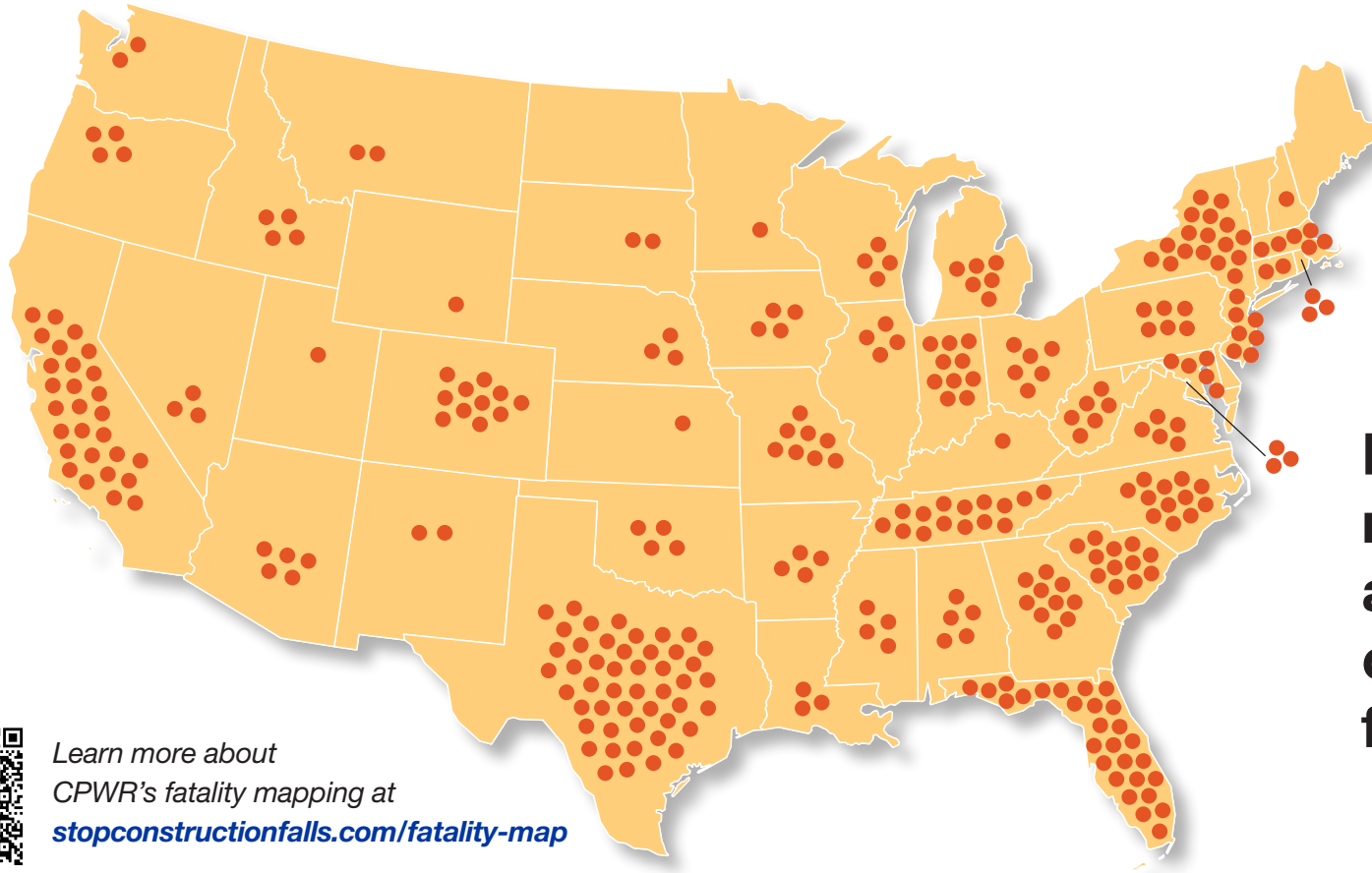


Did you know that **falls** are the leading cause of death in construction?



