

# STANDARD OPERATING PROCEDURE

## THREE POINT CONTACT WHILE CLIMBING

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## THREE POINT CONTACT WHILE CLIMBING



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*The following is a step by step procedure on how to complete a specific task or meet a facility specific requirement. Standard Operating Procedures (SOPs) are written for all identified critical tasks. By virtue of the hazard or complexity associated with critical tasks it is paramount that the SOP be followed as written. SOPs contain a listing of high-level hazards associated with the task, for detailed hazard analysis reference the applicable Task Hazard Assessments. SOPs do not replace the requirements contained in the company Standards, Codes, and Processes nor does it replace the need to comply with required legislation. Section 8.0 references documentation that the worker shall understand before work commences.*

## 1.0 PURPOSE

- To establish a company standard to safely and effectively carry out work as it applies to using a three-point contact while climbing.

## 2.0 SCOPE AND APPLICATION

- This document applies to all company Heavy Construction Mining operations. Ensure all site-specific requirements are being met or exceeded before performing the task.

## 3.0 HAZARDS AND CONTROLS

- Slipping, tripping, or falling while climbing.
  - Always face the equipment when ascending or descending and maintain four-point contact: two hands and one foot, or two feet and one hand. Eye contact with the equipment is considered the fourth point of contact.
  - Always use manufacturers' provided handholds and footholds, such as steps, running boards, traction strips, and handgrips, when mounting or dismounting equipment. Do not use wheel hubs or door handles for mounting or dismounting.
  - Inspect handholds and footholds before use, ensure they are clean and free from mud, ice, grease, or debris. Check for obstacles, debris, or fluids on the ground before final dismounting.
  - Ensure gloves and boots are clean and free of any material that could reduce grip. Always secure your grip and be prepared to hold handrails or handholds firmly in case of a loss of balance.
  - Always ensure mobile or heavy equipment is fully stationary before mounting or dismounting. Never jump from equipment or ladders—use proper steps and handholds to maintain control.
  - Avoid wearing loose clothing, as it can easily catch on equipment and increase the risk of injury.
  - Avoid sideways movements while climbing, as they can disrupt your balance and increase the risk of falling.
  - Keep your hands free while climbing. If you need to carry tools or materials, use a bag that can be worn over both shoulders to maintain balance and ensure three-point contact.

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- Ensure bags, backpacks, lunch kits, etc., are either cross-body or used with both shoulder straps. Alternatively, place bags on the steps before climbing.
- Pinching or lacerating hands, fingers, or other body parts.
  - Ensure handholds do not trap or catch hands or fingers during movement. Always wear gloves to protect your hands from sharp edges and surfaces.
  - Confirm they are functioning as designed—some are hinged and must be fully open and locked in position before use.

### 4.0 CHECKLIST

- ☐ Attend all preparatory meetings (IE, daily PSI; job scope; review of JSA's and SOP's for the job)
- ☐ Complete FLRA cards before starting the work.
- ☐ Ensure all personnel involved in the task are aware of the hazards and the controls to be used, as identified in the SOP's; JSA's; and FLRA's.
- ☐ Conduct a pre-job inspection of all equipment to be worked on and tools to be used.
- ☐ **Standard of Training required for working on this job: On-the-job training.**

### 5.0 DEFINITIONS

#### 5.1 Company

Means North American Construction Group Ltd. (NACG) and all directly or indirectly owned subsidiary companies, including joint ventures.

#### 5.2 Company Personnel

Includes the Company's employees, officers, directors, agents, associates, consultants/contractors, temporary employees, and third-party processors.

#### 5.3 HSE

Refers to the Health, Safety & Environment department.

### 6.0 PROCEDURE

- 1) Complete a hazard assessment (i.e. FLRA) for the task. Notify supervision if unsure of task or if there are hazards outside of the worker's control.
- 2) Check your gloves and boot bottoms to ensure they are free from debris or contaminants that may cause them to lose their traction. Clean them as best you can.
- 3) Inspect the steps, rungs, or structure points for foot and hand holds for build-up of material and ice or snow. Clean them as best you can.
- 4) If surfaces cannot be cleaned sufficiently to provide good climbing contacts, find an alternative method for mounting, dismounting, climbing, or descending.

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- 5) Hands must be free. No materials or tools are to be carried by hand while climbing.
- 6) Materials otherwise carried on the body must be of a weight and slung in a manner that will not affect the ability to move the arms or legs nor affect balance and centre of gravity.
- 7) Face the equipment or ladder. Start with four (4) points of contact and then transition to three (3). Continue until you reach the final surface.
- 8) Make a conscious effort to ensure there are three (3) points of contact before moving the next limb. Climb at a speed to maintain control. Stay focused.
- 9) When approaching a surface you will step onto, check for slipperiness and obstructions that may affect stability or balance when you step on them.

## 7.0 NOTES

If this task is to be done by a method different than described in this SOP, the work must **STOP** and the alternate method must be **DOCUMENTED** with an adequate hazard assessment tool such as a JSA. The document must be **APPROVED** by a supervisor before such procedures are implemented.

## 8.0 REFERENCES

Alberta Occupational Health and Safety Act, Regulation and Code – Part 8, Entrances, Walkways, Stairways and Ladders

960C-SOP-006 Safe Use of Ladders or Stairs

960C-SOP-018 Slip, Trip, and Fall Hazard Prevention

## 9.0 APPENDICES

No appendices.