

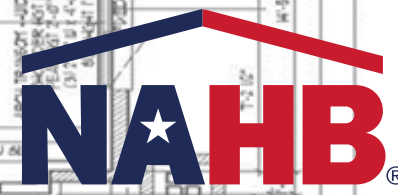


# Section 6

## FALL PROTECTION RESCUE PLAN



Job-Site Safety Institute



National Association of Home Builders

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# Learning Objectives: Section 6

- ▶ Learn the importance of implementing a plan to rescue workers who experience a fall.
- ▶ Learn about the hazards of not quickly rescuing a suspended worker.
- ▶ Discuss sample procedures in a fall protection rescue plan.

# Fall Protection Rescue Plan

- ▶ Describes the steps taken to rescue a fallen worker, even if they are wearing a PFAS.
- ▶ Sample Procedures Include:
  - ❑ Ensuring the plan can safely rescue a suspended worker within 3-4 minutes of falling.
  - ❑ Contacting appropriate emergency personnel.
  - ❑ Using ladders or other methods to rescue worker.

# Fall Protection Rescue Plan, cont.

- ▶ Most rescues fail because there is no thought to how we would rescue a worker in the event of a fall.
- ▶ Think whether you have the proper equipment on-site to rescue a fallen worker.

# Fall Protection Rescue Plan, cont.

- ▶ Are your employees trained in basic first-aid?
- ▶ Are there adequate first-aid supplies available?
- ▶ Is there a hospital or urgent care facility nearby?
  - ❑ Do you know where it is located?
  - ❑ Is the address and phone number of nearest emergency care center posted and do employees know where this is located?



# Fall Protection Rescue Plan, cont.

- ▶ Suspended workers are at risk of suspension trauma.
- ▶ Prolonged suspension from fall arrest systems can cause orthostatic intolerance, which, in turn, can result in serious physical injury, or potentially, death.
- ▶ Rescue workers within minutes to prevent pooling of blood in lower extremities/orthostatic intolerance.

# Fall Protection Rescue Plan, cont.

- ▶ Research indicates that suspension in a fall arrest device can result in unconsciousness, followed by death, in less than 30 minutes.
- ▶ Rescue suspended workers as quickly as possible.
- ▶ Be aware of signs and symptoms of orthostatic intolerance.
- ▶ Suspended workers with head injuries or who are unconscious are particularly at risk.
- ▶ Be aware of factors that can increase the risk of suspension trauma.

# Rescue Planning

- ▶ Examples of rescue equipment:
  - ❑ Ladder Rescue
  - ❑ Pole
  - ❑ Rescue Rope
  - ❑ Scaffold
  - ❑ Crane
  - ❑ Aerial Lift
  - ❑ Alternative Lifting & Lowering Device



# Rescue Training

Employees should be trained to:

- ▶ 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.
- ▶ To report unsafe conditions or behaviors.
- ▶ To be familiar with and understand the company's rescue plan to provide prompt rescue in the event of an arrested fall event.

# Plan for Self-Rescue

- ▶ If the proper fall protection is used, 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.

# Examples of Self-Rescue Devices

- ▶ Self-rescue ladder attachment. This can be added to your harness as part of a PFAS.



# Examples of Self-Rescue Devices, cont.

- ▶ Self-Rescue system is a harness mounted backpack containing a controlled descent device.
- ▶ In event of a fall, the user pulls a shoulder strap mounted release cord lowering the fallen worker safely to the ground.



# Examples of Rescue Devices

- ▶ A rescue pole allows a coworker to attach to your d-ring and safely lower you to the ground.





# What goes in your Written Rescue Plan?

- ▶ Types of rescue equipment available to workers.
- ▶ Locations of any rescue line anchor points for rope rescue.
- ▶ How to attach retrieval or lowering lines to a fallen workers' harness.
- ▶ Specifics about training required to perform rescue work.
- ▶ Other site-specific details needed for a safe and successful rescue.
- ▶ Name and physical location of jobsite and contact information of competent person or company officials.

# Have questions? Need More Information?

- ▶ Call NAHB's toll-free phone "Technical Assistance Hotline" at: **1-800-368-5242.**
- ▶ Send an email to: **safety@nahb.org**
- ▶ Visit: **nahb.org/safety | jssafety.org**



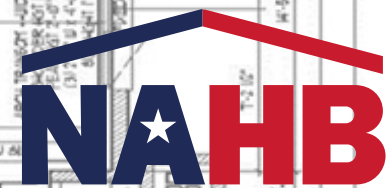


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**POST TEST NEXT.....**



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