

An Affiliate Company of Pro Group Management

Instructions: The Competent Person (CP) shall complete this Rescue Plan whenever a Site Plan assigns use of a Personal Fall Arrest System. The scope of this plan is limited to this jobsite only, & shall remain posted at the jobsite at all times. All Plan participants must have appropriate Authorized Person training, in accordance with OSHA Fall Protection Regulations. When completing this plan, consider that a suspended worker may be unconscious or otherwise unable to assist in rescuing themselves.

Site Location/Description: _____ **Date:** _____

Contacts: Specify at least one contact method for the CP and Rescue Agency in the table below.

Contact Type	PA / Intercom	Verbal / Face-to-Face	Radio Channel (Specify #)	Phone (Specify #)	Other (Specify)
Competent Person:					
Rescue Agency:					

Equipment: Complete the table below to identify available rescue equipment. Document its location and specifications (e.g. height of aerial lift, length of rescue rope, weight rating of tripod, etc.).

Type	#	Location(s) & Specs	Type	#	Location(s) & Specs
RESCUE EQUIPMENT:					
Aerial Lift			Rescue Pole		
Ladder			Rescue Rope		
Mobile Scaffold			Tripod & Winch		
Block & Tackle			Life Ring		
Controlled Descent Device			Other (Specify)		
MEDICAL EQUIPMENT:					
First Aid Kit			Stokes Litter		
AED			Other (Specify)		

Anchorage: If this Plan requires additional anchorages for the suspended worker or the rescuer, document their location and type. A Qualified Person (QP) or CP must sign off on any anchor as appropriate for its type. Anchoring to a PFAS in rescue requires completion and attachment of the supplemental Clearance Calculation form.

Description	Location	Certified	Type:	Initials	Role:	
			Non-Certified		QP	CP

Rescue Equipment on Workers:

Are exposed workers equipped with suspension trauma relief straps? Yes No
If Yes, have equipped workers received training on effective use of the straps? Yes No

Attendant Assignment: An attendant must monitor the suspended worker. This role is a crucial to the their odds of survival. Specify a Primary attendant below. A Secondary attendant shall respond if the Primary is the suspended worker. Record contact info below each.

Primary:

Secondary:

Contact # for Primary: _____

Contact # for Secondary: _____

Attendant Responsibilities: Primary and Secondary Attendants shall initial below to acknowledge each component of their responsibilities.

	Primary	Secondary
Remain protected from fall hazards & dropped object hazards by the strictest controls possible.	_____	_____
Remain in constant contact with the suspended worker through visual and oral communication.	_____	_____
Have training in the recognition of pre-fainting symptoms.	_____	_____
Have immediate contact with emergency medical services or delegate such contact.	_____	_____
Notify CP to initiate Planned Rescue procedures if the suspended worker cannot self-rescue.	_____	_____

Acknowledgments: The CP shall check each box after ensuring the critical factors below are in place for a successful rescue.

	CP Initials	Date
Communication devices identified, located, and & function-tested.	_____	_____
Listed equipment inspected for serviceable condition.	_____	_____
Listed equipment adequate for the needs of the plan.	_____	_____
Rescuers familiar with use of listed equipment.	_____	_____

Address of Nearest Medical Facility: _____

POST-FALL RESCUE PROCEDURE:

The CP shall direct all efforts through the completion of the rescue, and assign rescuer tasks as necessary. These steps constitute a basic outline and may require additional details or considerations.

Worker noticing the fall advises CP, who immediately summons the Attendant and delegates Rescue Agency notification.

Attendant reports to the scene & begins monitoring victim, documenting an initial medical assessment.

Attendant coaches a conscious victim to deploy suspension trauma relief straps (if equipped).

In the absence of relief straps, Attendant coaches victim to frequently move their legs in a pedaling motion.

Workers at the scene clear the area below the victim for impact obstructions.

Rescuers assemble & retrieve necessary rescue equipment.

Workers at the scene establish an access path for incoming rescue crew & equipment.

Rescuers use available equipment to reach & retrieve suspended worker.

RESCUERS SHALL NOT CREATE THE HAZARD OF BECOMING ADDITIONAL VICTIMS.

Rescuers attend to the lowered victim as appropriate, until the arrival of EMS professionals.

- CONSCIOUS VICTIMS MUST NOT LIE FLAT OR STAND VERTICAL. Lie down with slightly elevated torso.
- UNCONSCIOUS VICITMS SHOULD BE ASSESSED FOR AIRWAY-BREATHING-CIRCULATION. A trained provider should administer appropriate CPR/AED care if the assessment dictates it.
- Inform EMS professionals of the victim's suspension trauma and request evaluation for related complications.

CP shall ensure all system components exposed to the fall forces are gathered & inventoried. Components shall remain removed from service until a documented CP inspection determines their suitability for future use. List the involved components below, with type, make, model, serial, color, or any other identifying features.

CP Completing Rescue Plan:

(Print)

(Sign)

Date: _____

Foreman (if different than CP):

Date: _____