

# RESCUE PLAN



**IMPORTANT:** This document is intended to provide guidance only for developing site-specific rescue plans for working at heights.



Fall Protection

# RESCUE PLAN

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## 1.0 PURPOSE

The purpose of this rescue template is to establish corporate-wide guidelines for responding to falls from height. This rescue plan is intended to reduce risks to an employee's health after a fall arrest event. The rescue plan should also minimize the amount of at-risk behavior of the rescuer during the rescue attempt, and help to ensure that the rescue is conducted promptly in a safe and professional manner.

## 2.0 APPLICATION

- 2.1** This rescue plan applies to all locations where personnel are employed to work at height.
- 2.2** The requirements of this rescue plan must be observed by all personnel involved in working at heights.
- 2.3** This rescue plan must be reviewed or included in any job safety analysis or pre-task planning for activities that require working at heights.

## 3.0 DEFINITIONS

- 3.1 RESCUE PLAN:** A strategy or procedure, planned in advance, to safely retrieve a person who has fallen from an elevated work surface and is suspended in a full body harness. This includes self-rescue or mechanically aided rescue.
- 3.2 SELF RESCUE:** An act or instance of an employee using his fall protection equipment to rescue him or herself.
- 3.3 MECHANICALLY AIDED RESCUE:** A strategy or procedure, planned in advance, to safely retrieve a person who has fallen from an elevated work surface using mechanical means.
- 3.4 SUSPENSION TRAUMA:** A serious medical condition that can lead to unconsciousness, injury or death, which can occur when a worker is suspended in a harness for too long after a fall.
- 3.5 PROMPT RESCUE:** The recommended goal for rescue subject contact is less than six minutes, per ANSI Z359.2-6.1.

## 4.0 RESPONSIBILITIES

### 4.1 EMPLOYEES:

- Must be trained in and familiar with the Fall Protection Program.
- Must understand and be able to evaluate the risks associated with working at heights.
- Must be trained and competent in the use of fall protection equipment prior to conducting work at heights.
- Must report unsafe conditions or behaviors to the Person-In-Charge.
- Must be familiar with and understand the company's rescue plan to provide prompt rescue in the event of an arrested fall event.

### 4.2 AUTHORIZED RESCUER:

- Must be trained by a competent rescuer trainer before being exposed to a fall hazard or potential rescue application.
- Must be re-trained when the nature of the work, workplace, or methods of control or rescue change to an extent that prior training is no longer adequate.
- Must be trained on how to inspect, anchor, assemble and use the fall protection and rescue equipment used in locations where employees work. Training must include physical demonstrations by trainees.
- Training must include at least the following:
  - Fall hazard recognition;
  - Fall hazard elimination and control methods;
  - Applicable fall protection and rescue regulations;
  - How to use written fall protection and rescue procedures;
  - Inspection of equipment components and systems before use.
- Refresher training must occur at least every two years for the authorized rescuer to stay current with fall protection and rescue educational requirements per ANSI.
- Must be evaluated by a competent rescuer or competent rescuer trainer at least annually to ensure competency of the duties assigned. This evaluation must include both a written examination and a physical demonstration of usage of all equipment the person is authorized to operate.



## 4.0 RESPONSIBILITIES

### 4.3 COMPETENT RESCUER:

- Must be trained by a competent rescuer trainer.
- Must be trained on how to inspect, anchor, assemble and use the fall protection and rescue equipment used in locations where employees work. Training must include physical demonstrations by trainees.
- Training must include use of all types of equipment and systems used in locations where rescues may be required, including inspection of systems prior to use, installation, component compatibility, descent control, secondary systems, packaging methods, dismantling, storage and the common hazards associated with each system and component.
- Training must include at least the following information:
  - Fall hazard elimination and control methods;
  - Applicable fall protection and rescue regulations;
  - Assessment of fall hazards to determine rescue methods;
  - Responsibilities of designated persons under this standard;
  - Detailed inspection and recording of rescue equipment components and systems;
  - Rescue systems assessment and determination of when a system is unsafe;
  - Development of written fall protection rescue procedures;
  - Selection and use of non-certified anchorages.
- Refresher training for Competent Person Rescuers must be conducted at least every year per ANSI.



## 5.0 PROCEDURE

**5.1** A rescue plan must be a part of the Job Safety Analysis for any job that requires work at height. The rescue plan must include consideration of the following rescue types and circumstances:

### 5.1.1 SELF RESCUE:

If the person working at heights has properly selected and used his or her fall protection equipment, 90% of workers will be able to perform a **Self Rescue**, which should include these steps:

1. Climbing back up to the level from which he fell (from a few inches to 2-3 feet).
2. Returning to the floor or ground to be evaluated for possible medical attention per OSHA.
3. Removing all components of fall arrest system impacted by the fall event from service and documenting (bag and tag) the components with name, date and activity at time of fall and giving the equipment to management.

