

Fall Rescue Plan

Facility:	Written By:	Approved By:	Date Created:	Date of Last Revision
Hazards Present:		PPE or Devices Required:		Additional Training Required:
Falls		Body harness		Fall protection training
Soft tissue injuries		Steel toed boots		
		Head protection		
Safe Work Procedure:				
<p>Self Rescue:</p> <p>Under no circumstances should self-rescue be initiated until the competent person on site assesses the fall victim's physical and mental condition. It is nearly impossible to verbally dissuade a fall victim from attempting self-rescue if he or she is eternalized, athletic and has a natural take-charge mentality.</p> <p>If the person working at heights makes proper choices in the equipment to be used and uses that equipment properly the fallen worker may perform a self rescue which will include:</p> <ol style="list-style-type: none"> 1. A climb back up to the level from which he fell (a few inches to two or three feet) 2. Return to the floor or ground and take all components of the fall protection system out of service 3. Obtain medical treatment as may be required 4. Bag and tag those components with the name, date and activity at the time of the fall and complete an incident report. 5. Return the used components in the bag to the office for inspection <p>Mechanical Aided Aerial Lift:</p> <ol style="list-style-type: none"> 1. A worker will get into the aerial lift and make sure that there is a second adjustable lanyard or a 3 foot lanyard available for the rescued worker 2. The aerial lift will be maneuvered into position and raised up under the worker to be rescued 3. Attach the second lanyard in the aerial lift to the worker being rescued 4. Disconnect the rescued worker from the impacted fall arrest equipment 5. Lower the worker to the ground 6. Take care of the rescued worker medically as needed. 7. Bag and tag those components with the name, date and activity at the time of the fall and complete an incident report. 8. Return the used components in the bag to the office for inspection. <p>Extension Ladders:</p> <ol style="list-style-type: none"> 1. Obtain an extension ladder of sufficient height and place the ladder under the fallen ladder. Ensure that the ladder extends sufficiently above the height of the fallen worker. 2. The fallen worker will then climb onto the ladder to support himself. 3. An assessment of the fallen worker will then be made to determine if he should attempt to climb down the ladder or wait for assistance. 4. If the worker can climb down the ladder, then have the worker release the rope grab and climb down the ladder 5. If the worker cannot climb down the ladder have him wait until another means of assistance is available (man lift, 911). 6. Take care of the rescued worker medically as needed. 7. Bag and tag those components with the name, date and activity at the time of the fall and complete an incident report. 8. Return the used components in the bag to the office for inspection. 				
<p><i>If an emergency situation occurs while conducting this task, or there is an equipment malfunction, engage the emergency stop and follow the lock out procedure</i></p> <p>REPORT ANY HAZARDOUS SITUATIONS TO YOUR SUPERVISOR</p>				
Guidance Documents/Standards:		This Safe Work Procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years		
MB Workplace Safety & Health Act & Regulations:		Reviewed By WSH Committee:		
		Date:		