

# 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 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.
  - When climbing, including entering or exiting mobile or heavy equipment as well as using ladders, always maintain three (3) points of contact. This means always keeping two hands and one foot or two feet and one hand on the equipment. Always start with four (4) points of contact and then transition to three (3).
  - Ensure grip is secured and be prepared to hold the hand grabs or rails should you lose your balance.
  - Ensure gloves and boots are free from material that will cause them to lose grip.
  - Mobile or heavy equipment must be stationary before mounting or dismounting.
  - Never jump from mobile equipment or ladders.
  - Face the equipment while mounting or dismounting.
  - Use the manufacturer's handhold and foothold to mount or dismount equipment.
  - Use the steps, running boards, traction strips, footholds, and handgrips.
  - Do not use wheel hubs or door handles for mounting or dismounting.
  - Keep handholds and footholds clear of mud, snow, grease, and other materials that can increase the risk of slips, trips, and falls.
  - Check for obstacles, debris, or fluids on the ground before final dismounting.
  - Avoid wearing loose clothing as it can catch on equipment.
  - Avoid sideways movement because it can put you off balance.
  - Always check the ground or surface before stepping and releasing grip to confirm it is not slippery or uneven. Break three-point contact only when you reach the ground, the cab or a stable platform.
  - Keep your hands free. If you need to bring tools or materials up with you use a bag that can go over both shoulders.
  - Ensure bags, backpacks, lunch kits, etc. are either cross body or used with both shoulder straps. Alternatively, place bags on steps before climbing.

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- Pinching or lacerating hands, fingers or other body parts.
  - Ensure the hand-holds will not trap or catch the hands or fingers as they move along.
  - Wear gloves.
  - Ensure handholds and footholds are free from material and are functioning as designed. Some hand and footholds are hinged and require to be fully open to use properly.

## 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 enough to give good climbing contacts, find another way to mount, dismount, climb or descend.
- 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.

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- 9) When getting close to a surface you will step onto, check for slipperiness and obstructions that will 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.