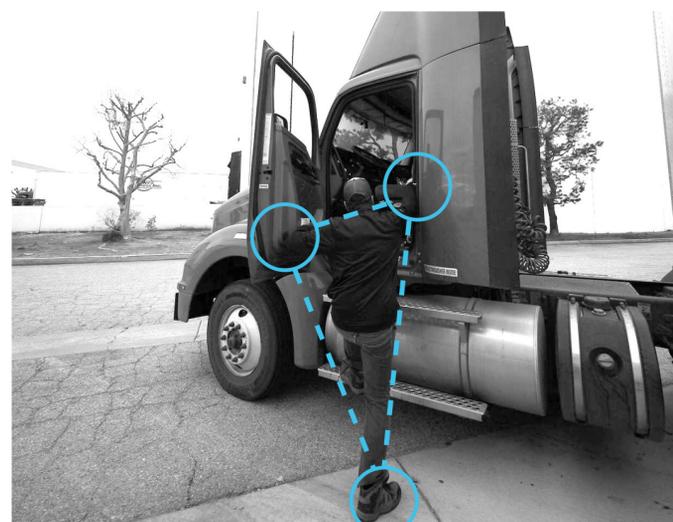
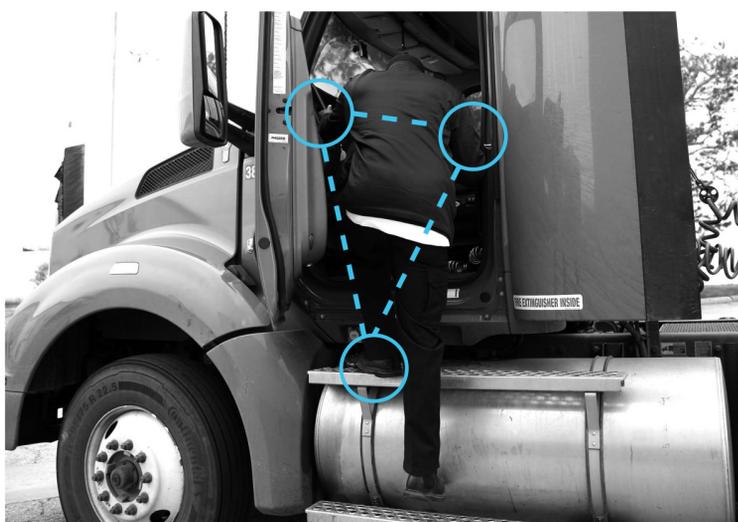
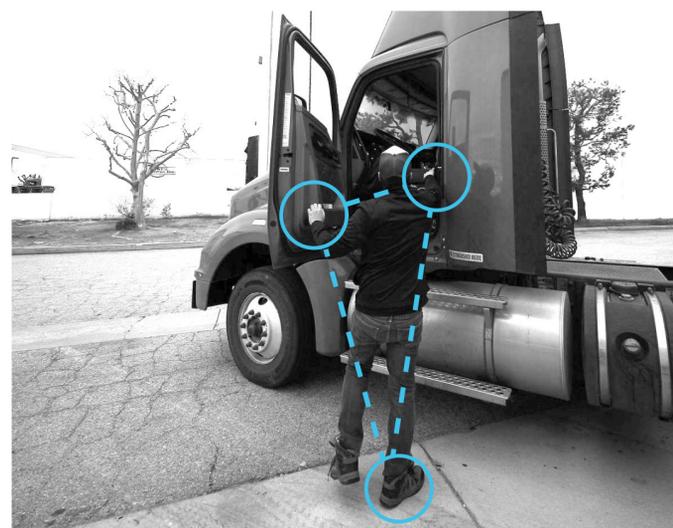
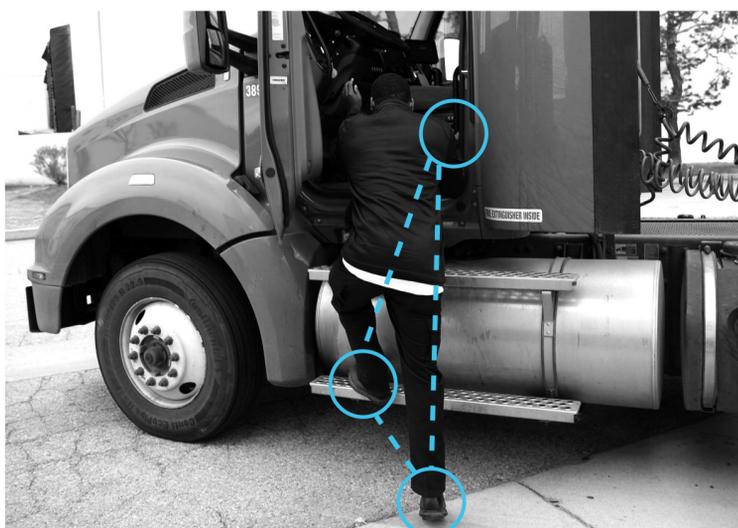
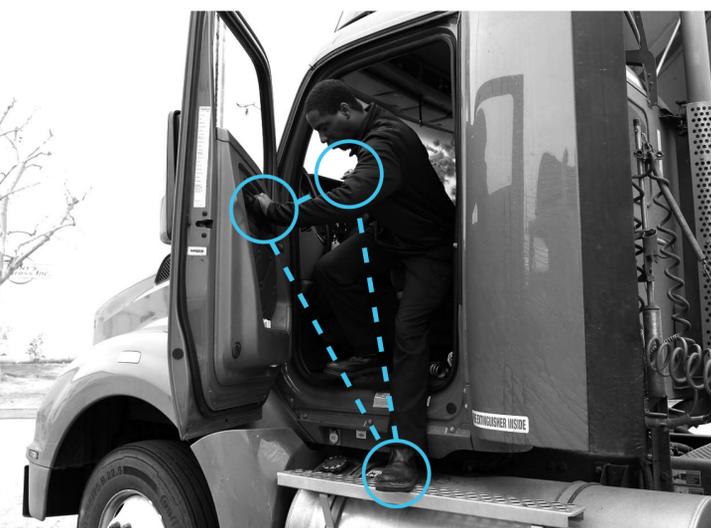


# Three Points of Contact Rule

The most common injuries for truck drivers are sprains and strains, according to Occupational Safety and Health Administration (OSHA). These types of injuries can sideline you from driving for days and even weeks. You can reduce or prevent these injuries by following a simple 3-point rule when getting in or out of your truck.

CREATE A **TRIANGLE** WITH THE BODY THROUGH EITHER COMBINATION



At all times, you want to have **THREE (3) PARTS OF YOUR BODY TOUCHING THE TRUCK.** Either two hands and one foot or two feet and one hand.