WAH Rescue Plan  
Untitled Newfoundland Project

Purpose of Working at Height’s Rescues

When a worker falls and is suspended in a harness, it’s important to rescue him or her as quickly as possible because of the following reasons.

* The worker may have suffered injuries during the fall and may need medical attention.
* When workers are suspended in their safety harness for long periods, they may suffer from blood pooling in the lower body. This can lead to Orthostatic Shock, and ultimately death.
* Suspended workers may panic if they are not rescued quickly.
* The event that led to the fall may create additional risks that need to be addressed.

Emergency Response Plan

If a worker falls and is suspended by a safety harness, implement the emergency response plan by following the steps below.

1. The site supervisor takes control of the situation.
2. They will notify all workers in the immediate vicinity of the incident and have them stop working. The site supervisor evaluates the situation and identifies any further hazards.
3. The supervisor or a designate will call 911.
4. All non-affected personnel are moved to a safe zone or are directed to remain where they are.
5. A worker should be designated to meet the response team (police, fire, EMS) and ensure they have a safe path to the accident scene.
6. Follow rescue procedures.

Rescue Procedures

1. **Elevated Work Platform (EWP) Rescue**

EWP is available on site and the suspended worker can be reached by the platform, follow the procedure below.

1. Bring the EWP to the accident site and use it to reach the suspended worker.
2. Ensure that the rescue worker is wearing full body harness attached to appropriate anchors in the EWP.
3. Ensure that the EWP has a load capacity for both the rescue and the fallen worker. If the fallen worker is not conscious, two rescuers will be required to safely handle the weight of the fallen worker.
4. Position the EWP platform below the worker and disconnect the worker’s lanyard once a backup safety line has been attached and it is safe to do so. When the worker is safely on the EWP, reattach the lanyard to an appropriate anchor point on the EWP if possible.
5. Lower the worker to a safe location and administer first aid. Treat the worker for suspension trauma and any other injury.
6. Arrange transportation to hospital if required.
7. **Ladder rescue**
8. If the fallen worker is suspended from a lifeline, move the worker (if possible) to an area that rescuers can access safely with a ladder.
9. Set up the appropriate ladder to reach the fallen worker.
10. Rig separate lifelines for rescuers to use while carrying out the rescue from the ladder.
11. If the fallen worker is not conscious or cannot reliably help with the rescue, at least two rescuers may be needed.
12. If the fallen worker is suspended directly from a lanyard or lifeline securely attach a separate lowering line to the A ring of the harness.
13. Other rescuers on the ground should lower the fallen worker while the rescuer on the ladder guides the fallen worker to the ground.
14. Once the fallen worker has been brought to a safe location, administer first aid and treat the person for the suspension trauma and any other injury.
15. Arrange transportation to hospital if required.
16. **Rescue from a Work Area or Floor Below**
17. Ensure that rescuers are protected against falling.
18. If possible, securely attach a second line to the fallen worker’s harness to help rescuers pull the fallen worker to a safe area. You will need at least two strong workers to pull someone up to the level from which they fell.
19. Take up any slack in the retrieving line to avoid slippage.
20. Once the worker has been brought to a safe location, administer first aid and treat the person for suspension trauma and any other injury.
21. Arrange transportation to the hospital if required.

**Post Rescue Procedure**

All non- affected workers should remain in the designated safe gathering zone until the site supervisor notifies them to do otherwise.

The site supervisor and health and safety representative should

* Begin the accident investigation.
* Quarantine all fall arrest equipment that may have been subjected to fall fatigue effects and / or shock loading for further investigation.
* Secure the area. (The accident scene should not be disturbed where a fatal of critical injury has occurred).
* Determine whether or not the jobsite specified rescue and evacuation plans were followed as designated.
* Record modifications or additions to the plans that the rescue team deems necessary.
* Record all documented communications with fire, police, EMS, MOL and others involved. (When a fall occurs and is arrested, you must notify the MOL in writing).
* Record all documented statements from employees, witnesses, and others.
* Record all key information such as date, time, weather, general site conditions, and specific accident locales including sketches of the immediate incident area, complete with measurements if applicable.