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Site Specific
Fall Protection
And
Rescue Plan

FALL PROTECTION PLAN

IMPORTANT: This document is intended to provide guidance only for developing site-specific working at heights fall protection plans. It must be specific for each work site.

THIS WORK PLAN WILL BE AVAILABLE ON THE JOB SITE FOR INSPECTION.

All employees that will be working on this job site will be aware of the fall hazards and will understand the means of mitigation that will be utilised as contained in this fall protection plan.

1. Fill Out the Specific Job Information

Company Name:

Job Name: _____ Date: _____

Job Address: _____ City: _____

Job Foreman: _____ Jobsite Phone: _____

2. Fall Hazards in the Work Area

Include locations and dimensions for hazards.

Elevator shaft: _____ Stairwell: _____

Leading edge: _____ Window opening: _____

Outside static line: _____ Roof eave height: _____

Perimeter edge: _____ Roof perimeter dimensions: _____

Other fall hazards in the work area:

3. Method of Fall Arrest or Fall Restraint

(For fall protection equipment, include details such as, manufacturer etc.)

Full body harness:

Sit Harness (Limited Free Fall only):

Positioning Lanyard:

Self-Retracting Lifeline:

Lifeline:

Restraint line:

Horizontal lifeline:

Rope grab:

Deceleration device:

Shock absorbing lanyard:

Locking snap hooks:

Safety nets:

Guard rails:

Anchorage points:

Warning Lines:

Scaffolding platform:

Safety monitor:

Name of monitor, if used:

Other:

4. Assembly, Maintenance, Inspection, Disassembly Procedures

Assembly and disassembly of all equipment will be done according to manufacturers' recommended procedures. (Include copies of manufacturer's data for each specific type of equipment used.) Designate who will be responsible for each task and what level of training they have.

Specific types of equipment on the job are:

A visual inspection of all safety equipment will be done daily or before each use. Any defective equipment will be tagged and removed from use immediately. The manufacturer's recommendations for maintenance and inspection will be followed.

5. Handling, Storage & Securing of Tools and Material

Toe boards will be installed on all scaffolding to prevent tools and equipment from falling from scaffolding.

Other specific handling, storage and securing is as follows:

6. Overhead Protection

Hard hats are required on all job sites with the exception of those that have no exposure to overhead hazards. Warning signs will be posted to caution of existing hazards whenever they are present. In some cases, debris nets may be used if a condition warrants additional protection.

Additional overhead protection will include:

Toe boards (at least 4 inches in height) will be installed along the edge of scaffolding and walking surfaces for a distance sufficient to protect employees below. Where tools, equipment or materials are piled higher than the top of the toe board, paneling or screening will be erected to protect employees below.

7. Injured Worker Removal

Normal first aid procedures should be performed as the situation arises. If the area is safe for entry, the first aid should be done by a qualified First Aider or other certified individual.

Initiate Emergency Services – Dial 000 (where available) or 112 (mobile only)

Phone location: _____
First aid location: _____
Elevator location: _____
Crane location: _____
Other: _____ Location: _____

Rescue considerations. When personal fall arrest systems are used, the PCBU must assure that workers can be promptly rescued or can rescue themselves should a fall occur. The availability of rescue personnel, ladders, or other rescue equipment should be evaluated. In some situations, equipment that allows employees to rescue themselves after the fall has been arrested may be desirable, such as devices that have descent capability.

Describe methods to be used for the removal of the injured worker(s):

8. Training and Instruction Program

All new workers will be given instructions on the proper use of fall protection devices before they begin work. They will sign a form stating they have been given this information. This form becomes part of the workers personnel file.

The written fall protection plan will be reviewed before work begins on the job site. Those workers attending will sign below. The fall protection equipment use will be reviewed regularly at the weekly safety meetings.

Date: _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Foreman or Job Superintendent: _____

Prior to permitting workers into areas where fall hazards exist, all workers must be trained regarding fall protection plan requirements. Inspection of fall protection devices/systems must be made to ensure compliance with Australian Legislation and (Company Name) internal regulations.

