



FALL FROM HEIGHT RESCUE PLAN

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Issue	Clause	Change description	Date
A	ALL	Developed and Issued for Use	12/07/2021
B	ALL	Annual Review	02/02/2022

1. PURPOSE

The purpose of this rescue plan is to establish company-wide guidelines for responding to falls from height.

It is intended to reduce risks to an employee's health after a fall arrest event. The rescue plan should also minimise the amount of at-risk behaviour of the rescuer during the rescue attempt and help to ensure that the rescue is conducted promptly in a safe and professional manner.

2. APPLICATION

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

The requirements of this rescue plan must be observed by all personnel involved in working at heights.

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. DEFINITIONS

- a) **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.
- b) **SELF RESCUE:** An act or instance of an employee using his fall protection equipment to rescue him or herself.
- c) **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.
- d) **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.
- e) **PROMPT RESCUE:** The recommended goal for rescue subject contact is less than six minutes.

4. RESPONSIBILITIES

a) 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 behaviours to the Supervisor.
- Must be familiar with and understand the company's rescue plan to provide prompt rescue in the event of an arrested fall event.

b) AUTHORISED 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 authorised rescuer to stay current with fall protection and rescue educational requirements.
- 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.

c) **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.

6. PROCEDURE

6.1 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. A compliant rescue and descent device will be secured to an anchor that is rated for at least 1,500 kg's.
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.
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.

6.2 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 moved 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.