

Name: _____

Date: _____

Three Point Contact Rule 📏📏📏

What is the **3 Point Contact Rule**? How do many truck driver injuries occur? These two questions and their answers are closely connected. Many drivers get hurt entering or exiting their trucks; or climbing on or off their trailers. The **3 Point Contact Rule** is used to reduce the chance of this type of driver injury from happening.

To ensure you do not slip and fall while entering or exiting your cab, **always** make sure you have contact with the truck with two hands and one foot or two feet and one hand. This means **both feet** should be planted firmly on the steps with one hand grabbing a solid object such as the steering wheel or the grab handle. The other scenario is to have **both hands** on the grab handle(s) or steering wheel, and one foot on the step as you enter or exit the truck. That is the **3 Point Contact Rule!** *Hands Empty*

Drivers, please remember it is safer to exit the cab of the truck facing **inward**, than exiting facing outward. By exiting forward you increase the risk of slipping and causing injury to your back or head. If you do not already exit and enter the cab by facing inward, please start this good safety habit today! Practice the **3 Point Contact Rule!** *Hands Empty*

Climbing on and off the trailer is another dangerous situation. Make sure you are using three solid points of contact when climbing on and off the trailer. Always be sure of your footing and hand grasps as conditions change with regard to weather, surface, load, trailer, and tractor. Be sure deck plates are secure and free of debris. If you do not have a deck plate, do not stand on the tractor frame rails to hook the air and electrical lines. Keep both feet on the ground. *Hands Empty*

The goal is to remain safe and injury free. You do not do yourself or your family any good if you are laid up and unable to work.

REMEMBER: Always use the 3 Point Contact Rule and always expect the unexpected. BE SAFE!

I have read, understand, and agree to use and abide by the **3 Point Contact Rule!**

(Employee's initials)

Breg International / Breg International Spill Kit video.

Employee has been trained in the proper use of the Breg International Spill Kit as designed for commercial motor vehicles, and has viewed the Breg International Spill Kit video. _____

(Employee's initials)

Memo of Understanding: Fuel Levels

(Employee's initials)

We recently had a driver run out of fuel which resulted in a costly service call. As a part of your pre-trip inspection you must check the condition of your fuel tanks. You must look into the tank to be certain it contains enough fuel (as determined by you), that the cap has an intact rubber gasket, and that the cap is secure.

DO NOT rely only on the fuel gauge! You must do a visual check that you have enough fuel. This is required as part of the CDL pre-trip inspection and company policy.

Any driver who runs out of fuel may be responsible for the cost of the service call.

This is part of the CDL 7-step pre-trip inspection pertaining to fuel tanks:

-Right Fuel Tank(s):

- Securely mounted, not damaged or leaking.
- Fuel crossover line secure.
- Tank(s) contain enough fuel.
- Cap(s) on and secure.

Sign acknowledging that you read, understand, agree to comply with above info.