Each dot represents a fatal construction fall in 2018



Learn more about CPWR's fatality mapping at stopconstructionfalls.com/fatality-map

Join the Campaign to Stop Construction Falls!

www.stopconstructionfalls.com



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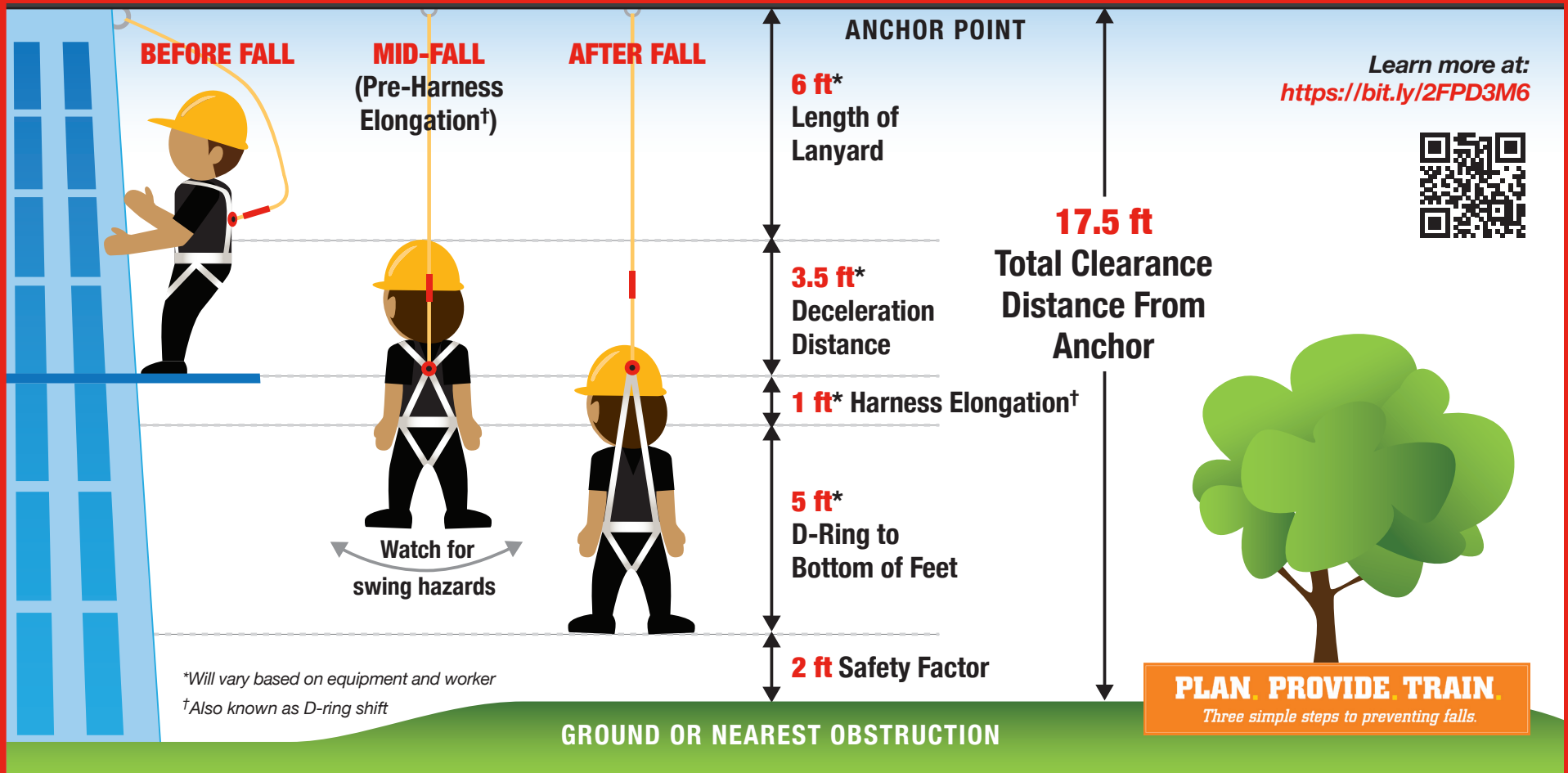


Source: <http://stopconstructionfalls.com/fatality-map/fatality-mapping-project/>

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THE RIGHT LENGTH LANYARD WILL PROTECT WORKERS IN A FALL

Employers, do the math. Example Below.



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Choosing the Right Anchorage

for your personal fall arrest system

DO USE: Certified anchorages that meet or exceed OSHA regulations.

