of course, to use this technique the climber must be facing the equipment. You cannot have three points of contact if you are jumping off or sliding out of the seat.

Before you enter the equipment, place any objects you are caring like a radio, set of prints, or tape measure on to the seat so that your hands can be free for use. Do the same when you exit. Leave the objects on the seat until you are off the equipment. In addition, make sure you look before you exit.

Other points to remember, include:

- ✓ Wear footwear appropriate to the job;
- ✓ Keep the steps and grab rails clean;
- ✓ Make sure the lights are working so you can see where you are climbing;
- ✓ Do not use the steering wheel or control handles as handholds.
- ✓ Keep ladder rungs free of debris.
- ✓ Keep work area around ladder clean as to prevent tripping on material while stepping off ladder.

Most slip and fall injuries are minor. However, 15,000 people die each year as a result of these incidents. Old habits are hard to break, but properly climbing onto and off of mobile equipment and properly climbing up and down ladders may prevent you from becoming a slip and fall statistic.

Attended by:
