

Fall-Arrest Rescue

Fall protection must include an emergency rescue plan. How will you rescue a worker who has fallen and is suspended in a fall-arrest system? Answering some basic questions can help in developing a rescue plan.

If a worker's fall is arrested...

1. Will someone see it happen?

- Co-workers
- Other trades
- Plant personnel
- Public

2. How will the worker call for help?

- Voice
- Whistle
- Cell phone
- Telephone

3. Who will the worker call?

- Nearest co-worker
- Supervisor/employer
- Building superintendent
- 911 where available
- Fire department/ambulance

4. Is information available?

- Emergency phone numbers
- Site address
- Directions and access for fire truck or other emergency services
- Which floor/how high up
- Worker's condition after fall

5. How will rescue workers get to worker?

- Ladder
- Keys to building and roof
- Elevator
- Pull worker in through window or balcony
- Pull worker up to roof
- Climb/rappel down the building/structure
- Aerial equipment from ground
- Suspended access equipment

6. What rescue equipment is needed?

- Ladder
- Rolling scaffold
- Suspended access equipment
- Ropes
- Aerial ladder truck
- Boom truck or scissor lift
- Climbing/rappelling equipment
- First aid kit

7. What if the worker is injured?

- Rescue within 15 minutes
- Qualified first-aider
- Emergency services notified
- Hospital alerted

8. How will the public be protected?

- Assign someone to direct traffic
- Set up barriers

9. How will the accident scene be protected?

- Prevent further injury or damage
- Set up barriers
- Preserve wreckage
- Aid investigation later

10. Are there other considerations?

- Working alone
- Language barrier
- Unusual features of building/structure
- Wind
- Other hazards
- No 911 in area
- No emergency services nearby
- Distance from high rescue teams