



SPOTLIGHT ON... PLANNING & PPE FIT

For your 2023 Stand-Down, the National Safety Stand-Down team encourages you to consider focusing on two key areas: **planning** and **personal protective equipment (PPE) fit**.

1) Management and Crew Leaders: Focus on Pre-Job and Pre-Task Planning

Management and crew leaders are the primary audience to support stand-down activities focusing on developing or improving pre-job and pre-task planning on their jobsites. Leadership at all levels, and particularly from the frontline supervisors who engage the workforce in planning, is essential for it to be effective.

When it comes to falls, there are three primary types of planning needed: planning to **prevent** falls, planning to **protect** workers if a fall occurs, and planning for fall **rescue**. All three of these should be considered in pre-job planning before the job begins and updated as the job progresses and fall hazards are present or conditions change.

In a [recent CPWR survey](#), respondents reported that insufficient or ineffective planning was the number one cause of falls. Lack of planning was also associated with a lower likelihood of using fall protection. The odds of using fall protection were 71% lower for individuals whose employer or competent person did not do any planning compared to those whose employer or competent person did do planning or they were not sure.

Use this Stand-Down to engage management and frontline crew leaders on how you can improve planning for fall prevention, protection, and rescue. Consult the following resources to develop or strengthen your approach to planning:

Written Planning Templates & Checklists	<ul style="list-style-type: none"> • Simple Fall Protection & Rescue Plan – English, Spanish • Detailed Written Fall Protection & Rescue Plan – English, Spanish • Daily Job Site Checklist for Recognizing and Preventing Falls – English, Spanish • Pre-Task Planning (PTP) Assessment Checklist – English
Tipsheets	<ul style="list-style-type: none"> • Planning A Multi-Layered Approach to Fall Prevention Tipsheet – English, Spanish • Rescue Planning Tipsheet – English, Spanish
Infographics	<ul style="list-style-type: none"> • Have A Rescue Plan to Prevent Suspension Trauma – English, Spanish • Plan. Provide. Train. – English, Spanish
Webinars	<ul style="list-style-type: none"> • Assess and Improve Pre-Task Planning (PTP) Using CPWR’s Checklist – Presentation in English, Slides in English • Prevention Through Design – Presentation in English, Slides in English

2) Everyone: Personal Protective Equipment (PPE) Fit

Personal protective equipment (PPE), such as fall protection harnesses as part of a Personal Fall Arrest System, must fit properly to be fully effective. If it does not fit well, it may not adequately prevent or control falls, and it may be more likely to fail if a fall does occur. For example, a worker could slip out of a harness that’s too big. Poorly fitting PPE also presents additional risks. If PPE is oversized, for instance, it may increase the risk that a worker slips or trips, which can lead to a fall. Loose clothing can get caught on machinery and a loose harness can cut off circulation from riding up. If poorly fitting PPE is too tight or too loose, the discomfort alone may make workers less likely to wear it regularly and properly.

Use this Stand-Down to inspect whether PPE currently fits workers on your crew correctly, assess whether you need to order additional PPE size or shape options, and teach workers how to inspect their PPE daily. Consult the following resources:

Written PPE Resources	<ul style="list-style-type: none"> • Fall Protection Harnesses Hazard Alert Card – English, Spanish • Factsheet on Personal Fall Arrest System Safety – English, Spanish, Haitian Creole, Portuguese • Personal Protective Equipment Fit Resources for Women Construction Workers – English • NIOSH Science Blog on PPE Fit in the Construction Sector – English
Infographics	<ul style="list-style-type: none"> • Infographic on Proper Fit for Women in Construction – English, Spanish
Webinars and Videos	<ul style="list-style-type: none"> • Webinar on Full Body Harness Fit – The Basics - Presentation in English, Slides in English • Webinar on Adequate Use of Fall Protection – Presentation in Spanish, Slides in Spanish • Quick Tip 1 Minute Video on Harness Fit – English • Video on Fall Protection - 17-minute complete version in Spanish on multiple fall prevention topics; 6-minute clip from complete version in Spanish on harness fit specifically

DID YOU KNOW?

Properly fitting PPE is critical for all workers, but some workers are less likely to have access to PPE that fits their bodies adequately.

[Anthropometrics](#) – the science that defines physical measures of a person’s size, form, and functional capacities – tells us that some workers are more likely to be underserved by many current PPE offerings. Racial and ethnic minorities, smaller or larger workers, women, transgender people, and other groups may be less likely to have PPE that fits them well because most manufacturers have historically designed for the “average” American male body size and shape. The problem with the “average” is that it’s largely based on outdated measurements from military personnel and not the general civilian population. NIOSH is working to improve PPE fit options for all workers through events such as its current [NIOSH Respirator Fit Challenge](#) and its upcoming [National Strategy for Equitable PPE Protections](#).