RESCUE PLAN

This document is intended to provide guidance only for developing site-specific working at heights rescue plans.

1.0 PURPOSE

The purpose of this work instruction is to establish company wide guidelines for responding to a fall at heights. This work instruction should ensure that the victim's health risks are minimised during a fall. The rescue plan shall minimise the amount of at risk behavior of the rescuer during the rescue attempt, and that the rescue is conducted in a safe and professional manner.

2.0 APPLICATION

- 2.1 This work instruction will apply at all locations where personnel are employed
- 2.2 The requirements of this work instruction are to be observed by all personnel involved in working at heights where a fall hazard exists
- 2.3 This work instruction shall be reviewed and included in a Safe Work Method Statement (SWMS) of any or activity that require working at heights of 2m and above or where a fall hazard exists

3.0 DEFINITIONS

- 3.1 **Rescue Plan** – A strategy or procedure, planned in advance, to retrieve safely a person who has fallen from an elevated work surface and is suspended in a full body harness, to include self-rescue or mechanically aided rescue
- 3.2 **Self Rescue** – An act or instance of an worker using his fall protection equipped to perform a self-rescue
- 3.3 **Mechanically aided Rescue** – A strategy or procedure, planned in advance, to retrieve safely a person who has fallen from an elevated work surface using mechanical means.

4.0 RESPONSIBILITIES

- 4.1 Worker:
 - Trained and familiar with the content of the Fall Protection Program
 - Able to understand and evaluate the risks associated with working at heights
 - Trained and competent in the use of fall protection equipment prior to working at heights.
 - Able to report unsafe conditions and/or behaviors to the Person-In-Charge.
- 4.2 Authorised Rescuer:
 - Trained by a competent rescue trainer before exposure to a fall hazard or a potential rescue application.

- Shall be re-trained when the nature of the work, the workplace, or the methods of control or rescue change to an extent that prior training is not adequate.
- Training for authorised rescuers shall include physical demonstrations by trainees on how to inspect, anchor, assemble and use the fall protection and rescue equipment used in locations where they work.
- Training shall include at least:
 - fall hazard recognition,
 - fall hazard elimination and controls methods;
 - applicable fall protection and rescue regulations;
 - how to use written fall protection and rescue procedures;
 - pre-use equipment inspection procedures
- Authorised rescuer update training shall be conducted at least annually to stay current with the fall protection and rescue skill requirements.
- Authorised rescuers shall be evaluated by a competent rescuer or competent rescue trainer at least annually to ensure competency of the duties assigned. This evaluation shall include both a written examination and an observation of performance that covers all equipment that the person is authorised to operate.

4.3 Competent Rescuer

- Competent rescuers shall be trained by a competent rescuer trainer.
- Training for competent rescuers shall include physical demonstrations by trainees on how to properly select, inspect, anchor, assemble and use the fall protection and rescue equipment used in locations where they work.
- Training shall include use of all types of equipment and systems used in locations where rescues may be required, including pre-use inspection procedures, installation, component compatibility, descent control, secondary systems, packaging methods, dismantling, storage and the common hazards associated with each system and component.
- Competent rescuer training shall include at least the following information:
 - fall hazard elimination and controls methods;
 - applicable fall protection and rescue regulations;
 - assessment of fall hazards to determine rescue methods;
 - responsibilities of designated persons under this standard;
 - detailed inspection and recording of rescue equipment components and systems;
 - rescue systems assessment and determining when a system is unsafe;
 - development of written fall protection rescue procedures;
 - selection and use of non-certified anchorages (improvised anchorages).
- Competent rescuer training shall be conducted at least every year.

5.0 PROCEDURE

- 5.1 A rescue plan must be a part of the Safe Work Method Statement (SWMS) for any job that is to be performed that requires work at height. The rescue plan shall include consideration of the following rescue types and circumstances:

5.1.1. Self Rescue

If the person working at heights makes proper choices in the equipment to be used and implements that equipment properly, 90% of fallen workers will perform a **Self Rescue** which should include:

1. Worker will climb back up to the level from which he fell.
2. Worker will return to the floor or ground and be reviewed for possible medical attention.
3. Remove all necessary components of his fall arrest system from service and document (bag and tag) the components involved in the fall with name, date and activity at time of fall and give it to their manager.

