

# Fall Rescue Plan

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## 1. Purpose

To establish procedures for the safe and prompt rescue of workers who experience a fall and are suspended in fall protection equipment, preventing serious injury or death due to suspension trauma.

## 2. Scope

This plan applies to all employees, contractors, and visitors who are required to use fall protection systems when working at heights greater than 6 feet (per OSHA 29 CFR 1926.501).

## 3. Responsibilities

### Employer / Site Supervisor

- Ensure all workers are trained on fall hazards, fall arrest systems, and rescue procedures.
- Provide and maintain rescue equipment.
- Designate a competent person to oversee rescue operations.

### Authorized Employees

- Properly use fall protection equipment.
- Follow established rescue procedures.
- Immediately report fall incidents.

### Rescue Team Members

- Respond immediately to fall incidents.
- Safely and efficiently perform rescue operations.
- Administer first aid and call emergency services when required.

## 4. Rescue Equipment

- Pre-rigged rescue kits (with rope, descenders, pulleys, and anchor systems)
- Ladders, aerial lifts, or scaffolds (where feasible)
- Self-retracting lifelines (SRLs) with rescue capability
- First aid and trauma kits
- Communication devices (radios, phones)

## 5. Rescue Procedures

### 5.1 Immediate Response

1. Alert: Witness calls out for help and notifies the site supervisor.
2. Assess: Determine if the area is safe for rescuers (no falling debris, electrical hazards, etc.).
3. Contact Emergency Services: Call 911 if injuries are suspected or rescue equipment is insufficient.

### 5.2 Rescue Methods (in priority order)

1. Self-Rescue (if possible): Worker climbs to safety using a ladder, structure, or SRL with assisted rescue.
2. Assisted Rescue: Rescuers use a pre-rigged rope system, ladder, or lift to bring the worker down safely.
3. Professional Rescue: If onsite methods fail, rely on trained emergency responders.

### 5.3 After Rescue

- Move the worker to a safe area.
- Administer first aid and monitor for suspension trauma symptoms (faintness, difficulty breathing, tingling, unconsciousness).
- Transport to medical care as needed.
- Secure and inspect fall protection equipment used in the incident.

## 6. Training

- All employees working at heights must receive annual training on:
  - Proper use of fall protection equipment.
  - Recognition of suspension trauma.
  - Rescue procedures and equipment use.
- Rescue team members receive hands-on training and drills at least twice per year.

## 7. Documentation

- Maintain training records, equipment inspection logs, and rescue drill reports.
- Document all fall incidents and rescue attempts for OSHA compliance and corrective action.

## 8. Review & Updates

This plan must be reviewed annually or after any fall incident to incorporate lessons learned and updated safety practices.