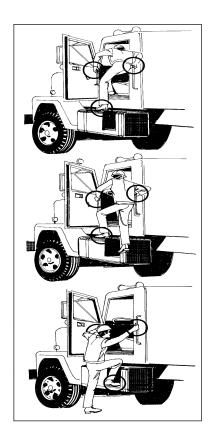


Genuine Dependability™

## THREE-POINT CONTACT RULE

- When climbing up to a higher level or down to a lower level, always maintain three points of contact— either two hands and a foot or two feet and a hand.
- For example this should be done while climbing ladders or entering/exiting large vehicles.
- If you have at least three points of contact, you are less likely to slip and cause yourself injury.
- Mount & Dismount facing the equipment or ladder.
- Keep handholds & steps free of mud, grease or other hazards that could cause slips/falls.
- Don't Jump from equipment or ladders!





Under law, worker safety is the responsibility of each individual employer. LUBA Workers' Comp does not warrant on your behalf, nor on the behalf of your employees, that your premises, operations, processes or products are safe or healthful, nor in conformance with any federal, state or local laws or codes. Surveys and recommendations made by LUBA are for the sole purpose of developing and determining insurability and possibly improving risk. LUBA assumes no legal liability in relation to the services rendered by neither its company nor its consultants. 9182015