



The National Safety Stand-Down to Prevent Struck-by Incidents

The construction industry has high rate of struck-by incidents, many of which are caused by vehicles and heavy equipment both on and near the work site. For this year's Stand-Down, CPWR and the NORA Construction Sector Council Struck-by Work Group are hosting a webinar focused on the importance of internal traffic control plans (ITCPs) and how planning ahead to coordinate the flow of construction vehicles, equipment, and workers operating in work zones can prevent crashes, injuries, and deaths.

Join the live webinar to participate:

Thursday, April 18th at 2:00 pm Eastern (1 hour)

[2024 Stand-Down to Prevent Struck-by Incidents Webinar: Developing and Enforcing Internal Traffic Control Plans](#)

Note: This is a Center for Construction Research and Training webinar, not a KYSAFE event.

National Stand Down to Prevent Struck-by Incidents

Mobile, Alabama

Monday, April 15, 2024

1:30 - 2:15 CDT

[Live Stream on YouTube](#)

Sponsored by the NIOSH Construction Sector Council and the National Work Zone Safety Information Clearinghouse

Supported by ARTBA, Alabama Road Builders, Alabama DOT, Alabama AGC

National Work Zone Awareness Week events: April 15-19, 2024

National Work Zone Awareness Week (NWZAW) has been successful in spreading awareness for work zone safety across the country because of participation from organizations and individuals just like you. Hundreds of companies and individuals reach out to ATSSA on social media each year using #NWZAW.

NWZAW 2024 is April 15-19, hosted by Maryland Department of Transportation. NWZAW highlights the deadly dangers of inattention at highway work areas. The 2024 weeklong commemoration included:

- **Work Zone Safety Training Day** - April 15
- **National kickoff event hosted by Maryland DOT** - April 16
- **Go Orange Day** - April 17
- **Social media storm** - April 18
- **Moment of Silence** - April 19. The moment of silence was started in 2022 to remember the men and women whose lives were lost in a work zone incident.

Learn more on how you can participate and make your voice count on the importance of work zone safety.

[CALENDAR OF EVENTS](#)

Learn more about these national events on the [Participate page](#).

National Struck-By Prevention Week

Also, National Work-Zone Awareness Week

April 15 – 19, 2024

Both of these concepts go hand-in-hand. KYSAFE urges employers to put the recommended actions into place to prevent struck-by incidents. Employees should also do their part to always be aware of work-zone activity including moving equipment, elevated heavy loads, gravity and the potential path of movement of these heavy loads and heavy moving equipment.

Unfortunately, there were four separate cases of fatalities last week in Kentucky due to struck-By incidents.

- Type of event: Caught in or between. The employee was reinforcing the floor with a wooden beam and other materials when the floor collapsed and crushed the worker.
- Type of event: Struck by. The employee was delivering 12-foot logs to a lumber company. When the strapped logs were untied, a log rolled off and crushed the employee.
- Type of event: Struck by. The employee was struck by a load of construction framing material that fell from a telehandler boom lift.

- Type of event: Caught in or between. The employee was at a facility making a pick-up using an end dump trailer. He raised the bucket and walked under it. The bucket body came down on him.

KYSAFE urges employers, employees and equipment drivers to participate in the following guidelines to prevent struck-by incidents:

Struck-by Incident Prevention from KYSAFE

Struck-by incident/accident are recognized as one of the “fatal four” hazards within the construction industry, and approximately 75% of struck-by fatalities involve heavy equipment such as trucks and cranes. There are several types of struck-by incidents/accidents that can occur, but the most common types include vehicles, falling/flying objects, and constructing masonry walls.

Here are some key strategies to help prevent struck-by incidents:

- **JOB SITES**
 - Conduct safety briefings and job hazard analyses before work begins and periodically before a new task or process starts.
 - Participate and facilitate in job site meetings before the start of each shift to review struck-by hazards and take steps to prevent incidents, including the location and use of safety equipment, work practices, signage, and who to go to for help.
 - Provide training and review/update safety and health programs with all visitors, workers, and contractors on-site.
- **WORK ZONES**
 - Follow the latest edition of recommendations from the Manual on Uniform Traffic Control Devices (MUTCD) - Part 6.
 - Develop and follow an internal traffic control plan (ITCP).
 - Distribute portable rumble strips in the vicinity of major intersections and pedestrian crossing areas.
 - Provide attenuators and/or shadow vehicles.
 - Utilize high-visibility personal protective equipment (PPE) and communication systems.
 - Use audible warning alarm system to alert workers of a work zone intrusion or other emergency.

