

Your fall-protection system worked!



Now what?

- The next step is to grab the rescue kit, connect to your co-worker and lower him to the ground.
- Your fall-protection plan must consist of a rescue plan (OHS legislation).
- A trusted and trained co-worker will be the best person to help, unless the environment is complex and you need a professional rescue crew.

We can help you...

sign up for our **Fall Protection Basic Rescue Course**



**Fall Protection Basic
Rescue**



Western Canada
Fire & First Aid Inc.

Occupational Health and Safety Code 2009

Part 9

Fall protection plan

140(1) An employer must develop procedures that comply with this Part in a fall protection plan for a work site if a worker at the work site may fall 3 metres or more and the worker is not protected by guardrails.

140(2) A fall protection plan must specify

- (a) the fall hazards at the work site,
- (b) the fall protection system to be used at the work site,
- (c) the anchors to be used during the work,
- (d) that clearance distances below the work area, if applicable, have been confirmed as sufficient to prevent a worker from striking the ground or an object or level below the work area,
- (e) the procedures used to assemble, maintain, inspect, use and disassemble the fall protection system, where applicable, and
- (f) the rescue procedures to be used if a worker falls and is suspended by a personal fall arrest system or safety net and needs to be rescued.

140(3) The employer must ensure that the fall protection plan is available at the work site and is reviewed with workers before work with a risk of falling begins.

140(4) The employer must ensure that the plan is updated when conditions affecting fall protection change.

Not only is being suspended in a harness uncomfortable

Hanging in a harness has serious negative health effects!

3 Brain Circulation

- Diminished Blood Flow
- Blocked Airway
- Cardiac Arrest or Brain Damage
- Death

2 Heart Circulation

- Anxiety and Onset of Shock
- Heart Rate Increases
- Cardiac Irritability*

1 Leg Circulation

- Straps Impede Blood Return
- Muscle Venous Pump Fails
- Blood Becomes Toxic & Highly Acidic*

*Even if victim is rescued before respiratory/cardiac arrest occurs, the danger of cardiac arrest still exists due to the toxic, highly acidic blood surging back to the entrapped heart (Barlow Syndrome). The danger of delayed kidney failure exists if victim is not medically evaluated after prolonged suspension.

ROCO RESCUE

TRAUMA
Prolonged Effects of Suspension Trauma

CRITICAL FACTORS

- Why did the worker fall? Slip, trip, medical incident, toxic environment?
- What is the worst-case scenario for a fall to occur?
- What body shapes and sizes may be involved?
- Who has been trained to operate equipment described in a rescue plan? Are they always available?
- Has the environment changed? Is it anchor safe? Is energized equipment available?
- Is the equipment listed in the rescue plan rated to function in a rescue? (Ladder weight rating, work platform etc.)
- Is the rescue plan practical?
- From height, can a rescuer safely release the hanging worker from the lanyard, control the weight of the worker, and safely bring to ground if the worker is injured or unconscious? From a man lift? From a ladder?
- Once the man lift is at the lowest point can the injured or unconscious worker be safely moved from the lift platform?



- Does the width of the lift allow manual lifting of the worker?
- Height of lift floor can be higher than able to easily manage moving the injured or unconscious worker (~3-5 ' from ground)

Man lifts are often the easy answer to a fall protection rescue plan. There are many factors that affect their viability for effective use. Trained operator will know their limitations, including reach, travel paths, weight rating, unstable ground, available trained operators, etc.

Part 7 Emergency Preparedness and Response

Emergency response plan

115(1) An employer must establish an emergency response plan for responding to an emergency that may require rescue or evacuation.

115(2) An employer must involve affected workers in establishing the emergency response plan.

115(3) An employer must ensure that an emergency response plan is current.

Contents of plan

- 116 An emergency response plan must include the following:
- (a) the identification of potential emergencies;
 - (b) procedures for dealing with the identified emergencies;
 - (c) the identification of, location of and operational procedures for emergency equipment;
 - (d) the emergency response training requirements;
 - (e) the location and use of emergency facilities;
 - (f) the fire protection requirements;
 - (g) the alarm and emergency communication requirements;
 - (h) the first aid services required;
 - (i) procedures for rescue and evacuation;
 - (j) the designated rescue and evacuation workers.

Rescue and evacuation workers

117(1) An employer must designate the workers who will provide rescue services and supervise evacuation procedures in an emergency.

117(2) An employer must ensure that designated rescue and emergency workers are trained in emergency response appropriate to the work site and the potential emergencies identified in the emergency response plan.

117(3) The training under subsection (2) must include exercises appropriate to the work site that simulate the potential emergencies identified in the emergency response plan.

117(4) The training exercises referred to in subsection (3) must be repeated at the intervals required to ensure that the designated rescue and evacuation workers are competent to carry out their duties.