

STANDING DOWN FOR FALL SAFETY

Ideas for Stand-Down Events

The [National Safety Stand-Down to Prevent Falls in Construction](#) is an opportunity to pause work on jobsites to improve fall prevention planning and talk about fall safety with crews, crew leaders, and everyone on your jobsite. The following list of activities provides ideas for employers of all sizes to participate in the Stand-Down.

1. Create or Improve Your Written Fall Protection and Rescue Plan

Do you have a written fall protection and rescue plan? If yes, how can it be improved?

Planning is critical. In a [recent survey](#) by CPWR – The Center for Construction Research and Training, respondents who witnessed, experienced, or investigated a past fall incident identified **insufficient or ineffective planning as the number one underlying cause of the fall.**

Use [this generic template](#) to create a fall protection and rescue plan. For small employers or those just beginning to plan for falls, [click here for a shorter, simpler plan](#) (both templates are [available in Spanish](#)). Consult [CPWR's Rescue Planning Saves Lives](#) and [Planning A Multi-Layered Approach to Fall Prevention and Protection](#) tipsheets for additional information on planning.

RESCUE PLANNING SAVES LIVES

Falls can occur in the blink of an eye, even when being careful. If the fallen worker is suspended, a lack of preparation can lead to serious consequences, long-term trauma, and even death.

Planning for safe, efficient rescue saves lives.

In a recent CPWR survey of contractors, safety & health pros, workers, and others, **over 87% of respondents indicated their rescue or only occasionally rehearsed sufficient pre-planning for fall rescue.**

Use these tips to strengthen your rescue planning:

Practice preparation for fall rescue:

- Use any method established to safely descend (or ascend). For example, utilize the worker's fall arrest system, bring them into a structure through an opening, or bring support equipment to them. Make sure equipment for rescues, such as ropes, traps, self-rescue harness, or rescue sleds, are available, ready to be used, and in good condition.
- The CPWR survey found that self-rescue was the most used method of rescue.
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Methods of Rescue in Fall Prevention Surveys

- Rescue by trained personnel: 45%
- Self-rescue: 31%
- Rescue by family/friends: 14%
- Rescue by emergency services: 10%

Train the plan by each plan:

- Talk to emergency services in your area. Find out if 911 responders are trained to perform this type of rescue and how quickly they can get to the job site. If mobile and first-aid is not available, determine assistance: **THE RIGHT EQUIPMENT IS CRITICAL TO SUCCESS.**
- Develop a written rescue plan for any rescue operations and communicate with the field worker. Decide on emergency methods of communication in advance and make sure all workers know how to contact the local fire, police, hospital, or other agency.
- Think about how your rescue equipment could be used for rescue. In CPWR's survey, aerial lifts were the most common form of rescue after self-rescue and emergency services.

Train workers:

- Train workers on self-rescue and assisted rescue. Make sure everyone is aware of the specific protocols included in the rescue plan and the locations of rescue equipment in their job location.
- Make sure to provide training in the language workers use.
- Include subcontractor workers. CPWR's survey found that workers employed by subcontractors were more likely to die in falls in workers employed by general contractors.

REMEMBER: Even if a worker does not appear injured after a fall, they should always be evaluated by a medical professional.

Use CPWR's Generic Written Fall and Rescue Protection Plan to integrate rescue planning into your fall protection plan (available in English and Spanish).

Join the Campaign to Stop Construction Falls!
www.stopconstructionfalls.com

CPWR
RESEARCH AND TRAINING

2. Attend Virtual or In-Person Stand-Down Events

Check out [OSHA's Stand-Down Events Page](#) to find regional or national virtual or in-person events by region.

You can also attend webinars on fall prevention or view recordings in the Stop Construction Falls library of fall prevention webinars:

🚩 Check out the [Stop Construction Falls - Planning and Promotion](#) for links to upcoming webinars for this year's Stand-Down.

📺 Watch recordings of previous webinars on [Stop Construction Fall - Videos and Webinars](#) page.