- **VEHICLES**

- Refer and follow the manufacturer's instructions and manual for safe handling and operating procedures.
- Check and inspect the vehicles before each shift to assure that all parts, components, and accessories are in safe operating condition.
- Ensure that all attachments, accessories, and devices are lowered and blocked when not in use and all controls are placed in the neutral position.
- Do not drive a vehicle in reverse gear with an obstructed rear view, unless it has an audible reverse alarm, or another worker signals that it is safe.

- **FALLING/FLYING OBJECTS**

- Avoid working underneath loads being lifted and/or moved.
- Place barricade near or within proximity of hazardous areas and post adequate warning signs.
- Secure tools via tether systems and protect materials and equipment to prevent shifting and unstable movements.
- Utilize various safety measures such as: toe boards, screens, and/or guardrails on scaffolds to prevent falling objects as well as debris nets, catch platforms, and/or canopies to catch or deflect falling objects.

- **CONSTRUCTING MASONRY WALLS**

- Do not place construction loads on a concrete structure until a qualified person indicates that it can support the load.
- Adequately shore or brace structures until permanent supporting elements are in place, or concrete has been tested to assure sufficient strength.
- Only allow those who are essential to and actively engaged in construction or lifting operations to enter the work area.
- Take measures to prevent unrolled wire mesh from recoiling, such as securing each end or turning the roll over.
- Do not load lifting devices beyond their capacity.
- Use automatic holding devices to support forms in case a lifting mechanism fails.

HOW HEAVY IS DEADLY?



June 2022

An object may not be **heavy**...
but if it falls, it could be **deadly**.

The greater the drop **height**,
the greater the landing **force**.

Height	1 pound	2 pounds	5 pounds	10+ pounds
300 feet	Serious to Severe	Severe	Deadly	Deadly
200 feet	Serious to Severe	Severe	Severe to Deadly	Deadly
150 feet	Serious	Severe	Severe to Deadly	Deadly
100 feet	Serious	Severe	Severe	Deadly
50 feet	Serious	Serious to Severe	Severe	Severe to Deadly
20 feet	Serious	Serious	Severe	Severe to Deadly
10 feet	Serious	Serious	Serious to Severe	Severe
6 feet	Serious	Serious	Serious	Severe

FALLING OBJECTS CAN CAUSE

- Minor injuries like bruises and cuts
- More serious injuries like broken bones
- Severe injuries like paralysis
- Death, in extreme (or some) cases

WHAT CAN YOU DO?

- Tether your tools and equipment
- Keep your work area clear of materials, debris, and loose tools and equipment
- Learn about how to prevent falling or dropped objects from happening on your job site: [cpwr.com](https://www.cpw.com)

Note

DROPS Calculator and other similar tools are only guides—they are not an accurate prediction. Even a small object falling from height can be lethal. The wearing of standard PPE, e.g. hard hat, safety boots and eye protection, is assumed in the calculator. The calculator plots the mass of a dropped object against the distance it falls to determine its possible consequences.

Sources

DROPS [2021]. DROPS calculator EXCEL version. Loinston, Aberdeen: Dropped Objects Prevention Scheme Global Resource Centre. <https://www.dropsionline.org/resources-and-guidance/drops-calculator/>.

Schweid J [2020]. Prevent dropped objects with the three ts. *Professional Safety* 65(2):63. <https://www.proquest.com/scholarly-journals/prevent-dropped-objects-with-three-ts/docview/2371591423/se-2?accountid=26724>.





OPERATORS! 4 Steps for Work Zone Safety

1. Before Operating, Check:

- Brakes (service, emergency, hand, etc.)
- Horn/back-up alarms
- Seat belts
- Steering mechanism
- Operating controls
- Tires
- Mirrors

2. Driving:

- Use mirrors
- Use back-up alarms
- Check blind spots
- Watch for workers near other equipment
- Obey signs and follow designated travel route

3. Backing:

- Restrict the area
- Follow flagger/spotter signals (verbal, hand, flags)
- Beep your horn twice or use a back-up alarm
- Use your mirrors and a spotter – know the signals
- Stop and recheck every 100 feet (at most)
- Stop if you lose sight of your spotter

4. Parking:

- Avoid backing out
- Keep windows open so you can see and hear people
- Pay attention – turn off radios
- Ensure the area is clear before moving – check blind spots



STAY ALERT IN WORK ZONES!

Being struck by construction equipment is a leading cause of injuries and deaths in construction work zones. Follow the tips below to stay safe.

