

Generic Rescue Procedure

1. The suspended worker must attempt self rescue if possible.
2. If self-rescue is impossible, or if rescue cannot be performed promptly, the worker must be trained to "pump" their legs frequently to activate the muscles and reduce the risk of venous pooling. Footholds can be used to alleviate pressure, delay symptoms, and provide support for "muscle pumping."
3. The worker's partner must ensure that someone raises the alarm immediately and they then must instigate the rescue procedure.
4. Manager to contact emergency services.
5. The worker's partner must put on the second safety harness and attach it to the anchor point.
6. The Gotcha rescue kit must be used as per its instructions.
7. The suspended worker must be lowered slowly to the ground.
8. The worker must be continuously monitored for signs or symptoms of suspension trauma, throughout the rescue.

Raising the Alarm

1. Ring _____ and inform _____ of:
 - a. The incident
 - b. The incident details
 - c. The site of the incident
2. _____ will use the _____ system to direct first aiders to the site of the incident.
3. _____ will inform the first aider of the incident.
4. _____ will contact the Fire Brigade / Ambulance Service to attend the incident.

After the Rescue

1. Ensure that the worker receives standard trauma resuscitation once rescued.
2. Do not allow the worker to lie down.
3. If the worker is conscious they must be sat down with their legs placed flat or thighs slightly elevated to pelvic level for at least 20 minutes– no standing, no exercise (puts more strain on a heart) no eating or drinking. The worker must then lie down for a further 10-20 minutes, before standing up.
4. If the worker is unconscious, place them in a sitting position, keep their air passages open and give them first aid treatment if qualified.
5. The worker must be hospitalized no matter how long they were suspended. Possible delayed effects, such as kidney failure, which is not unusual in these cases, are difficult to assess on the scene.
6. The worker must be monitored after the rescue for signs or symptoms of suspension trauma.