

# ACCIDENT COUNTERMEASURES



## Three-Point Contact

*The Accident Countermeasures program was created to provide a way for our company and our most important asset, the drivers, to cover important safety topics in a meaningful and accessible manner. This program allows you, the driver, to study safety material and learn desirable information at a time most convenient to you.*

Please take the time to read through the material, study the pictures, and then answer the questions at the end of this handout. Your completed answer sheet should then be turned in to receive credit for completing this program.

Prepared by:

**Safety Management Services Company**

A Cottingham & Butler Company



Cottingham & Butler

## ***Safety Management Services Company's Accident Countermeasures Program***

Safety Management Services Company's Accident Countermeasures program was created to provide a way for our company and our most important asset, the drivers, to cover important safety topics in a meaningful and accessible manner. This program allows you, the driver, to study safety material and learn desirable information at a time most convenient for you.

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## **“SLIPS AND FALLS”- IS IT REALLY A PROBLEM?**

Most studies put “slips and falls” as responsible for 20 to 25 percent of all driver accidents. They are often the second-most costly (behind vehicle accidents).

As a driver, you are exposed to this type of accident in several ways.

- When you either load or unload freight, you may get up or down from the trailer numerous times.
- When you are walking around your terminal and the customer's location.
- When you are getting in and out of your truck.

Like any injury, if prompt and proper medical treatment is not obtained, further injury may result, and the net result may be far worse than the original injury.

### **HANDLING FREIGHT**

- Keep your trailer clean and repair any bad decking or flooring. Any trash, debris, or raised edge can catch your foot and cause an ankle sprain or even a fall.
- Use a hand cart or other equipment if available.
- Note the lot or dock conditions where you load or unload.
- Take small and controlled steps when the area is muddy, icy, or otherwise slick.
- Wear appropriate shoes with good soles.
- Get help when the load is large, heavy, or awkward.
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### **WORK SURFACES IN THE OFFICE AND ON THE LOT**

- Look for problems such as ice at doorways or steps, puddles, potholes, or material or trash that is stored where you want to walk.
- If the area is dark, use a flashlight, spotlight, or other means to find out where walking hazards are present.

## GETTING IN AND OUT OF TRUCKS

- Keep a three-point contact with your truck. Keep either one foot and two hands, or two feet and one hand in contact with the truck at all times. This allows you to catch yourself even when you slip.
- Keep your truck steps clean.
- Face your truck when getting in or out.
- Never jump out. You cannot be sure of the footing where you will land.
- Wear footwear with good, non-slip soles.
- Don't use your fuel tank or other rounded surfaces as a step.
- In the winter, you may need to wear gloves to keep your hands warm and dry so they don't slip.

## SUMMARY

"Slips and falls" accidents are common and costly.

To prevent them, the following is a good summation of what can be done:

- Use three-point contact when getting in or out of your truck.
- Keep your tractor, steps, and the trailer clean.
- Be aware of the walking surfaces on lots and in offices.
- Wear adequate shoes.
- Step only on intended steps or walking surfaces.
- Don't jump down/off anything.
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If you are injured, let management know, and get treatment promptly to prevent further injury.

## ACCIDENT INFORMATION

### Accident One

Date/Location:	11/16/2007, truck stop in Michigan.
Accident Description:	The driver was climbing into his truck and missed the steering wheel. He fell backward onto the lot and hurt his back, requiring surgery.
Comment:	Although not stated, with both feet solidly planted and the other hand holding a grab bar, it is unlikely the employee would have fallen back out of the truck.
Loss Costs:	\$67,000.
Weather Conditions:	Clear and dry.
Primary Lesson:	Maintain three-point contact.

### Accident Two

Date/Location:	12/05/2007, North Lima, Ohio, in a customer's lot.
Accident Description:	Driver had pulled into the lot. There was about two inches of snow and the lot had not been plowed. He had not observed any ice under the snow, but there may have been some. When walking across the lot, the driver stated he fell, landing on both knees. The driver ruptured both of his quadriceps' tendons, and required surgical repair.
Comment:	There is no information as to shoe's soles or lighting. This type of walking surface (with possible ice under snow) is quite common during the winter in much of the U.S. and not unexpected.
Loss Costs:	\$94,000.
Weather Conditions:	Snowing (during hours of darkness). There is no information about lighting in this parking lot.
Primary Lesson:	Be aware of your footing, including possible ice, snow, or other slippery and hidden surfaces.

## THREE-POINT CONTACT

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### QUESTION PAGE

Please return this page to your safety department to receive credit for course completion.

1. After vehicle accidents, what is the most common and costly type of accident to drivers?

2. What are the two combinations that make up a “three-point contact?”

- A.
- B.

3. When getting out of your truck, the preferred way to face is:

- A. Facing out from the truck so you can see where you are going?  
OR
- B. Facing the truck so you can hold on easily with your hands.

4. If a minor injury occurs, should you:

- A. Try to work through it, as if the accident didn't really happen.  
OR
- B. Report it and get treatment as appropriate.

## THREE-POINT CONTACT

### ANSWER PAGE

DO **NOT** INCLUDE THIS PAGE WITH THE COUNTERMEASURES HANDOUT TO THE DRIVER!

1. After vehicle accidents, what is the most common and costly type of accident to drivers?

**Slips and falls.**

2. What are the two combinations that make up a “three-point contact?”

**A. Two hands and one foot.**

**B. One hand and two feet.**

3. When getting out of your truck, the preferred way to face is:

**A. Facing out from the truck so you can see where you are going?**

OR

**B. Facing the truck so you can hold on easily with your hands.**

4. If a minor injury occurs, should you:

**A. Try to work through it, as if the accident didn't really happen.**

OR

**B. Report it and get treatment as appropriate.**