WORKSITE RESCUE PLAN

	TITLE	SIGNATURE
Prepared by:		
Approved by:		

Document Revision History

The revision and issue numbers done on this document with a description of changes shall be recorded on the "Document Revision History" specified on the cover page of this procedure. It is the responsibility of the HSE Officer to update these details, whenever changes and revisions are made to this document.

Revision No	Issue Date	Description of Changes	Pages	By

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THIS DOCUMENT IS INTENDED TO PROVIDE GUIDANCE ONLY FOR DEVELOPING SITE-SPECIFIC RESCUE PLANS FOR WORKING AT HEIGHTS.

1. PURPOSE

The objective and aim of this OHSMS document **RESCUE PLAN** are to establish and develop corporate-wide technical guidelines for responding to falls from height. This rescue plan is developed to minimize risks to a worker's health after a fall arrest incident and or event. The "RESCUE PLANS FOR WORKING AT HEIGHTS" should also minimize the amount of at-risk behaviour of the rescuer during the rescue attempt and help to ensure that the rescue is conducted promptly and safely and professionally.

2. APPLICATION

- This OHSMS documents **RESCUE PLAN** applicable and could be used in all locations where workers are assigned to work at height.
- The requirements of OHSMS documents **RESCUE PLAN** must be carefully observed by all workers/employees/personnel involved in working at heights.
- This OHSMS documents **RESCUE PLAN** must be closely and carefully reviewed or integrated and included in any job safety analysis or pre-task planning/briefings for activities that require working at heights such as scaffolding, ladders, roof cladding, etc.

3. DEFINITIONS

3.1. RESCUE PLAN

- A strategy or procedure, planned, to safely retrieve a person who has fallen from an elevated work surface and is suspended in a full-body harness. This incorporates and comprises Self-Rescue (SR) or Mechanically Aided Rescue (MAR).

3.2. SELF-RESCUE

An act or instance of a worker using his Fall Protection Equipment (FPE) to rescue him or herself.

3.3. MECHANICALLY AIDED RESCUE

A strategy or procedure, planned, to safely retrieve a person who has fallen from an elevated work surface using mechanical means.

3.4. SUSPENSION TRAUMA

A serious medical STATE can lead to unconsciousness, critical physical injury, or fatal death, which can occur or happen when a personnel/worker is suspended in a full body harness for too long after a fall.

3.5. PROMPT RESCUE:

The suggested aim and objective for rescue subject contact is less than 6 minutes, as per American National Standards Institute (ANSI) Z359.2-6.1.

4. RESPONSIBILITIES

4.1. EMPLOYEES

- Must be competent, well-experienced, and well-trained in and familiar with the Fall Protection Program (FPP) essentially.
- 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 before conducting work at heights.
- Must report unsafe conditions or UNSAFE ACT behaviours of the co-workers, to the Person-In-Charge and or responsible personnel.
- Must be familiar with and understand the organization/institution and or company's Rescue Plan (RP) to provide prompt rescue in the event of an arrested fall incident/event.

4.2. AUTHORIZED RESCUER

- Must be competent, and well-trained by a Competent Rescuer Trainer (CRT) before being exposed to a fall hazard or Potential Rescue Application (PRA).
- 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 competent, well-experienced, and well-trained in how to observe, inspect, anchor, assemble and use the Fall Protection (FP) and Rescue Equipment (RE) used in locations where WORKFORCE/MENPOWER work. Proper and essential training must include physical demonstrations by trainees, which could be the best option for the employees' on-the-job training.

Training must include at least the following:

- Fall hazard recognition.
- Fall hazard elimination and control methods.
- Applicable fall protection and rescue regulations.
- How to be utilized written Fall Protection and Rescue Procedures (FPRP).
- Inspection of equipment components and systems before use.
- Refresher training must be arranged and conducted at least every 2 years for the Authorized Rescuer (AR) to stay UPDATED with Fall Protection and Rescue Educational (FPRE) requirements per ANSI.
- Must be evaluated by a competent rescuer or competent rescuer trainer at least annually to ensure competency in the duties assigned. This evaluation must include both a written examination and a physical demonstration of the usage of all equipment the person is authorized to operate.

4.3. COMPETENT RESCUER

- Must be well trained by a Competent Rescuer Trainer (CRT).
- Must be competent, well-experienced, and well-trained in how to inspect, anchor, assemble and use the Fall Protection and Rescue Equipment (FPRE) used in locations where workers are carrying out their work or activities. Training must include physical demonstrations by well-experienced and competent trainees.
- Training must include the use of all types of equipment and systems used in locations.
- where rescues may be required, including inspection of systems before 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 below-highlighted information:

- Fall hazard elimination and control methods.
- Applicable fall protection and rescue regulations.
- Proper Assessment of fall hazards to determine rescue methods.
- Responsibilities of distinct persons underneath this fashionable.
- Detailed inspection and recording of rescue system additives and structures.

- Rescue systems assessment and resolution while a machine is dangerous.
- Development of written fall safety rescue strategies.
- Selection and use of non-certified anchorages.
- Refresher schooling for Competent Person Rescuers should be performed at least each year in step with ANSI.

