

Instructions

- A working at height rescue plan must be established before starting the following activities:
 - Use of a fall arrest system
 - Use of a rope access system (e.g. abseiling)
 - Use of an elevating work platform
- Where a team rescue is planned, the rescue plan should be recorded on the second page of this document
- This document gives practical tips on how to establish a rescue plan

Item	Considerations
1	Identify the rescue scenario.
2	Consider potential, suitable rescue methods.
3	Consider how quickly a rescue response may be needed: <ul style="list-style-type: none"> • Atmospheric conditions (confined spaces) • Availability of light • Expected weather • Potential for harness hang syndrome • Potential for, and severity of, worker injuries
4	Consider the safety risks of a 'team rescue': <ul style="list-style-type: none"> • Physical conditions at work location, including terrain, weather, availability of light and atmospheric conditions (confined spaces) • Access to suitable rescue equipment, trained rescue operators and first aid
5	Identify who will conduct the rescue, after considering responses to items 3 and 4: <ul style="list-style-type: none"> • Team-rescue • Worker self-rescue • Emergency Services rescue
6	Identify your precise work location: <ul style="list-style-type: none"> • Consider producing a map and leaving it with a responsible person, who can provide it to emergency services, if the work location is remote or difficult to access
7	Identify a competent observer to monitor work at height and to identify when a rescue may be required.
8	Identify how the team will communicate with Emergency Services.
9	Where a team rescue is to be conducted, identify: <ul style="list-style-type: none"> • The rescue method to be used • The equipment to be used and where it will be 'laid out' (i.e. the staging area) • Who will lead the rescue and who will participate in the rescue, and define responsibilities • What communication methods will be used
10	Communicate the rescue plan

Team Rescue Plan

Requirement	Response																																																																																																																																																																																																																																																																																																																																
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