**Three Steps to Hold Your Own COVID-19 Stand Down**

1. **Prepare**. Compile the information you will need for the stand down. ABC has developed detailed toolbox talk for members to conduct their COVID-19 safety stand down. See below.
2. **Cover the basics**. As COVID-19 cases surge, stress the importance of preventing the virus spread by encouraging workers to following basic infection prevention measures, i.e., social distancing, masks.
3. **Hold your stand down**. Present the information to the workers, keeping it short and simple. The safety information can be distributed digitally (through email and/or text).

