AGC HOUSTON SAFETY STAND DOWN CAMPAIGN
MAY 5-16, 2025

SAFETY STAND DOWN INFORMATION
This information is to help you conduct your Stand Down event. It is a suggested agenda and training topic.

STAND DOWN PURPOSE
The focus of the annual Stand Down Fall Prevention campaign is to help workers become aware of and recognize the fall exposures they may encounter at the jobsite. This review covers information that supervisors, employers, and workers can use to address conditions around them related to fall exposures.

FALL EXPOSURES/FALL PROTECTION
OSHA identifies falls as one of the four leading causes of fatalities in the construction industry. Act, train employees to recognize fall exposures and have the authority to take corrective actions. Did you know:

- It takes most people about 1/3 of a second to become aware of a fall. It takes another 1/3 of a second for the body to react. A person can fall up to 7 feet in 2/3 of a second.
- Each year in the U.S. falls consistently account for one of the greatest number of fatalities in the construction industry.
- Events surrounding fall accidents often involve several factors, including unstable working surfaces, misuse of fall protection equipment, environmental factors and human error. Studies have shown that the use of guardrail systems, fall arrest systems, safety nets, covers, and restraint and positioning device systems can prevent many deaths and injuries from falls.
- Fall hazards are foreseeable. You can identify them, eliminate exposure to them, or control them before they result in injuries or death. Some of the factors that contribute to fall accidents include scaffolds; ladders; holes; roofs; elevated work surfaces and improper training.
- Analyzing the work area is another important step in fall hazard prevention. Analyzing the work area may include reviewing plans before work begins, anticipating upcoming fall hazards as work progresses, reviewing current hazards on the site, and developing an pre-planning checklist. Supervision/Competent Persons should inspect all work involving fall hazards while work is being performed.
- Be aware of those working above and below you. Protect yourself and others from falling objects with one of the following: hardhats, canopies, guardrails, panels and screens, barricades and fences, tool tethers.

Recommended resources for more information:

OSHA.gov
CPWR.COM (The Center for Construction Research & Training)
NIOSH (cdc.gov/niosh)

PERSONAL FALL PROTECTION

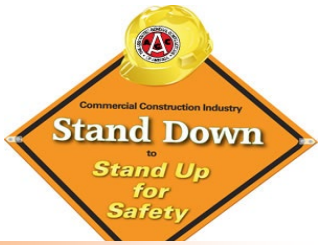
EQUIPMENT INSPECTION

Fall protection systems must be inspected before and after each use. Users should always read the instructions and labels supplied by the fall protection manufacturer before use and carefully calculate fall clearance before working at height. Regular wear, damage or corrosion can cause hidden damage that could result in the harness or lanyard failing. If you need it, you need it to work properly. The following is a guideline for checking fall protection equipment:

Webbing
Webbing must be visually inspected for frayed or cut fibers, chemical, heat, corrosion damage or burned stitches.

Full Body Harness:
D-Rings and their metal or plastic wear pads (if any) should be checked for distortion, cracks, breaks and rough or sharp edges.
Buckles should be inspected for unusual wear or distortion, cracks and rough or sharp edges. Check rollers for distortion. Tongue/ belts should have no additional punched holes.

Lanyard:
Snaps and hardware need to be inspected for distortions, cracks, corrosion, or pitted surfaces.
Lanyards must be inspected on each side of webbing to reveal any breaks or cuts. The webbing must also be examined for swelling, discoloration, cracks, or charring. These are all signs of chemical or heat damage.



Anchor Points
Anchor points (what you attach the lanyard to) should be able to hold a car.

Shock Absorbers
Shock absorbers should be examined for the warning flags or signs of deployment. If these signs of stress are shown remove the lanyard from service.

Storage:
The equipment should be stored out of the weather in a location where it can not be damaged by other tools, equipment or anything else.

Replacement:
If your harness or lanyard is damaged, or does not pass a regular inspection, ask your supervisor or a safety person to look at it and request a new one.

Item	Pass	Fail
Harness		
Lanyard		
Anchor strap or retractable		
Anchor point		
Storage		

Name: _____ Company: _____ Date: _____

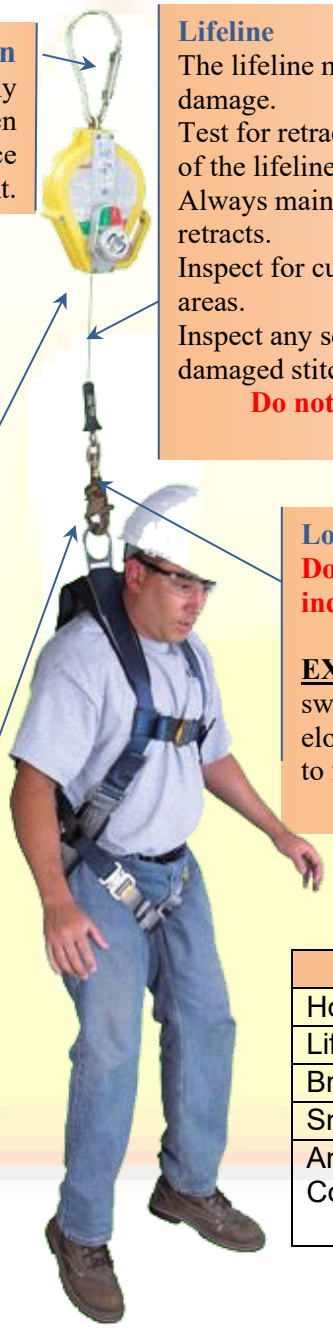
SELF – RETRACTING LIFELINE INSPECTION

Check Housing
Before every use, inspect the unit's housing for loose fasteners and bent, cracked, distorted, worn, malfunctioning or damaged parts. Check the hardware for any damages.

Anchorage Connection
Make sure the carabineer is properly seated and in the locked position between the attachment swivel/point on the device and the anchor point.

Lifeline
The lifeline must be checked regularly for signs of damage.
Test for retraction and tension by pulling out several feet of the lifeline and allow it to retract back into the unit.
Always maintain a light tension on the lifeline as it retracts.
Inspect for cuts, burns, corrosion, kinks, frays or worn areas.
Inspect any sewing (web lifelines) for loose, broken or damaged stitching.
Do not use the unit if the lifeline does not retract.

Braking Mechanism
The braking mechanism can be tested by grasping the lifeline above the load indicator and applying a sharp steady pull downward which will engage the brakes. There should be no slippage of the lifeline while the brakes are engaged. Once tension is released, the brakes will disengage and the unit will return to the retractable mode.
Do not use the unit if the brakes do not engage.



Load Indicator
Do not use the unit if the load impact indicator has been activated.

EXAMPLE: This indicator is located in the swivel of the snap hook. The swivel eye will elongate and expose a red area when subjected to fall arresting forces.

Snap Hook
Check the snap hook to be sure that it operates freely, locks, and the swivel operates smoothly.
Do not use if the snap hook shows signs of damage.

Item	Pass	Fail
Housing		
Lifeline		
Braking Mechanism		
Snap Hook		
Anchorage Connection		

Name: _____ Company: _____ Date: _____