



Before work begins...

- ✓ **Train workers** on self and assisted rescues, and **provide rescue equipment.**

If immediate rescue is not possible, the suspended worker should keep blood circulating by:

Using trauma straps or loops, a personal rope ladder, or create a foot loop from the lifeline to shift into a standing position.

“Pumping” legs frequently.

Call 911. Do not let the worker lie down while waiting for help.

if blood is not circulating, it only takes a short time for a worker to:



Become light-headed, nauseous, or unconscious



Suffer suspension trauma and death

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

Learn more at



Join the Campaign to Stop Construction Falls!

