

FALL PROTECTION GUIDE

RESCUE PLAN



NOTICE: This guide is intended to be used for developing individual rescue plans for working at heights.



FrenchCreek
FALL SAFETY



RESCUE PLAN

1-PURPOSE

This fall protection and rescue plan serves to establish a universal set of guidelines for effective fall response. Help reduce the risks to employees both before and after a fall occurs by ensuring an effective rescue response and establishing safe and professional workplace behaviors.

2-APPLICATION

-This rescue plan applies to all locations where personnel are employed to work at height.

-All personnel working at height are required to follow the guidelines set by the rescue plan.

-This rescue plan is to be used in job safety analysis and planning for working conditions that put workers at dangerous heights.

3-DEFINITIONS

RESCUE PLAN: A response procedure made to safely retrieve a suspended person after a fall. This plan should include how to conduct both self-rescue and retrieval of another person.

SELF-RESCUE: The use of fall protection equipment to safely recover ones-self from suspension after a fall.

MECHANICALLY AIDED RESCUE: A method of rescue used to safely retrieve a person who has fallen from an elevated work surface using mechanical means.

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.

PROMPT RESCUE: Conducting a rescue within the recommended time of six minutes as determined by ANSI Z359.2-6.1

4-EMPLOYEE RESPONSIBILITIES

-Be trained in fall protection methods

-Understand and recognize the risks associated with working at heights.

-Be competent in the use of fall protection equipment before conducting work at heights

-Report unsafe conditions and behaviors to the appropriate people

-Be familiar with and understand the established rescue plan and what to do in the event of a fall



5-AUTHORIZED RESCUER

An authorized rescuer is someone who meets the following criteria.

- Has completed training by a competent rescue trainer before being exposed to a fall hazard or potential rescue application.
- Is 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.
- Is trained on how to inspect and use the fall protection and rescue equipment used at each job site.
- Training must include physical demonstrations by trainees.
- Has provided physical demonstrations and proof of understanding of fall protection techniques

5.1-TRAINING

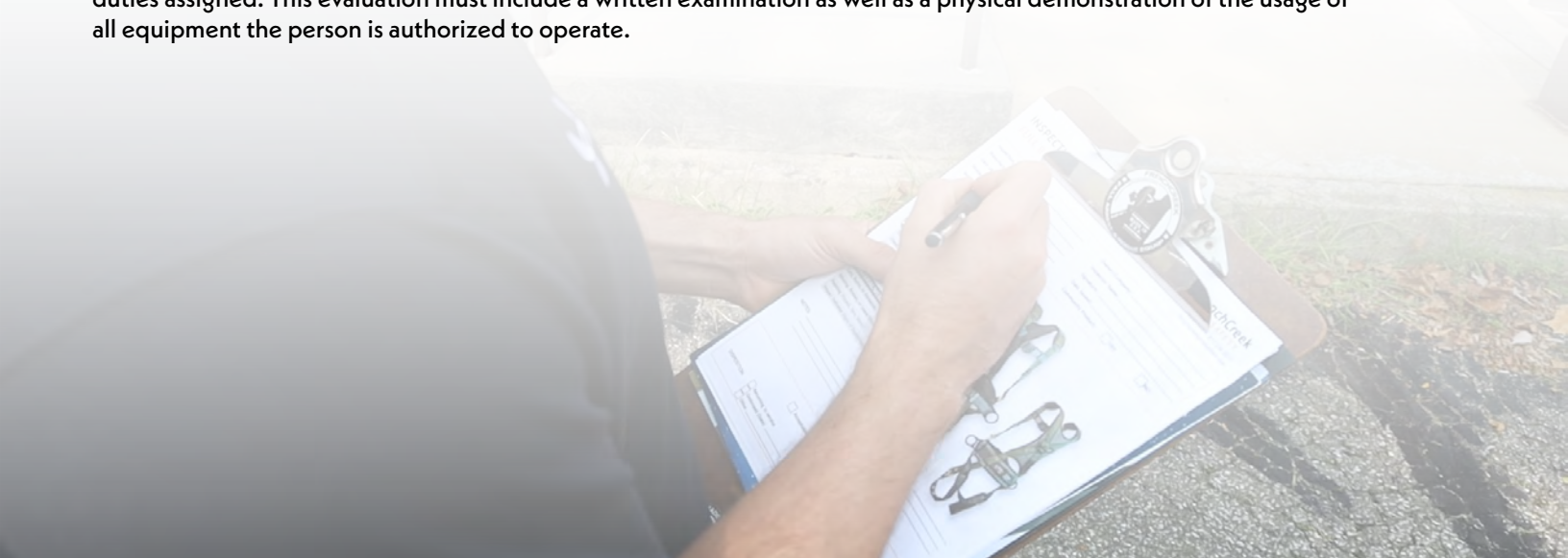
Training for authorized rescuers must include the following

