

## Use three-point contact with cranes

Falls from mobile cranes, boom trucks, and elevated platforms cause many injuries among crane operators.

These falls often occur when operators are climbing on or off their machines. Many knee, ankle, and back injuries result from falling or jumping from equipment onto uneven ground or objects. Getting on and off equipment may not be as easy as it sounds. And you don't have to fall from a great height to get hurt.

The best way to prevent falls and injuries is to follow the three-point contact rule.

### What is three-point contact?

To climb on and off a crane safely, always maintain three points of contact with the machine. That means keeping two feet and one hand (or two hands and one foot) on the machine at all times.

Three-point contact forms a triangle of anchor points that maintains a safe, balanced position while you mount or dismount the machine. Your weight should be evenly distributed across the three contact points. Avoid sideways movement, as it can put you off balance.

### Safe work practices

You can further reduce the risk of injury when mounting or dismounting mobile equipment by following these safe work practices:

- Ensure your machine is parked and properly secured before mounting or dismounting it.



- Face the machine while mounting or dismounting.
- Never jump from a crane.
- Always wear appropriate footwear with good traction.
- Never use tires or wheel hubs as footholds or handholds, as they are not stable surfaces. Use the manufacturer's handholds and footholds to mount or dismount the equipment.
- Never use door frames or edges as handholds. Use the machine's steps, running boards, traction strips, footholds, and handgrips.
- Never carry items in your free hand. Keep your hands clean.
- Break three-point contact only when you reach the ground, the cab, or a stable platform.

### OHS Regulation reference: section 4.3

Project: .....

Address: .....

Employer: .....

Supervisor: .....

Date: .....

Time: .....

Shift: .....

Number in crew: .....

Number attending: .....

Other safety concerns or suggestions: .....

.....  
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**Record of those attending:**

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Manager's remarks: .....

.....

Manager: .....  
(Signature)

Supervisor: .....  
(Signature)

For more information on health and safety requirements for crane operations in B.C., refer to the *Workers Compensation Act* and the OHS Regulation on [worksafebc.com](http://worksafebc.com).