



2015 SAFETY STAND-DOWN: GETTING STARTED

Unsure of how to make the National Safety Stand-Down work on your site?
Here is a simple and cost-free plan to get you started!

The National Fall Prevention Safety Stand-Down is a voluntary event for employers to talk directly to employees about fall hazards, protective methods, and the company's safety policies, goals and expectations. This day-by-day plan for the Stand-Down provides activities that can be tailored to your jobsite. Each suggestion listed, along with others you will find on stopconstructionfalls.com, can be used any day of the week. While not all employers can commit to an activity all 10 days, everyone can do something to have an impact on safety!

If you participate in the Stand-Down in any way, tell us about it! Answer some questions about your activities on OSHA's website, www.osha.gov/stopfalls, after the Stand-Down and you'll receive a Certificate of Participation signed by Secretary of Labor Thomas E. Perez. Or just send us an email at falls@cpwr.com to share your story. If you include pictures with permission to use them, we may post them on this website.

DAY 1: MONDAY, MAY 4TH

GIVE A TOOLBOX TALK!

Toolbox Talks are short and easy on-site trainings that only last approximately 5-15 minutes each. They can be given at the beginning of the shift. Workers attending the talk should be encouraged to ask questions and discuss the topic. This increases the likelihood they will remember the information. Below are some ready-to-use Toolbox Talks from CPWR. Toolbox Talks on a second topic can also be substituted for another activity later in the week.

VISIT STOPCONSTRUCTIONFALLS.COM TO PRINT
TOOLBOX TALKS INCLUDING:

- Falls: Extension Ladders
- Falls: Step Ladders
- Focus Four Toolbox Talks: Falls from Ladders
- Falls from Scaffolds
- Focus Four Toolbox Talks: Falls from Scaffolding
- Falls from Rooftops
- Falls Through Holes and Openings
- Focus Four Toolbox Talks: Falls through Skylights and Holes
- Falls: General Protection and Awareness
- Falls from Moving Machinery
- Aerial Lifts
- Equipment: Getting On and Off



DAY 2: TUESDAY, MAY 5TH

SHARE REAL LIFE STORIES!

Use examples of contractors who are doing fall protection right, or alternately, of workers who have been injured or killed in a fall to drive the message home.



USE VIDEOS:

- ⇒ **A construction framer talks about protecting his crew from falls** (4 mins) - Mike Pelky is a residential rough framer working in Arizona whose company designed and instituted a fall safety program. In this video he shares how they did it and why he thinks fall protection is a good idea. Watch on YouTube at <https://www.youtube.com/watch?v=MFthzInDdLQ>.
- ⇒ **Preventing Falls Through Skylights** – “Everybody seems to think that we’re invincible. At least I used to think that.” So begins a digital story about Joe, a 45-year old roofing supervisor in California who died tragically after he fell through a warehouse roof skylight while on the job. He fell 30 feet onto a floor, and died from his injuries. OHB’s California Fatality Assessment and Control Evaluation (CA/FACE) program produced a five-minute digital story with two of Joe’s co-workers highlighting the events that led up to his death and what could have been done to prevent it. Watch on YouTube at https://www.youtube.com/watch?v=l_8cynt7wlk&feature=share&list=PL43A44D61109073BC (English), or <https://www.youtube.com/watch?v=wiD1KTCBNX0&feature=share&list=PL43A44D61109073BC> (Spanish)
- ⇒ **A Simple Task - Fatal Ladder Fall** – This 2 minute video using photos and animation recreates the real-life series of events that led to the death of a 33-year-old construction worker from a ladder fall -- and how it could have been prevented. Watch on YouTube at <https://www.youtube.com/watch?v=XXit0ziMIAA>.

USE FACE REPORTS: The National Institute for Occupational Safety and Health (NIOSH) and State Fatality Assessment and Control Evaluation (FACE) program conduct investigations that identify factors that contribute to fatal injuries. This information is used to develop comprehensive recommendations for preventing similar deaths. You can find a list of all fall-related FACE reports at http://stopconstructionfalls.com/?page_id=1008, including stories such as:

- ⇒ Construction Laborer Dies After Falling Through Temporary Bridge “Catch” Platform, 75 Feet To Ground – New Jersey
- ⇒ Falls From Scaffolds can be Prevented – Michigan
- ⇒ A Day Laborer Dies When He Falls from a Scaffold
- ⇒ A House Painter Dies When He Falls Through a Roof Opening – California
- ⇒ A Roofing Supervisor Dies When He Falls Through a Skylight – California
- ⇒ Municipal Lead Custodian Dies in Fall from Mobile Scaffolding – Massachusetts
- ⇒ Carpenter Fell from the Roof of a Single Family Home Under Construction – Massachusetts
- ⇒ A Day Laborer Dies When He Falls Off a Scaffold – California

USE SUCCESS STORIES: Share examples of organizations, worker safety groups, construction companies, and other stakeholders that engaged in last year’s stand-down and produced results. 2014 Success Stories can be found at http://stopconstructionfalls.com/?page_id=1066.