All anchorages should be:

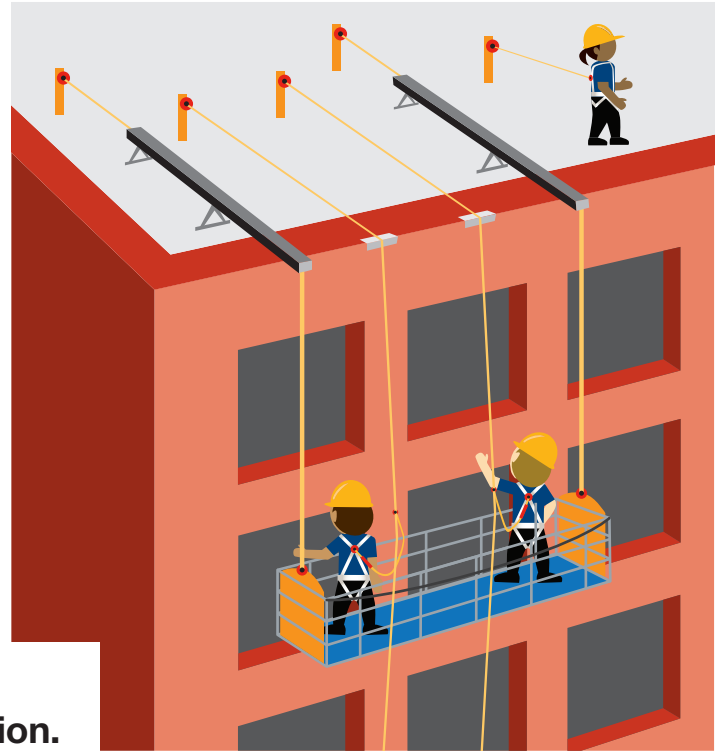
- Designed before construction begins
- Independent of anchorages used to suspend other employees or work platforms

AND

- Properly marked and rated for 5,000 lbs per employee attached

OR

- Designed, installed, and used under supervision of a qualified person, as part of a complete personal fall protection system that maintains a safety factor of at least 2



Engineered anchor point systems typically exceed regulations and are the **safest** option.

- Engineered anchorages can be temporary or permanent:
 - If temporary, use an anchorage structure that is strong, secure and immobile, such as a secured I-beam.
 - If permanent, they can be used after construction for window washing and maintenance.
- They may not be designed for use with horizontal lifelines. Talk to a competent person to determine if a leading edge solution is required.
- When engineered anchor points are unavailable, existing support beams, columns, or other structures may be used, but be careful! Don't use an existing structure unless you are sure the structure will support at least 5,000 lbs per employee.

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Three simple steps to preventing falls.



For more information on fall prevention, visit: [stopconstructionfalls.com](https://www.stopconstructionfalls.com)

DON'T USE bad anchor points, such as:

- Vents or stand pipes
- Railings/guardrails
- Air vents/ductwork
- Fixed ladders
- Electrical conduits
- Air conditioning units
- Skylights/light fixtures

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NIOSH



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RESEARCH AND TRAINING

Source: OSHA CFR 1910.140(c)(12), 1910.140(c)(13). <https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.140>.

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Working at Heights: Ladders

Between 2015 – 2017, 1 out of 4 fall-related deaths was from a ladder.

If you must use a ladder, always:

- Check the ladder before you use it! If you see damage, tag it “do not use” and ask for another ladder.
- Make sure the ladder will support you and your belt – check its duty rating.
- Set the ladder on a solid, stable, base.
- Keep three points of contact with the ladder to stay balanced.
- Face the ladder when moving up or down.



When using...

An Extension Ladder:

- Set the ladder at the correct 4:1 angle.*
- Tie off and secure the top and bottom of the ladder, or use another worker.
- Extend the ladder at least 3 feet past the level you'll be climbing to and the side rails at least 1 foot past the top rung.

A Step Ladder:

- Never stand on the top step or very top of the ladder.
- Always position the ladder close to your work to avoid overreaching.



Watch CPWR'S video,
Safe Ladder Practices in Roofing:
<https://youtu.be/Et9aeMdosms>

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Three simple steps to preventing falls.

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*Use the free NIOSH ladder app to determine the correct angle: <https://www.cdc.gov/niosh/topics/falls/mobileapp.html>.

Source: The Construction Chart Book, Section 44, Chart 44c. <https://www.cpwr.com/chart-book-6th-edition-fatal-and-nonfatal-injuries-fatal-injuries-falls-lower-level-construction>.

#StandDown4Safety

July 2020