- Fall hazard recognition
- Hazard elimination and control methods
- Fall protection and prevention regulations
- How to use written fall protection and rescue procedures
- Inspection of equipment components and systems before use

In addition to the above criteria, the training for authorized rescuers must include the following

Training must reoccur 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 a written examination as well as a physical demonstration of the usage of all equipment the person is authorized to operate.



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6-COMPETENT RESCUER

A rescuer with more training and qualifications than an authorized rescuer and additional responsibilities.

-A competent rescuer must fulfill the following criteria.

-Must be trained by a qualified competent rescuer trainer.

-Must be trained on the inspection, anchoring, assembly, and use of relevant fall protection and rescue equipment. A physical demonstration by the trainee on the use of the equipment is required.

-Training must include the use of equipment and systems used in locations where rescues may be required. This includes the inspection and installation of systems, as well as showing an understanding of the compatibility of equipment, proper descent control, applications of secondary systems, the dismantling and storage of equipment, and common hazards associated with the use of systems and their components.

Training Requirements

Competent rescuer training requires the trainer to have a comprehensive understanding of the following criteria.

-Control and elimination of fall hazard elimination

-Relevant fall protection and rescue regulations

-Awareness of available rescue methods based on the given fall hazards

-Understanding of the responsibilities held by a qualified competent rescuer

-Documentation of equipment and systems inspection

-Assessment and quality control of rescue systems

-Development and implementation of fall protection and rescue procedures

-Proper selection and usage of non-certified anchors

-Annual Competent Person Training for rescuers to stay current with ANSI standards.



7-RESCUE PROCEDURES

Each fall has unique conditions that need to be considered during a rescue. The type of rescue needed can completely change the response of the rescuers. There should be preparations for each of the following rescue types.

Self Rescue

Given proper selection and use of fall protection equipment, a fallen worker has an increased chance of being able to perform a self-rescue. In the event of a self-rescue it is the fallen worker who performs their own rescue. This is most commonly done by climbing to a stable platform or the level which they had fallen from.

An important part of self-rescue that might not be immediately apparent is the possible need for medical attention. Even if a worker can safely climb back to their previous working platform, they still need to return to the floor or ground level for medical evaluation as is required by OSHA.

After a fall any equipment, individual components, or fall arrest systems that were impacted by the fall must be removed from service. This equipment must be documented with the item's name, the date the fall took place, and what activity took place at the time of the fall. It is important that the equipment is turned in to management so that it is not mistakenly used again.



Assisted Self Rescue Aided By Mechanical Hauling/Rope Systems

When a fallen worker can't conduct a self-rescue, outside assistance is required. This employs the use of mechanical advantage systems such as rope pulleys to safely lift or lower the fallen worker to a stable area. When performing a mechanically aided rescue proper equipment will be required. The typical rescue with this method uses the following steps.

