

2019  
Stand-Down  
May 6<sup>th</sup>-10<sup>th</sup>  
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](http://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 and make workers more interested in participating in training and other activities. Ways to make the case for focusing on falls include:

An infographic with a red header that reads "HAVE A RESCUE PLAN TO PREVENT SUSPENSION TRAUMA" and a sub-header "The harness stopped the fall, but hanging too long can be deadly!". It features a cartoon worker in a yellow hard hat and safety harness. The infographic is divided into three sections: "Before work begins..." with a checklist of actions; "After a fall, initiate the rescue plan..." with a checklist of actions; and "Watch the Clock..." with a clock icon and text about the dangers of suspension. At the bottom, it says "PLAN PROVIDE TRAIN" and "Three simple steps to preventing falls." and includes logos for Stop Construction Falls, OSHA, NIOSH, and CPWR.

**HAVE A RESCUE PLAN TO PREVENT SUSPENSION TRAUMA**  
The harness stopped the fall, but hanging too long can be deadly!

**Before work begins...**

- ✓ Train workers on self and assisted rescues, and provide rescue equipment.

**After a fall, initiate the rescue plan...**

- ✓ If immediate rescue is not possible, the suspended worker should keep blood circulating by:
  - Using trauma straps or loops, a personal rope ladder, or create a foot loop from the lifeline to shift into a standing position.
  - "Pumping" legs frequently.
- ✓ Call 911. Do not let the worker lie down while waiting for help.

**Watch the Clock...** If blood is not circulating, it only takes a short time for a worker to:

- ⌚ Become light-headed, nauseous, or unconscious
- ⌚ Suffer suspension trauma and death

**PLAN PROVIDE TRAIN**  
Three simple steps to preventing falls.

Learn more at [www.osha.gov/dtu/shb/shb032404.pdf](http://www.osha.gov/dtu/shb/shb032404.pdf)

Join the Campaign to Stop Construction Falls!  
[www.stopconstructionfalls.com](http://www.stopconstructionfalls.com)

OSHA OSHA OSHA CPWR THE CENTER FOR CONSTRUCTION RESEARCH AND TRAINING

1. Use [CPWR-NIOSH Infographics](#) to share statistics on fall risk. Four new infographics are available this year, including: having a rescue plan to prevent suspension trauma, calculating fall clearance, fatal falls highest in construction, and a snapshot of fatal falls in construction. These make great posters for the jobsite!
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 recommendations for preventing similar deaths.

## TUESDAY – COMPLETE YOUR WRITTEN FALL PROTECTION PLAN

Having a detailed fall protection plan is essential to providing a safe work environment for employees working at heights. While OSHA only requires a written fall protection plan for employees engaged in specific types of work who can demonstrate that it is infeasible or hazardous to use conventional fall protection equipment (*See 1926.501(b)(2), (b)(12), and (b)(13)*), CPWR feels that the use of a plan is beneficial to the safety of all workers at risk for a fall.

1. Use this [generic site-specific plan](#) to think through your fall prevention and protection methods, training for workers, and rescue plans. Complete any and all sections that are applicable to your jobsite(s).
2. Take this opportunity to review your rescue plan with workers. Hanging in a harness for too long can be deadly so having a plan is critical.

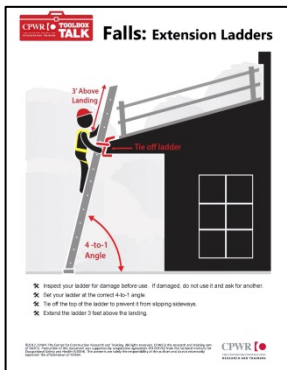
**PLAN PROVIDE TRAIN.**  
Three simple steps to preventing falls.

## WEDNESDAY – 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. Review how to use ladders and other equipment safely. 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. Currently being updated to include boom lifts.
5. 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.

## THURSDAY – 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

## FRIDAY – GIVE OUT HARDHAT STICKERS & WORKER 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. Hand out Hardhat Stickers. CPWR has 2019 hardhat stickers available to order on [stopconstructionfalls.com](http://stopconstructionfalls.com).
2. 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](http://stopconstructionfalls.com/online-ordering-form).
3. Get your Certificate of Participation from OSHA on their [Stand-Down webpage](#).



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