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

3. Expand Your Resources in Languages Other than English

Use the Stand-Down as an opportunity to assess whether your fall prevention and protection planning, materials, and training are available in the languages used by your crew. If needed, identify or create new resources in the crew's native language(s). You can use [Spanish-language resources](#) and [resources in languages such as Polish, Portuguese, Russian, and Mandarin](#) from stopconstructionfalls.com to get started.



4. Inspect Equipment and Revisit Job Hazard Analyses

Use this week as an opportunity to inspect all access equipment and PPE, tag and remove any equipment that is damaged or broken, and review and reinforce your company's expectations for daily pre-shift safety checks. Make sure workers know your company's procedures for inspecting, tagging, and removing equipment and confirm that managers are providing sufficient time and training for workers to perform these daily duties.

Revisit your Job Hazard Analyses (JHAs) and other safety check procedures at your worksite using [CPWR's Pre-Task Planning \(PTP\) Assessment Checklist](#). Ensure a [competent person](#) has identified potential hazards and their [solutions](#). Discuss the findings with workers to ensure that the best solutions are being used to prevent falls and ask for their feedback. If you do not currently have JHAs for your worksite, visit our planning page for a [Daily Job Site Checklist for Recognizing and Preventing Falls](#).

5. Share & Discuss Short Videos and Podcasts

Only have time for a short conversation? Watch or listen to [short videos](#) and [podcasts](#) with your crew. Then engage workers in a discussion about how they might apply the information on the job. Looking specifically for Spanish videos? Check out CPWR's Spanish-language playlist, [Prevención de caídas](#).

6. Take Time To Discuss Fall Experiences & the Consequences

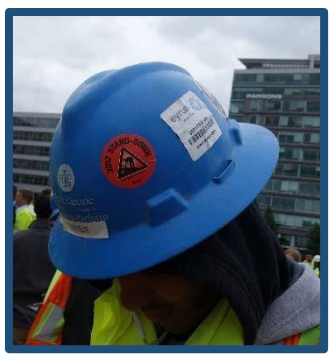
Sometimes we all need a reminder that we're not invincible – especially in our younger years. Ask employees and managers to share any fall-related experiences and what they are doing now to prevent falls. Personal testimonials in [English](#) and [Spanish](#) are one of the most powerful ways to communicate the serious consequences of falls and the fact that they can happen to even the most seasoned professionals if appropriate prevention and protection measures aren't taken. You can also use [NIOSH's Fatality Assessment and Control Evaluation reports](#) in English and Spanish for examples of actual fatal fall incidents to start conversations with your crew.



7. Conduct a Toolbox Talk

CPWR has a variety of FREE [toolbox talks](#) in English and Spanish to help guide training reinforcement and discussion during shift meetings on topics such as [aerial lift safety](#), [preventing falls from rooftops, extension ladders, guardrails](#), and [falls from heavy equipment](#).





8. Ask Employees for Their Input

Dedicate time to asking employees for their recommendations on how to improve fall prevention. This can be through an informal conversation or a formal survey process. Employees are the experts on their jobs, and they may have new ideas for how to improve planning, rescue, or other practices on your jobsite or have safety concerns to bring to your attention of which you may be unaware. Also, engaging and empowering team members promotes good [safety leadership](#).

9. Conduct a Fall Protection Equipment Demonstration

Conduct a safety presentation or fall protection demo. Many fall protection companies are willing to visit job sites to provide equipment demonstrations. Or you can consult other resources such as an [article on harness fit](#), a [webinar in English on harness fit](#), a [video in Spanish on harness fit](#), or a [factsheet on PPE fit for women](#).

ALWAYS Get Your Official Certificate of Participation



After the Stand-Down ends, visit [OSHA's website](#) to receive your certificate of participation in recognition of the time and effort you devoted to preventing falls.

Returning participants are encouraged to register for new certificates annually. Certificates are available in English and Spanish.

