
ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: *FALL RESCUE PLAN: THINGS TO CONSIDER*

Falls have been the leading cause of death in construction for years and in just about every single case, the person who dies either wasn't wearing fall protection or wasn't wearing it properly. However, what about the workers who fall, and that fall is arrested because they were wearing a Personal Fall Arrest System. What happens after the fall is arrested. Planning the rescue is just as important as wearing the equipment.

When developing or updating a Fall Rescue Plan, there are some key factors that need to be considered.

1. A detailed post fall recovery plan includes:
 - a. Ensuring the plan is viable for the project you are working on.
 - b. Discussing the plan with the team prior to starting the work each day.
 - c. Making sure accurate contact phone numbers are available.
 - d. If emergency response teams will be needed, then verify that an easy access route is available.
2. Complete an inventory of all useful tools, equipment and resources (ladders, scaffolds, boom lifts, windows, rescue winches, etc.) and make note of their location to everyone on the team prior to starting work.
3. Avoid further injuries and risks by providing proper fall protection for both rescuer and subject. Do not risk a life in an attempt to save a life.
4. Minimize the number of rescuers and identify tasks for the team (outside rescue escort, communication liaison, crowd control, etc.) This will help minimize the risks and communication problems of well-intentioned rescuers.
5. Train as a team on any Self-Rescue Techniques and equipment prior to starting the job.
6. Train as a team with each new employee that is assigned to the project - this will enforce the training to the current crew and help teach the new member.
7. Understand and apply the proper Post Fall Medical Aid. This will be dictated by the circumstances of the subject (unconscious, bleeding, injured, fall shock trauma, etc.).

Remember, once the fall is arrested, the rescue plan must be carried out in an organized and timely manner. The worker only has about 15-20 minutes before internal injuries can begin to occur from hanging in the harness too long. Plan your work and work your plan and everyone will go home safely.