
This month, we are focusing on a fundamental but powerful fall-prevention practice: **Three Points of Contact**. Though simple in concept, consistently applying this method can significantly reduce injuries and lost-time incidents.

When climbing down from equipment, which of the following represents proper three points of contact?

- A. One hand and one foot in contact while holding tools in the other hand
- B. Two hands and one foot (or two feet and one hand) in contact at all times
- C. Jumping down while holding the handrail
- D. Facing away from the structure while stepping down

Answer at the end of the email.

KEY ELEMENTS OF THREE POINTS OF CONTACT



- **Maintain three points of contact** – Always keep two hands and one foot, or two feet and one hand, on the structure to reduce fall risk.
- **Technique applies when climbing or descending:**
 - Climbing ladders
 - Entering or exiting trucks and heavy equipment
 - Accessing scaffolding
 - Climbing fixed vertical structures
 - Using stair towers or temporary access systems

For more on Three Points of Contact, review our Rockwood Toolbox Talks:

- [Three Points of Contact](#)
- [Equipment Maintenance: Falls](#)
- [Working at Heights](#)

SAFETY TIPS OF THE MONTH



Three Points of Contact Tips

Follow these tips to help avoid incident or injury:

- **Inspect before climbing** – Never assume access is safe.
 - Check for damaged rungs, steps, and grab bars

- Remove hazards such as mud, oil, grease, ice, and debris
 - Confirm stable handholds and landing surfaces
 - **Wear proper footwear** – Traction prevents slips.
 - Slip-resistant soles are required.
 - Remove mud or snow from boots.
 - Maintain good tread.
 - **Keep hands free** – Maintain full control.
 - Use belts and backpacks to carry equipment safely.
 - Hoist materials separately. Don't climb with loads.
 - Face the structure to maintain proper positioning.
 - **Climb with control** – Move deliberately.
 - Climb down maintaining contact. Never jump.
 - Confirm footing before releasing a hand or foot.
 - Only use fixed handrails and avoid unsecured surfaces.
 - **Adjust for conditions & supervise** – Environment and behavior matter.
 - Increase caution in cold, wet, and low light conditions.
 - Watch for rushing or outward-facing descent and correct immediately
 - Report damaged access points to prevent repeat hazards.
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TIPS AND RESOURCES



OSHA, MSHA and other resources:

- [Falling Off Ladders Can Kill: Use Them Safely](#) | OSHA Ladder Safety Booklet
- [Ladder Safety App | Falls](#) | CDC / NIOSH
- [Fall Protection - Safety Alert](#) | MSHA
- [NSC Slips, Trips and Falls Checklist](#) | National Safety Council
- First Aid Requirement – When medical care isn't readily available (determined by OSHA to be greater than 9 minutes from your facility), OSHA requires that one or more employees be trained in first aid. Penalties of up to \$16,000 for a first serious violation – up to \$160,000 as a repeat offender.



Promote safety with these videos: Search the SKUs below to find these highlights in your Streamery library, included with your policy.

- **Ladder Safety:** 17 min / SKU: 8360 + 8360-S / English & Spanish
- **OSHA 10-Hour: Walking & Working Surfaces:** 36 min / SKU: 8352 + 8352-S / English & Spanish
- **OSHA 10-Hour Training for General Industry: Fall Protection:** 23 min / SKU: 8337 / English



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QUESTIONS? REACH OUT!

We're here to help you promote safety in the workplace. [Contact Rockwood Loss Control](#) for any support you need.

Thank you for your continued partnership,

Rockwood Loss Control Team
Safetyolutions@rockwoodcasualty.com

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ANSWER



Which action **BEST** reduces chemical hazards in storage areas?

B. Two hands and one foot (or two feet and one hand) in contact at all times



(Missed a previous email? [Click here](#) to see an archive of previous months' safety emails on Rockwood's Loss Control website).

