

LESSON 2

THREE POINTS OF CONTACT



An incident caused by falls can be quite severe. Many of these injuries occur when you climb or descend stairs or ladders in a facility or when you are getting on or getting out of a heavy vehicle. **In 2021, falls were the leading cause of lower extremity injuries.**



REASONS FOR THIS TYPE OF FALLS ARE:



WE ARE DISTRACTED
and do not pay enough attention to where we are moving.



WE ARE IN A HURRY
even going so far as to mail or jump.



UNSAFE CONDITIONS
of the facilities.



IN THE SURFACES
where we will put our feet.



WE ARE NOT USING
correctly the three points of contact to go up and down.

We have only mentioned some causes of falls, but let us remember that these accidents can be prevented, so

IT IS TIME TO AND TAKE ACTION:



IN GENERAL



When walking up or down stairs, **make sure to watch where you are going and seek a safe path.**



The access steps must be kept clean free of oil, grease, mud or other elements that could cause tripping.



Running, jumping or rushing, can cause you to become injured.



Ensure that your footwear is suitable, well-adjusted and in good condition for use.



Report any unsafe conditions in the facility. If it is within your power to correct it, do so by implementing all necessary safety measures.



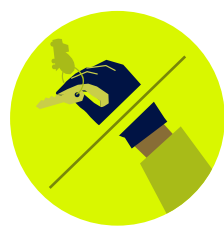
When going up or down stairs and ladders, **always use 3 points of contact.**



IN ADDITION TO THE ABOVE, THERE ARE OTHER CONSIDERATIONS FOR GETTING IN OR GETTING OUT OF A HEAVY VEHICLE:



Avoid jumping when getting out of the vehicle. For this, use the correct technique: facing the cabin, use **3 Points of Contact**, doing it slowly and using all the steps. This same technique also applies when you get into the vehicle.



Avoid carrying objects that can make you lose your balance.



Use the grab bars that are located on the right and left of the vehicle. They are designed to support and stabilize you. Make sure these are well fixed and in good condition.



Do not use the steering wheel (rudder) of the vehicle as a grip point.



Before going down, check that the ground is not uneven or that there are no stones, unevenness, curbs, etc., which could cause imbalance and fall.

Be an **EXAMPLE** for yourself and others! Follow these safety guidelines and help your other teammates in their implementation.

I TAKE ACTION FOR MORE GREEN DAYS!



This is a publication led by the SISO area. If you have comments or concerns write to: joel.zelaya@argos.co

We invite you to register your participation in the socialization of this lesson here.