5. PROCEDURE

A rescue plan ought to be a part of the Job Safety Analysis for any task that calls for work. At top. The rescue plan should include consideration of the subsequent rescue sorts and instances:

5.1. 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:

- Climbing back up to the level from which he fell (from a few inches to 2-3 feet).
- Returning to the floor or ground to be evaluated for possible medical attention per Occupational Safety and Health Administration (OSHA).
- Removing all components of the fall arrest gadget impacted by the autumn occasion from service and documenting (bag and tag) the additives with call, date, and pastime on the time of fall and giving the equipment to control.

5.2. ASSISTED SELF-RESCUE WITH MECHANICALLY AIDED HAULING/ROPE SYSTEM

If self-rescue is not possible, then Assisted Self Rescue will be needed. The below highlighted technical guidelines should be used during a mechanically aided rescue:

- The Capital Safety Rollgliss™ R550 or different compliant rescue and descent device might be secured to an anchor this is rated for at least 3,000 lbs.
- The haul line can be swung over or diminished to the fallen worker, who will take hold of the rescue lifeline snap hook and comfy it to the perfect D-ring on his body guide. A fine connection to the D-ring needs to be tested by way of one of the rescue group individuals.
- The rescue crew will raise or decrease the fallen employee to the appropriate work platform or floor and offer medical resources as required through OSHA.
- Remove all components of the fall arrest system impacted by using the fall occasion from carrier and report (bag and tag) the additives with name, date, and activity on the time of fall and give the equipment to control.

6. PROCEDURE

6.1. MECHANICALLY AIDED *(UNCONSCIOUS) WITH HAULING/ROPE SYSTEM

If the person's physical injuries prevent the employee from attaching to the Rescue System (RS), both Self-Rescue (SR) and Assisted Self-Rescue (ASR) are not options, and an entire and fully Assisted Rescue (AR) is mandatory:

- The quality and approved rescue device such as Capital Safety Rollgliss™ R550 or other compliant Rescue and Descent Device (RDD) will be secured carefully and securely to an anchor that is rated for at least 3,000 lbs. essentially.
- A Rescue Team Member (RTM) must attach the haul line to the worker's Fall Arrest System (FAS). This can be accomplished by accessing the fallen worker and then attaching the Rescue System (RS) directly to a D-ring on the worker's full body harness, or other options such as by using a Rescue Pole System (RPS) for the attachment. The Rescue Team (RT) could also attach a rescue grab to the lanyard or Vertical Lifeline (VLL).
- The Rescue Team (RT) must raise or lower the fallen worker to the safe and secure work platform or ground and provide first aid as recommended and suggested by Occupational Safety and Health Administration (OSHA).
- Remove all components of the Fall Arrest System (FAS) ingrained and fixed by the fall event from service and document (bag and tag) the components with other required details such as name, date, and activity at the time of fall and give the equipment to management for further legal and other requirements.

6.2. ASSISTED RESCUE WITH MECHANICALLY AIDED AERIAL LIFT

If Another means of performing a Fully Assisted Rescue (FAR) is to use an Aerial Lift (AL) under the below technical guidelines:

- A rescuer will get into the Aerial Lift (AL) and make sure there is a Second Fall Protection Device (SFPD), such as a Shock-Absorbing Lanyard (SAL) or Self-Retracting Lifeline (SRL) available for the fallen worker.
- The aerial lift must be manoeuvred into position (raised underneath the fallen worker) so that the rescuer can perform the rescue.
- Attach the second lanyard or self-retracting lifeline in the aerial lift to the fallen worker.
- Disconnect, free and or release the rescued personnel from the Impacted Fall Arrest Equipment (IFAE).
- Lower the rescued personnel to the ground level and provide first aid to the Occupational Safety and Health Administration (OSHA).
- Remove all components of the fall arrest system impacted by the fall event from service and document (bag and tag) the components with name, date and activity at the time of

fall and hand over the equipment to management for further legal requirements or other purposes.

RESCUE PLAN

DATE:	
JOB DESCRIPTION:	
LOCATION:	

CONTACTS		RESCUE EQUIPMENT		CRITICAL RESCUE FACTORS
Rescuer(s):		☐	Ladder	Anchor Point:
		☐	Rescue Pole	
		☐	Rescue Rope	
		☐	Scaffold	
Competent Person		☐	Crane	Landing Area:
		☐	Aerial Lift	
		☐	Alternative Lifting &Lowering Device	
		☐	RSQ	
Emergency Contact:		☐	First Aid Kit Life Ring RPD	
		☐	R550	Rescue Obstructions or Hazards:
Method of Contact:		☐		
PA	☐	☐	Location of Equipment:	
Verbal	☐	☐	Jobsite	
Radio	☐	☐	Gang Box	
Phone	☐	☐	Toolbox	
Others	☐	☐	Other:	

CHECK FOR YES	COMMENTS

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	

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

PRE-WORK TASKS:		**RESPONSE PROCEDURE:**	
1.		1.	Notify Emergency Contact.
2.		2.	Make a medical assessment of the person.
3.		3.	If possible, have the employee perform self-rescue.
4.		4.	
5.		5.	
6.		6.	