### 5.1.2 ASSISTED SELF RESCUE WITH MECHANICALLY AIDED HAULING/ROPE SYSTEM:

If self-rescue is not possible, than an **Assisted Self Rescue** will be needed. The following guidelines should be used during a mechanically aided rescue:

1. The Capital Safety Rollgliss™ R550 or other compliant rescue and descent device will be secured to an anchor that is rated for at least 3,000 lbs.
2. The haul line may be swung over or lowered to the fallen worker, who will grab the rescue lifeline snap hook and secure it to the appropriate D-ring on his body support. A positive connection to the D-ring must be verified by one of the rescue team members.
3. The rescue team will raise or lower the fallen employee to the appropriate work platform or ground and provide medical aid as required by OSHA.
4. Remove all components of fall arrest system impacted by the fall event from service and document (bag and tag) the components with name, date and activity at time of fall and give the equipment to management.



## 5.0 PROCEDURE

### 5.1.3 MECHANICALLY AIDED \*(UNCONSCIOUS) WITH HAULING/ROPE SYSTEM:

If the worker's injuries prevent the worker from attaching to the rescue system, both self-rescue and assisted self-rescue are not options, and a fully **Assisted Rescue** is necessary:

1. The Capital Safety Rollgliss™ R550 or other compliant rescue and descent device will be secured to an anchor that is rated for at least 3,000 lbs.
2. A rescue team member must attach the haul line to the worker's fall arrest system. This can be performed by accessing the fallen worker and then attaching the rescue system directly to a D-ring on the worker's harness, or by using a rescue pole for the attachment. The rescue team could also attach a rescue grab to the lanyard or vertical lifeline.
3. The rescue team must raise or lower the fallen worker to the appropriate work platform or ground and provide medical aid as required by OSHA.
4. Remove all components of fall arrest system impacted by the fall event from service and document (bag and tag) the components with name, date and activity at time of fall and give the equipment to management.

### 5.1.4 ASSISTED RESCUE WITH MECHANICALLY AIDED AERIAL LIFT:

If Another means of performing a fully **Assisted Rescue** is to use an aerial lift under the following guidelines:

1. A rescuer will get into the aerial lift and make sure there is a second fall protection device, such as a shock absorbing lanyard or self-retracting lifeline available for the fallen worker.
2. The aerial lift must be maneuvered into position (raised up underneath the fallen worker) so that the rescuer can perform the rescue.
3. Attach the second lanyard or self-retracting lifeline in the aerial lift to the fallen worker.
4. Disconnect the rescued worker from the impacted fall arrest equipment.
5. Lower the worker to the ground and provide medical aid as required by OSHA.
6. Remove all components of fall arrest system impacted by the fall event from service and document (bag and tag) the components with name, date and activity at time of fall and give the equipment to management.

# RESCUE PLAN

This document is intended to provide guidance only for developing site-specific rescue plans for working at heights.

DATE: \_\_\_\_\_ JOB DESCRIPTION: \_\_\_\_\_

LOCATION: \_\_\_\_\_

### CONTACTS

Rescuer(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Competent Person: \_\_\_\_\_

\_\_\_\_\_

Emergency Contact: \_\_\_\_\_

\_\_\_\_\_

Method of Contact:

PA  Verbal/Face to Face

Radio Channel: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Other: \_\_\_\_\_

\_\_\_\_\_

### RESCUE EQUIPMENT

Ladder

Rescue Pole

Rescue Rope

Scaffold

Crane

Aerial Lift

Alternative Lifting & Lowering Device

RSQ

First Aid Kit

Life Ring

RPD

R550

Location of Equipment:

Jobsite

Gang Box

Tool Box

Other: \_\_\_\_\_

### CRITICAL RESCUE FACTORS

Anchor Point:

\_\_\_\_\_

\_\_\_\_\_

Landing Area:

\_\_\_\_\_

\_\_\_\_\_

Rescue Obstructions or Hazards:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Other:

\_\_\_\_\_

### CHECK FOR YES

Have alternatives to using fall arrest equipment been considered?

Has rescue equipment been inspected and in good shape?

Is equipment adequate for the rescue plan?

Have communication devices been identified, located and tested?

Are all rescuers familiar with the use of the rescue equipment?

If working over water, is there a boat available?

### COMMENTS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe the tasks that will be done prior to work to prevent a fall and the step-by-step process to be followed in the event of a fall.

### PRE-WORK TASKS:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

### RESPONSE PROCEDURE:

1) Notify Emergency Contact.

2) Make medical assessment of person.

3) If possible, have employee perform self-rescue.

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_



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