



11 Ways to Keep Your Fall Prevention Program Alive All Year Long

The Stand-Down may be over, but the Campaign to Prevent Falls in Construction is year round! Here are some reasons to conduct fall prevention activities throughout the year to reinforce safe practices:

- ❖ Jobsites are always changing and crews come and go –you may have many new workers present who were not around when you participated in the Stand-Down in May.
- ❖ Even if your crew did participate in the Stand-Down, it's easy to become complacent afterward. Scheduling activities quarterly or even monthly can re-energize your crew and bring the focus back to the fact that falls need to be prevented.
- ❖ If your jobsite does experience a fall – even if nobody is injured – workers may feel upset, anxious, and worried about their safety. Taking the time to perform an incident investigation and stopping work to re-focus on fall protection policies and education can improve both safety and morale.

If your jobsite experiences a fall, at a minimum, you should:

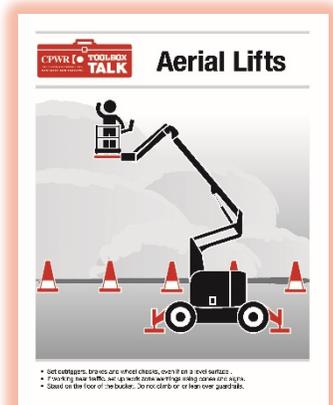
- 1. Determine the cause of the fall,**
- 2. Inspect and remove faulty personal fall arrest systems or equipment, such as ladders or scaffolds, that may have contributed to a fall from use,**
- 3. Have an open conversation with workers about their concerns,**
- 4. Conduct a refresher training on fall prevention, and**
- 5. Communicate the importance of fall protection throughout the organization.**

CPWR, OSHA and NIOSH have a variety of resources that you can use when deciding what activities will work for your jobsite's ongoing fall prevention program. Be imaginative and select activities that fit your company's culture and the kind of construction work you do. The following list of ideas may help you get started:

- ❖ **Do a stand-down.** If you've already done a fall-related stand-down, do another and just change up the activities or specific topics you focus on. If your first stand-down focused on falls from ladders, make the next one focused on falls from roofs, scaffolds, aerial lifts, moving equipment, or even slips and trips. Consider conducting quarterly or monthly stand-downs and incorporating other timely topics (e.g. falls and cold weather in the winter, falls and hot weather in the summer, falls and noise, falls and dropped tools). If you didn't participate in the National Safety Stand-Down, learn more about it [here](#).
- ❖ **Pause work to inspect equipment.** During the inspections, talk to workers about how to self-inspect their fall protection and other equipment before each use. You may want to ask a fall protection equipment manufacturer, vendor, or safety professional to help – many are very enthusiastic about opportunities such as this.
- ❖ **Conduct Toolbox Talks.** Keep it simple and incorporate fall-related toolbox talks into pre-shift or other existing jobsite meetings. Consider asking workers to help deliver the toolbox talk to improve their engagement in fall safety and provide credible models for other workers.

CPWR has developed toolbox talks on fall protection and a wide variety of other topics, available at www.cpwr.com.

- ❖ **Organize a community event.** This could be done in conjunction with a neighborhood fair or other local event to raise the community's and workers' family members' awareness about the importance of fall prevention.





- ❖ **Share a testimonial** from a worker injured or disabled due to a fall, or a family member who lost a loved one, with workers and supervisors. You could invite a previously injured worker or family member to speak in person, or use video clips or written testimonials. To help with this, stopconstructionfalls.com has a few videos available in [Training & Resources](#), as well as [State Fatality Assessment and Control Evaluation reports](#) on fatal falls and [Fatality Maps](#).
- ❖ **Publish fall protection articles** in company newsletters or share stories via group emails and social media. Point to a recent construction fall tragedy in the news and urge everyone in the organization to learn from it. Try to use a compelling message like “Let’s make sure this doesn’t happen to us”.

CPWR’s Communications team is happy to assist in writing articles; simply contact us at falls@cpwr.com.

- ❖ **Reinforce fall protection in a management training session.** Include a short discussion of technical information, when protection is required, and what to look for when workers use PPE. Remind managers and especially supervisors that workers follow their example. If they do it right, workers are more likely to do it right. Point to resources available within your company if they need help.
- ❖ **Provide fall-prevention training** to supervisors or workers. You may also want to consider a full OSHA 10 or 30 hour course for those who have not previously attended.
- ❖ **Create a fall prevention plan** for a construction project. Put together a task force (manager, safety person, lead worker), and ask them to develop a fall protection plan for a specific construction project. Ask them to identify all of the tasks that will require employees to work at height and how it will be done safely. Washington State’s [sample fall protection work plans](#), for example, may help guide this process.
- ❖ **Empower and encourage workers to speak up** about fall risks and ask questions if they feel unsafe. Many times workers stay quiet rather than ask questions even if they don’t know the right way to do something or they’ve identified an issue that may lead to an unsafe situation. This can be for a variety of reasons – perhaps they do not want to look inexperienced, or they feel it would be frowned upon by management to speak up. Work to change the jobsite safety culture so this does not happen.

CPWR’s [Foundations for Safety Leadership](#) training module is a newly approved OSHA 30 elective that improves leadership skills of workers, foremen, and other supervisory personnel. The full module is 2.5 hours, but it is broken into 8 sections that can be used alone to improve safety skills, workers’ understanding of when and how to speak up, and supervisors’ ability to lead. Several of the sections relate to falls – check out *Cover Up!*, *To Check or Not to Check*, *Gimme Some Space*, and *Do We Have To?*



- ❖ **Match activities to the work that is coming up.** For example, in the parts of the country where snow needs to be removed from roofs, use an event to focus on fall protection while removing snow. During extremely hot weather, talk about heat issues and fall protection in the same talk.

There are lots of ways to reinforce and reenergize your fall protection program throughout the year. Experiment and adjust. Build on the energy from the fall prevention Stand-Down, liven up your program at regular intervals and when events create a need for it. Remind everybody that fall protection matters and lives are at stake.

If you would like to share your story, please tell us at <http://stopconstructionfalls.com/success-story-form/>.