



BIE SAFETY ADVISOR



**2023 Falls in
Construction Safety
Stand Down**

May 1-5, 2023

Join OSHA's National Safety Stand-Down to Prevent Falls in Construction

The U.S. Department of Labor's Occupational Safety and Health Administration recently announced that it has scheduled the 10th annual National Stand-Down to Prevent Falls in Construction for May 1-5, 2023. OSHA encourages construction employers and other stakeholders to join the event to promote awareness and training to address one of the industry's most serious dangers.

Fatalities caused by falls from elevation continue to be a leading cause of death for construction employees, accounting for 378 of the 986 construction fatalities recorded in 2021 (BLS data). **Those deaths were preventable.** The National Safety Stand-Down raises fall hazard awareness across the country in an effort to stop fall fatalities and injuries.

What is a 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.

Who Can Participate?

Anyone who wants to prevent hazards in the workplace can participate in the Stand-Down. In past years, participants included commercial construction

companies of all sizes, residential construction contractors, sub- and independent contractors, highway construction companies, general industry employers, the U.S. Military, other government participants, unions, employer's trade associations, institutes, employee interest organizations, and safety equipment manufacturers.

Partners

OSHA is partnering with key groups to assist with this effort, including the National Institute for Occupational Safety and Health (NIOSH), the National Occupational Research Agenda (NORA), OSHA approved State Plans, State consultation programs, the Center for Construction Research and Training (CPWR), the American Society of Safety Engineers (ASSE), the National Safety Council, the National Construction Safety Executives (NCSE), the U.S. Air Force, and the OSHA Training Institute (OTI) Education Centers.

How to Conduct a Safety Stand-Down

Companies can conduct a Safety Stand-Down by taking a break to have a toolbox talk or another safety activity such as conducting safety equipment inspections, developing rescue plans, or discussing job specific hazards. Management is encouraged to plan a stand-down that works best for their workplace anytime. See [Suggestions to Prepare for a Successful "Stand-Down"](#) and [Highlights from the Past Stand-Downs](#).

OSHA also hosts an Events page with events that are free and open to the public to help employers and employees find events in your area. If you plan to host a free event that is open to the public, see OSHA's [Events page](#) to submit the event details and to contact your [Regional Stand-Down Coordinator](#).

Certificate of Participation

Employers will be able to provide feedback about their Stand-Down and download a Certificate of Participation following the Stand-Down.

Share Your Story with OSHA

If you want to share information with OSHA on your Safety Stand-Down, Fall Prevention Programs or suggestions on how to improve future initiatives like this, you can email oshastanddown@dol.gov. Also share your Stand-Down story on social media, with the hashtag: **#StandDown4Safety**.



Monthly Toolbox Talk

No Fry Friday

Falls aren't the only construction safety highlight in May. With the warmer days of spring and longer sunlight hours, we need to be thinking about sun and UV exposure. Each year on the Friday before Memorial Day, it is National Don't Fry Day. The goal of National Don't Fry Day is to raise awareness of all the risks of overexposure to the sun. It is important for everyone to remember to use sun protection and sun safety practices.

Unfortunately, skin cancer is increasing in the United States, and the American Cancer Society estimates that one American dies every hour from skin cancer. The risk for ultraviolet (UV) damage to the skin increases as we spend more time enjoying the outdoors now that warmer weather is upon us. We need to take precautions when we are outside in the sun. Using a good sunscreen of SPF 30 or higher, wearing sunglasses and a wide-brimmed hat are a few ways to get started with sun safety.

Skin cancer is curable if it is found early. Be aware of changes on your skin with growths and in moles. See your doctor if you have any concerns. Be safe!

Be Sun Wise Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than one million cases are reported annually. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure. The U.S. Environmental Protection Agency (EPA) recommends these action steps to help you and your family be "SunWise."

- ✓ **Do Not Burn** Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.
- ✓ **Avoid Sun Tanning and Tanning Beds** UV light from tanning beds and the sun causes skin cancer and wrinkling.
- ✓ **Generously Apply Sunscreen** Generously apply sunscreen: about one ounce to cover all exposed skin 20 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 15 and provide protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.
- ✓ **Wear Protective Clothing** Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.
- ✓ **Seek Shade** Seek shade when possible and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m. Use extra caution near water, snow and sand. Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.
- ✓ **Check the UV Index** The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA. Visit www.epa.gov/sunwise/uvindex.html.
- ✓ **Get Vitamin D Safely** Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.

Early detection of skin cancer can save your life. A dermatologist should evaluate a new or changing mole.