1. The System 99 by FrenchCreek Fall Safety or similar rope systems must be secured to an anchor rated for a minimum of 3,000 lbs.
2. Lower the haul line to the fallen worker. The fallen worker will need to attach the line to their dorsal D-ring. This can be done with the use a rescue pole. One of the rescue team members must verify a secure connection to the suspended worker has been made.
3. The rescue team raises or lowers the fallen worker to either a safe platform or ground level and gives medical aid as required by OSHA.
4. Remove all fall arrest systems and equipment affected by the fall from service. The equipment should be documented with the name of the fallen worker, the time the fall took place, and the activity that took place at the time of the fall.

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Mechanically Aided Unconscious Rescue

If the fallen worker is either unconscious or has injuries that prevent them from being able to self-rescue, a fully assisted rescue is needed.

1. The System 99 by FrenchCreek Fall Safety or similar rope systems must be secured to an anchor rated for a minimum of 3,000 lbs.
2. A member of the rescue team can secure the fallen worker by using a rescue pole to attach the haul line to the worker's dorsal D-ring. If the rescue pole is not an option a member of the rescue team can descend to the fallen worker and directly attach them to the rescue system.
3. With the fallen worker secured the rescue team can either raise or lower them to a safe platform or ground level. OSHA requires that appropriate medical aid is given.
4. Remove all fall arrest systems and equipment affected by the fall from service. The equipment should be documented with the name of the fallen worker, the time the fall took place, and the activity that took place at the time of the fall.

Assisted Mechanically Aided Aerial Lift Rescue

If an assisted rescue is being conducted with an aerial lift the following guidelines should be used.

1. The rescuer who enters the aerial lift must ensure that a second fall protection device is available for the fallen worker. A spare self-retracting lifeline or shock-absorbing lanyard will suffice.
2. The aerial lift needs to then be positioned underneath the fallen worker. The rescuer can then ascend to the worker.
3. Once the rescuer has reached the fallen worker, they can secure them to the second fall protection device.
4. After the fallen worker has been secured, they can be removed from the impacted fall protection device.
5. The worker is to then be lowered to the ground and given medical aid as is required by OSHA.
6. Remove all fall arrest systems and equipment affected by the fall from service. The equipment should be documented with the name of the fallen worker, the time the fall took place, and the activity that took place at the time of the fall.



This is a site-specific rescue plan made to provide key information in the event of a fall. This document should be updated in the event any information list below is changed.

RESCUE PLAN

Date _____ Job Details _____

Location _____

Emergency Contacts

Rescuer _____

Rescuer _____

Rescuer _____

Rescuer _____

Competent Person _____

Site Supervisor _____

Method of Contact

- Verbal
- PA
- Radio Channel _____
- Phone Number _____
- Other _____

Rescue Equipment

- Aerial Lift
- Alternative Lifting & Lowering Device
- Crane
- Descent Device
- First Aid Kit
- Ladder
- Life Ring
- Rescue Pole
- Rescue Rope
- Rescue SRL's
- Rescue Winch
- Rescue Wristlets
- Scaffold
- System 99 Rope Haul System
- U-Res-Q

Rescue Equipment Location

- Jobsite
- Gang Box
- Tool Box
- Other _____

Rescue Factors

Anchor Point _____

Landing Area _____

Obstructions & Hazards _____

Others _____

Check If Yes

- Have alternatives to fall arrest equipment been considered?
- Is rescue equipment regularly inspected and in good condition?
- Is the available equipment appropriate for the rescue plan?
- Are all communication devices are identified, located, and tested?
- Have all rescuers been trained in the use of rescue equipment?
- If working above water, is a boat available?

Comments

Pre-Work Fall Prevention Tasks: Set up for both fall prevention and fall response.

Fall Prevention

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Response Procedure

1. Notify Emergency Contact
2. Make Medical Assessment Of Person
3. If Possible Have The Fallen Worker Self Rescue
4. _____
5. _____
6. _____



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