



Holding a Fall Prevention Safety Stand-Down

A Safety Stand-Down is a voluntary event for employers to talk directly to employees about safety. Any workplace can hold a stand-down by taking a break to focus on "Fall Hazards" and reinforcing the importance of "Fall Prevention".

Employers of companies not exposed to fall hazards can also use this opportunity to have a conversation with employees about the other job hazards they face, protective methods, and the company's safety policies and goals. It can also be an opportunity for employees to talk to management about fall and other job hazards they see. There is no one way to hold a safety stand-down, so get creative and do what works for your employees and jobsites!

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

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.

WEDNESDAY – Reinforce the Message with Posters, Handouts, Stickers, etc.

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:

- Hang posters around your jobsite(s). OSHA has Fall Protection posters available for download in English and Spanish.
- Hand out Hardhat Stickers.
- 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.
- 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.

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 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.

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.