DO:

- Review the day's work and steps to prevent injuries
- Use designated travel routes
- Obey signs and look before you walk
- Follow spotter/flagger signals (verbal, hand, flags)
- Listen for alarms and horns
- Look out for co-workers

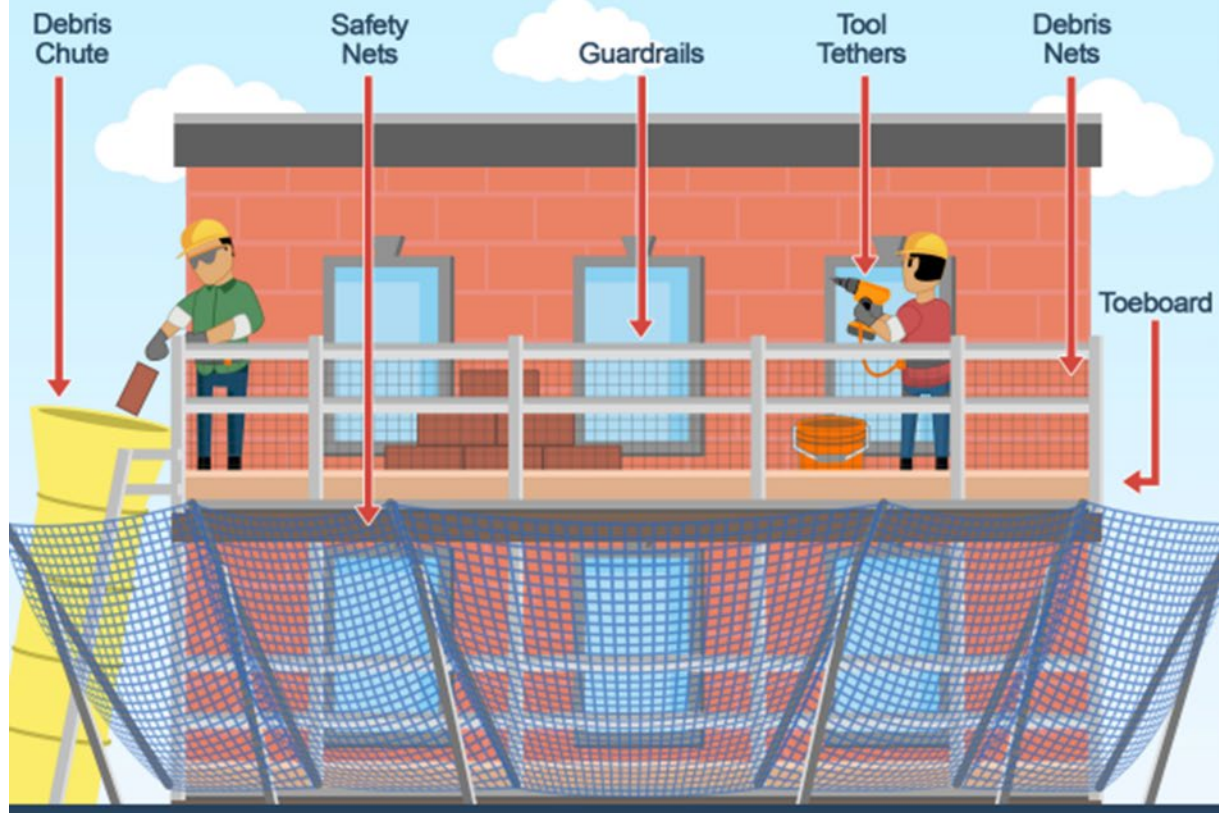
DON'T:

- Walk near large equipment unless the operator signals it is safe
- Stray into open traffic lanes
- Stand in shadows
- Ignore alarms and horns



STOP THE DROP!

PREVENT DROPPED OBJECTS WHEN WORKING AT HEIGHTS



REMEMBER!

- ✘ Secure tools and materials to prevent them from falling on people below. Smaller tools (less than 5 lbs) can be tethered to the worker.
- ✘ Use measures such as toeboards, screens, guardrails, debris nets, catch platforms, or canopies to prevent, catch, or deflect falling objects.
- ✘ Barricade hazard areas and post warning signs.
- ✘ Always wear a hardhat and routinely inspect it for damage.
- ✘ Inspect all tools and equipment before use. Hand tools with loose or cracked handles should not be used.
- ✘ Keep materials away from floor openings or leading edges.
- ✘ Train workers on the hazards and ways to prevent an incident.

STOP. TALK. ACT.

KYSAFE provides free consultation and training services for employers who wish to proactively identify and address safety and health hazards. The program also builds alliances with Kentucky employers to promote worker safety and provide employees with a safe workplace environment. Visit the KYSAFE website to learn more about free services offered by the program.

This message is provided by the Kentucky Education and Labor Cabinet's Division of Occupational Safety and Health Education and Training (KYSAFE).