



TOOLBOX TALK

FALL ARREST : RESCUE PLAN

INTRODUCTION

A rescue plan is crucial when working with fall arrest systems. It outlines the procedures for rescuing a fallen worker suspended in their fall protection system. This toolbox talk aims to underscore the significance of a rescue plan and examine its key components.

HAZARDS OF PROLONGED SUSPENSION AFTER A FALL

● **SUSPENSION TRAUMA**

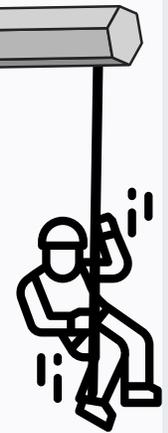
It occurs when blood pools in the legs, leading to decreased blood circulation, low oxygen levels, and a buildup of waste products. It may result in dizziness, loss of consciousness, organ failure, or even death if not addressed promptly.

● **RESPIRATORY ISSUES**

Reduced chest movement and pressure on the diaphragm can cause restricted breathing, leading to respiratory distress.

● **PSYCHOLOGICAL DISTRESS-**

Can lead to mental and emotional exhaustion, making remaining calm more challenging.



IMPORTANCE OF A FALL ARREST RESCUE PLAN

It is essential to have a well-developed and rehearsed rescue plan focused on timely and effective rescue procedures to minimize the risks associated with prolonged suspension and ensure the worker's well-being.

KEY COMPONENTS OF RESCUE PLAN

1 IDENTIFICATION OF RESCUE TEAM

Designate and train a rescue team responsible for executing emergency rescue operations.

2 EMERGENCY CONTACTS

Ensure emergency contact numbers are readily available at the worksite, including local emergency services, nearby hospitals, and rescue team members.

3 DETAILED PROCEDURES

Outline step-by-step procedures and protocols such as the equipment needed, the personnel responsible for executing the plan, and how to communicate with the suspended worker.

4 TRAINING AND DRILLS

Ensure all workers are well-informed about the rescue plan and proficient in executing rescue procedures. This proactive approach minimizes response time and enhances overall safety measures.

CONCLUSION

A well-prepared rescue plan for fall arrest systems is a crucial component of a fall protection program. It's important to ensure the plan is regularly reviewed, updated, and communicated to all workers to ensure it is conducted effectively and efficiently, strengthening safety in the event of a fall.



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