DAY 3: WEDNESDAY, MAY 6TH

REVIEW YOUR FALL PREVENTION PROGRAM. OSHA recommends asking the following questions:

1. What types of falls could happen? Based on the work being done, and the types of subcontractors on site, what are the possible fall hazards?

Consider conducting a job hazard analysis with workers as a group for more specific tasks. According to OSHA, a job hazard analysis is a technique that focuses on job tasks as a way to identify hazards before they occur. For more information, visit http://www.safetyworksmaine.com/safe_workplace/safety_management/hazard_analysis.html.

2. What needs improvement? Is your program meeting its goals? Are you experiencing injuries or near misses? Are employees aware of the company's fall protection procedures?
3. What training have you provided to your workers? Does it need revision?
4. What equipment have you provided to your workers? Is better equipment available?

DAY 4: THURSDAY, MAY 7TH

CONDUCT A FALL PROTECTION DEMONSTRATION. Have a contractor representative, supervisor, on-site safety professional, or guest expert demonstrate how to properly fit, wear, and use fall protection.

HAZARD ALERT
CPWR

FALL PROTECTION HARNESES

Am I in danger?
Falls are the leading cause of death in construction. About every working moment in the United States, a construction worker dies as a result of a fall.

When am I at risk?
If you are working:
• more than 6 feet above the ground, and
• you are not protected by a system of guardrails or safety nets.

Then you need a Personal Fall Arrest System. A Personal Fall Arrest System consists of a:
• Fall Protection Harness
• Anchor Point
• Lanyard

You are not safe from a fall unless you tie off.

Find out more about construction hazards.
Get more of these Hazard Alert cards – and cards on other topics.
Call 301-578-8500

To stop a fatal fall ...

- 1 Wear a full-body harness**
A proper fall protection harness has straps worn around the back and thighs. If you fall, it will distribute "stopping force" across your thighs, pelvis, chest and shoulders to prevent severe injury.
- 2 Inspect your harness**
To ensure the harness properly used be in good conditions:
• Inspect your harness for worn or damaged straps, buckles, D-rings and lines.
• Follow the manufacturer's instructions when you put on your harness.
• Make sure all straps are fastened and adjusted correctly.
• Don't ever work until you are satisfied with the condition and fit of your fall protection harness.
- 3 Make sure you are connected**
You always should be attached to the D-ring on your fall arrest harness, then anchored securely to an anchor point. Ask your supervisor if your anchor point can sustain the load without failure. Squabbles are not anchor points.

It's not over when the fall stops!
OSHA requires employers to have a plan to "provide for prompt rescue of employees in the event of a fall." Time is of the essence. In a short time, the harness will restrict blood circulation, which can lead to unconsciousness or even death.

If you think you are in danger: Contact your supervisor. For more information: 1-800-321-OSHA

THE FOLLOWING RESOURCES CAN ALL BE FOUND ON STOPCONSTRUCTIONFALLS.COM:

- ⇒ **Fall Protection Harnesses Hazard Alert** – a one page illustrated document on how to wear harnesses properly. (Available in Spanish)
- ⇒ **Personal Fall Arrest Systems Brochure** – a handout with illustrations for residential workers on how to use a personal fall arrest system properly (MA Dept. of Public Health). (Available in English, Spanish, and Portuguese)
- ⇒ **7 Steps to Ladder Safety** – a one page graphic illustration on how to use a ladder safely

Unsure of which fall protection is best suited for your job and workers? The online tool, *Fall Protection Resource for New Home Construction*, found at <http://www.ot.wustl.edu/fptech/index.htm>, describes over 150 fall prevention devices, including pictures, the device purpose and installation description, cost and manufacturer, and links to the device manual, vendors, and video when available.

