

2018
Stand-Down
May 7-11
StopConstructionFalls.com



HOLDING A STAND-DOWN: DAY BY DAY PLAN

There is no one way to hold a stand-down, so please feel free to get creative and do what works for your employees and jobsites. For even more resources and ideas, visit stopconstructionfalls.com.

MONDAY – MAKE THE CASE FOR FOCUSING ON FALLS

Despite the risk of a fall being so high, and many workers having seen a severe fall firsthand, some may still feel that they are not at risk for falls, or that “it can’t happen to them.” Using real life stories and statistics can help bring the Stand-Down home. Once workers have accepted that the risk is real for them, they will be interested in participating in training and the other activities below. Ways to make the case for focusing on falls include:

1. Use [CPWR-NIOSH Infographics](#) to share statistics on fall risk. Four new infographics are available this year, including: falls from equipment, falls through skylights or holes, small businesses, fall protection access.
2. Use stories of your own experiences or those of others on your jobsite who experienced or witnessed a fall resulting in injury or death.
3. Check out [CPWR’s Fatality Maps](#) – interactive maps that pinpoint fall-related fatalities across the US and share news reports and information about those killed.
4. Use NIOSH & State Fatality Assessment and Control Evaluation (FACE) Reports and Products – Investigations conducted through the FACE program allow the identification of factors that contribute to these fatal injuries. This information is used to develop comprehensive recommendations for preventing similar deaths. A list of fall-related FACE reports can be found on stopconstructionfalls.com.

An infographic with a red header that reads "PREVENTING FALLS THROUGH SKYLIGHTS AND HOLES". Below the header, it states "During 2011-2016, 165 workers died after falling through a skylight or hole". A section titled "REMEMBER:" lists three key points with red checkmarks: 1. Never sit, step on, or lean against a skylight. Guard or cover any existing skylights. 2. If you create, uncover, or notice a hole: Guard or securely cover the hole; Label the cover with "hole" or "cover". 3. Always use one of the following: Covers or screens; Railings or guardrails; Personal Fall Arrest System, such as a full-body harness. To the right is an illustration of a worker in a hard hat and safety vest standing next to a grid cover over a hole in a floor. Below the illustration is a yellow box with the text "PLAN PROVIDE TRAIN" and "Three simple steps to preventing falls". At the bottom, there are logos for CPWR, NIOSH, and OSHA, along with the text "Join the Campaign to Stop Construction Falls!" and the website "www.stopconstructionfalls.com".

TUESDAY – CONDUCT A TOOLBOX TALK



Toolbox Talks are short and easy on-site trainings that only last approximately 5-15 minutes each. Workers attending the talk should be encouraged to ask questions and discuss the topic. This increases the likelihood they will remember the information. Visit <http://stopconstructionfalls.com/toolbox-talks/> for ready-to-use Toolbox Talks from CPWR. Topics include:

- Aerial Lifts
- Preventing Falls From Roofs
- Preventing Falls From Scaffolding
- Falls: Extension Ladders
- Falls: Step Ladders
- Equipment: Getting On and Off
- Falls: General Protection and Awareness
- Falls From Moving Machinery
- Falls Through Holes and Openings

WEDNESDAY – REINFORCE THE MESSAGE WITH POSTERS, STICKERS, & HANDOUTS

Training is important, but in order to make sure the message hits home and workers retain the information, it is useful to reinforce the Stand-Down in a variety of ways:

1. Hang posters around your jobsite(s). OSHA has a 2018 poster available for download in [English](#) and [Spanish](#), but many contractors choose to create their own posters with company branding instead. You may also want to consider a poster making activity – hold a contest for the best drawn poster, or ask workers to get their families involved by creating a fall prevention poster at home with their kids.
2. Hand out Hardhat Stickers. CPWR has 2018 hardhat stickers available to order on stopconstructionfalls.com.
3. Update your fall prevention plan if necessary, and review it with your workers so they know exactly what to expect if there is a fall on your jobsite.
4. Distribute Hazard Alert cards. These small pocket cards or one-page PDFs contain key information for workers about a particular hazard and how to protect themselves. Several fall related Hazard Alerts can be ordered or printed at stopconstructionfalls.com/online-ordering-form.



THURSDAY – 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. The following resources provide tips:

1. [Fall Protection Harnesses Hazard Alert](#) – a one page illustrated document on how to wear harnesses properly.
2. [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). Also available in [Spanish \(Español\)](#) and [Portuguese](#).
3. [7 Steps to Ladder Safety](#) – a one page graphic illustration on how to use a ladder safely.
4. The [NIOSH Aerial Lift Simulator](#) allows users to practice safe use of aerial lifts virtually.

FRIDAY – CONDUCT AN EQUIPMENT INSPECTION

Use the final day of the Stand-Down to make sure that only safe and up-to-date equipment is being used on the jobsite going forward. Inspect all ladders, scaffolds, aerial lifts, and personal fall arrest systems, and make sure to tag and remove any faulty equipment from use. Use this as an opportunity to involve workers in the inspections so they know what to look for in the future.



1. The American Ladder Institute provides a [Ladder Inspection Checklist](#) that covers step ladders, extension ladders, and combination ladders.
2. Stopconstructionfalls.com provides a [Portable Ladders Checklist](#) and a [Fall Protection Equipment Inspection Form](#).
3. The [NIOSH Ladder App](#) features a graphic-oriented guide for ladder selection, inspection, positioning, accessorizing, and safe use. The app is also available in Spanish.

After the Stand-Down, don't forget to get an OSHA Certificate of Participation at <http://www.osha.gov/StopFallsStandDown/index.html#cert!>