5.1.2 Assisted Self Rescue with mechanically aided hauling/rope system

If self rescue is not possible then an **Assisted Self Rescue** will be needed. The following guidelines should be used during a mechanically aided rescue.

1. The mechanical device will be secured to an anchor that is rated for personnel.
2. The haul line may be swung over or lowered to the worker, who will grab the lifeline hook and secure it to the appropriate body support D-ring. A positive connection to the D-ring must be verified by one of the rescue team members.
3. The rescue team will raise or lower the fallen worker to the appropriate work platform or ground and take care of the rescued worker medically as needed.
4. Remove all necessary components of his fall arrest system from service and document (bag and tag) the components involved in the fall with name, date and activity at time of fall and give them to manager.

5.1.3 Assisted Rescue with mechanically aided hauling/rope system

If the workers injuries prevent them from attaching themselves to the rescue system, both self rescue and assisted self rescue are not options, then a fully **Assisted Rescue** is necessary.

1. The mechanical device will be secured to an anchor that is rated for at least 3100 lbs.
2. A rescue team member must attach the mechanical device haul line to the fallen worker's fall arrest system. This can be performed by accessing the worker and attaching directly to the workers harness or using a rescue pole for the attachment. The rescue team could also attach a rescue grab to the lanyard or vertical lifeline.
3. The rescue team will raise or lower the fallen worker to the appropriate work platform or ground and take care of the rescued worker medically as needed.

4. Remove all necessary components of his fall arrest system from service and document (bag and tag) the components involved in the fall with name, date and activity at time of fall and give them to manager.

5.1.4 Assisted Rescue with mechanically aided aerial lift

Another means to perform an **Assisted Rescue** is with a man-cage using the following guidelines:

1. A worker will get into the man-cage and make sure there is a second fall protection device such as shock absorbing lanyard or self retracting lifeline available for the rescued worker.
2. The Man-cage will be maneuvered into position (raise up under the worker to be rescued) to perform the rescue.
3. Attach the second lanyard or self retracting lifeline in the man-cage to the worker being rescued.
4. Disconnect the rescued worker from the impacted fall arrest equipment.
5. Lower the worker to the ground and take care of the rescued worker medically as needed.
6. Remove all necessary components of his fall arrest system from service and document (bag and tag) with name, date and activity at time of fall and give them to the manager.

Rescue Plan

IMPORTANT: This document is intended to provide guidance only for developing site-specific working at heights rescue plans.

Date: _____ **Job Description:** _____

Location: _____

Contacts

Rescuer(s) _____

 Competent Person _____
 Emergency Contact _____
 Method of Contact:
 PA
 Verbal/Face to face
 Radio Channel: _____
 Phone Number: _____
 Other _____

Rescue Equipment

Ladder RSQ
 Rescue Pole First Aid Kit
 Rescue Rope Life Ring
 Crane RPD
 Scaffold R500
 Aerial Lift
 Alternative Lifting & Lowering Device

 Location of Equipment:
 Job Site
 Gang Box
 Tool House

Critical Rescue Factors

Anchor Point _____

 Landing Area _____

 Rescue Obstructions/Hazards:

Check for Yes

- Have alternatives to using fall arrest equipment been considered? _____
- Has rescue equipment been inspected and found in good shape? _____
- Is equipment adequate for the rescue plan? _____
- Have communication devices been identified, located, & tested? _____
- Are all rescuers familiar with the use of the rescue equipment? _____
- If working over water, is there a boat available? _____

Comments

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

Pre Work Tasks:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Response Procedure:

- 1) Notify Emergency Contact.
- 2) Make medical assessment of person.
- 3) If possible have employee perform self-rescue.
- 4) _____
- 5) _____
- 6) _____