

A Safe Workplace

A Workplace Safety and Health Manual for Your Community

Section: III-C	Rules Procedures, Practices and Guidelines	Page 1 of 1
		Approved By: Harvey Bostrom
Subject: G-1	Getting On or Off Equipment (3 Point Method)	Effective: April 01, 2005
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Steps:

1. Ensure that the machine is equipped with side grab rails and steps.
2. Clean mud or snow off boots before climbing onto the machine.
3. Face the machine and step onto the first step.
4. Maintain a 3 point contact at all times (2 hands and 1 foot or 2 feet and 1 hand).
5. Climb into cab or other areas provided with non slip surfaces.
6. Make sure the machine is in neutral and brakes are engaged before getting off. Shut off machine if necessary.
7. Step out of cab onto ladder and while facing the machine, descend using the 3 point method.