

50 RESCUE PLANS

Pages in quadruplicate

HEIGHTS

RESCUE

PLAN



DOWN IN 5
TO
STAY ALIVE



First Aid and Treatment

SYMPTOMS

Call 000 Immediately if you notice any of the following symptoms

- Faintness
- Breathlessness
- Sweating
- Paleness
- Nausea
- Dizziness
- Low blood pressure
- Unconsciousness

TREATMENT WHILE SUSPENDED

If hanging in harness and conscious

Use your rescue plan. Get them down as quickly as you can.



Tell the person to lift their legs and/or pump their leg muscles.



Use their trauma straps (if fitted).



Push their legs against any structures.



You can lower down a rope to help lift their legs.



If hanging in harness and unconscious

Call 000



Use your rescue plan. Get them down as quickly as you can.



Once rescued - if the person is conscious

Place the person in a comfortable position, ideally lying down.



Reassure them. **It's OK**



Loosen or remove harness.



Give oxygen (if available).



Monitor Breathing

LOOK for the chest moving up and down

LISTEN for air from the mouth and nose



FEEL for movement of the chest.

Check for 'gaspings' breaths

Once rescued - if the person is unconscious but still breathing

Lie the person down on their side



Loosen or remove harness.



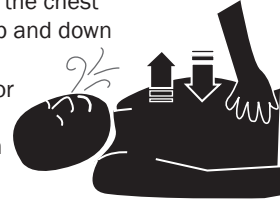
Manage any other injuries.



Monitor Breathing

LOOK for the chest moving up and down

LISTEN for air from the mouth and nose

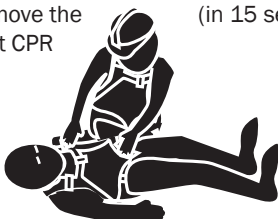


FEEL for movement of the chest.

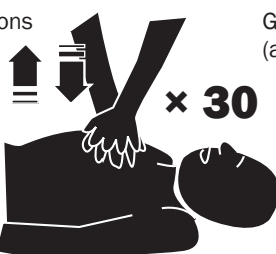
Check for 'gaspings' breaths

Once rescued - if the person is unconscious but NOT breathing

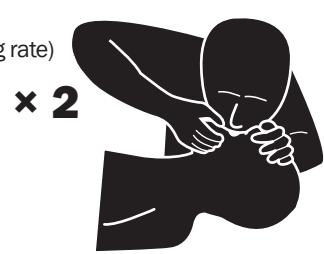
Lie the person down. Loosen or remove the harness. Start CPR immediately.



Give 30 compressions (in 15 seconds)



Give - 2 breaths (at normal breathing rate)



TREATMENT ONCE RESCUED

Emergency Contact ☎ 000

Other emergency numbers:

Site address:

Nearest cross road (other directions):

Site access information: (level, floor, entrances, etc):

.....

Access point for emergency services:

.....

WORK DETAILS (TYPE OF WORK BEING PERFORMED)

WORKERS NAMES	CONTACT INFO

PRE WORK EQUIPMENT CHECKS (TO BE INITIALED BY PERSON CHECKING THE EQUIPMENT)

Anchor points	Initial:	Static lines	Initial:	Lanyards	Initial:	Harnesses	Initial:
EWP	Initial:	Inertia reels/lifelines	Initial:	Tripod	Initial:	Scaffold	Initial:
Snap hooks/karabiners	Initial:	Ropes	Initial:	Energy absorbers	Initial:	Trauma straps	Initial:
OTHER	Initial:	Initial:	Initial:	Initial:	Initial:	Initial:	Initial:
	Initial:	Initial:	Initial:	Name:	Signature:		

WHO IS IN CHARGE OF:

NAME

CONTACT INFORMATION

The rescue (primary contact)		
Contacting emergency services		
Stand-by person (observing if a fall occurs)		
Ensuring rescuers are safe		
First Aid (including suspension trauma treatment)		

RESCUE TASKS

DETAILS OF STEPS IN RESCUE

PEOPLE RESPONSIBLE (NAME AND CONTACT)

EQUIPMENT NEEDED FOR RESCUE

TIME NEEDED

Does equipment need to be set up or moved before you can perform the rescue?	Practiced and timed: Yes/No		Equipment tested: Yes/No	:
How will you reach the person who has fallen?	Practiced and timed: Yes/No		Equipment tested: Yes/No	:
Other factors: <i>Layout of building, access problems, weather conditions, language barriers, etc.</i>	Practiced and timed: Yes/No		Equipment tested: Yes/No	:
How will you get an injured or unconscious person down?	Practiced and timed: Yes/No		Equipment tested: Yes/No	:
TOTAL TIME NEEDED FOR RESCUE - MUST NOT EXCEED 5 MIN (300 SEC)				:

EQUIPMENT NEEDED FOR RESCUE (TO BE INITIALED BY PERSON CHECKING THE EQUIPMENT)

Rescue ladder	Initial:	Static lines	Initial:	Lanyards	Initial:	Harnesses	Initial:
EWP	Initial:	Inertia reels/lifelines	Initial:	Tripod/scaffold	Initial:	Winches	Initial:
Snap hooks/karabiners	Initial:	Ropes	Initial:	Energy absorbers	Initial:	Trauma straps	Initial:
First Aid kit	Initial:	Crane	Initial:	Spreader bars	Initial:	Stretcher	Initial:
OTHER	Initial:	Initial:	Initial:	Name:	Signature:		

COMMUNICATIONS TASKS

COMMUNICATIONS METHOD

TESTED?

FINAL CHECKLIST (to be done immediately before work commences)

Communication during work		YES / NO	All fall restraint/arrest equipment and anchor points are checked	YES / NO
Stand-by Person to raise alarm		YES / NO	Harnesses have been checked and fitted correctly	YES / NO
Rescuers will communicate		YES / NO	Rescue equipment is set up and in place	YES / NO
Suspended person		YES / NO	Possible fall distance and fall arrest distance have been checked	YES / NO
Emergency services contacted		YES / NO	Workers know how to reduce effects of suspension intolerance (trauma)	YES / NO

Written by:

Authorised by: