

Rescue plan?

A **rescue plan** is a pre-planned strategy or **procedure**, designed to safely retrieve someone who has fallen from height and is suspended in a harness.

It provides information about the type and location of equipment that are vital in the **rescue** process.

You must have a rescue plan in place, you cannot rely on the emergency services, as this may be too late.

- You must have procedures in place in order of merit.
- Trained personnel on site to perform the rescue.
- Management must be informed immediately of the incident.
- You must also inform the emergency services of the incident and your plan of action.

How do I rescue a person who has fallen, but who is left suspended at height in their harness attached to a fall arrest lanyard?

You can only perform a rescue, if you have received the training and that you have the correct equipment in place to perform the rescue.

You must not put yourself in any form of harms way in which could affect your self and others when performing a rescue at height on site.

You must follow your rescue plan and the method statement as provided by your employer.

You must not interfere or misuse any equipment provided to perform the rescue.

If you are not sure, you must seek advice immediately.

Risk Assessments

You need to conduct a risk assessment before starting any work at height and must postpone work if rescue procedures are insufficient.

There are five steps to a risk assessment:

1. Identify the hazards
2. Decide who might be harmed and how
3. Evaluate the risks and decide on precautions
4. Record your findings and implement them
5. Review the risk assessment and update where necessary.