DAY 5: FRIDAY, MAY 8TH

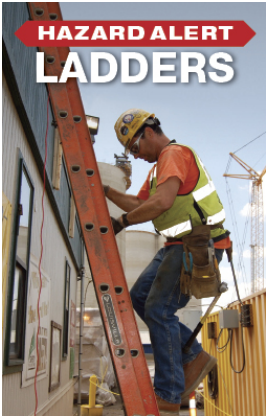
USE THE NIOSH LADDER SAFETY PHONE APP WITH YOUR CREW!

The app features a graphic-oriented guide for ladder selection, inspection, positioning, accessorizing, and safe use. The app is also available in Spanish (to view and use, select Spanish as the phone language). Review the app features together as a group and then ask the smaller groups to play with the app or practice using it on site together, giving workers the opportunity to ask questions about its use. For downloading information and user's manual, visit <http://www.cdc.gov/niosh/topics/falls/>.



DAY 6: MONDAY, MAY 11TH

PASS OUT AND REVIEW HAZARD ALERT CARDS!



Hazard Alerts are short, image-driven materials that deliver simple, direct messages for protection against safety and health hazards faced by construction workers. Plan on giving a card or print-out to each worker and then review it together as a group. Like the Toolbox Talks, it is best to encourage workers to ask questions and engage in discussion to increase the likelihood that everyone will remember the information shared.

They are available in two formats: CPWR printed cards folded to “pocket size” of 3 ½” x 5 ½” and one-page PDFs. CPWR printed cards are water-resistant and built to last. To order printed cards in advance, email csinyai@cpwr.com or call 301-495-8544 (up to 25 free, subject to availability).

To download one page PDFs, visit stopconstructionfalls.com.

DAY 7: TUESDAY, MAY 12TH

INSPECT YOUR EQUIPMENT!

The American Ladder Institute provides information and materials on ladder inspections and ladder safety at <http://www.americanladderinstitute.org/>, as well as online training at <http://www.laddersafetytraining.org/>.

[Stopconstructionfalls.com](http://stopconstructionfalls.com) provides a portable ladder inspection checklist as well as a checklist to make sure that your Personal Fall Arrest Harness is functioning properly.

Learn more about successfully inspecting your equipment by reading about last year’s Mid-Atlantic Construction Safety Council Fall Protection Inspection Stand Down. Construction managers took the lead to improve worker safety in a big way: a month-long stand down to learn how to completely inspect fall protection equipment, then conduct a thorough inspection of all parts of their fall protection system.



DAY 8: WEDNESDAY, MAY 13TH

SPOT THE HAZARD!

Spot the Hazard is a new product available from the Campaign to Prevent Falls in Construction, to be used as a training activity. It is available in either handout form or via PowerPoint at Stopconstructionfalls.com



DAY 9: THURSDAY, MAY 14TH

DON'T FALL FOR IT!



This CPWR injury prevention campaign combines an 11 minute video with fact sheets in both English and Spanish, providing step-by-step information on choosing, inspecting, setting up, and climbing ladders safely. The video also provides real interviews with survivors of falls from ladders (or victims' survivors).

Visit http://stopconstructionfalls.com/?page_id=15 for the video, fact sheets, and an IMPACT card that details how personal stories raise awareness of safe ladder procedures.

DAY 10: FRIDAY, MAY 15TH

SHARE YOUR STORIES!

PRINT CERTIFICATES OF PARTICIPATION FROM OSHA!

Employers will be able to provide feedback about their Stand-Down and download a Certificate of Participation signed by Secretary of Labor Thomas E. Perez following the Stand-Down at

<https://www.osha.gov/StopFallsStandDown/index.html#certificate>.



TELL CPWR YOUR SUCCESS STORY! Email falls@cpwr.com with details and photos from your event(s). If you give us permission, we may feature them on stopconstructionfalls.com.



HAND OUT HARDHAT STICKERS FOR PARTICIPATION! CPWR has developed stickers to help raise awareness of the Campaign to Prevent Falls in Construction. These stickers can be affixed onto hardhats or equipment on a work site, to spread the word. To order, email falls@cpwr.com.



FOR EVEN MORE IDEAS ON HOW TO PARTICIPATE IN THE STAND DOWN, OR TO IMPROVE YOUR FALL PREVENTION EFFORTS YEAR ROUND, VISIT THE REST OF [STOPCONSTRUCTIONFALLS.COM](http://stopconstructionfalls.com), OR CHECK OUT NIOSH AND OSHA'S WEBSITES.