**Rescue Attachment C.1**

Rescue planning is essential when workers are working at heights using the components of a personal fall arrest system (PFAS). Rescue procedures have been developed to provide Authorized Rescuers with the knowledge and skills so that a prompt rescue of a fallen worker can be made. To prevent worker injury or potential for any further or secondary injury, we want our Authorized Rescuers to be able to contact a fallen worker within four minutes after a fall event. The Competent Rescuer makes a visual fall hazard assessment of the work area and task to be performed prior to any working at height task that requires a worker to wear a PFAS. The information gathered in the assessment is used to complete a Rescue Planning Worksheet which identifies the rescue team and proposed rescue methods.

**Rescuer Training**

The President / Vise President are our Competent Rescuer and has the experience, training, and knowledge of rescue practices and fall arrest systems equipment. The Competent Rescuer completes the written Rescue Planning Worksheet (Attachment C.2) to identify rescue procedures and methods before the start of any working at heights activities that require the worker to wear a PFAS. The Competent Rescuer also identifies the expected type of rescue to determine what equipment or Authorized Rescuers must be available. A copy of the training records for each authorized rescuer which include any special training or areas of expertise is maintained by the Competent Rescuer and is available for reference when completing the Rescue Planning Worksheet. The Competent Rescuer will also designate a Lead Authorized Rescuer to lead the Authorized Rescuers in the rescue process.

The Lead Authorized Rescuer ensures that a Rescue Planning Worksheet is completed by the Competent Rescuer and reviews it prior to the start of any working at heights activity requiring the worker to wear a PFAS. The Lead Authorized Rescuer is responsible for directing the Authorized Rescuers in a rescue event and contacts any on-site backup personnel when needed.

The Authorized Rescuers are designated as the primary personnel to conduct rescue operations. They know the immediate actions to take to rescue a victim and administer any first aid or CPR procedures. They have the training, experience, and knowledge in rescue gear selection, including inspection, operation, and care. They have also been trained in the operation of any on-site rescue equipment that might be utilized such as rescue ladders, rope ascending/descending or belay devices, mobile scaffolds, or mobile elevated work platforms.

A ground person or attendant is available for observing the working at heights activity and has received the necessary training to set in motion the rescue process by contacting the Lead Authorized Rescuer identified within the Rescue Planning Worksheet. The ground person also takes any further action steps that as directed by the Competent Rescuer.

**Types of Rescue**

There are four types of rescue:

**Self-Rescue** for a fallen worker who is conscious and able. Accomplished by manufactured devices such as a self-rescue ladder, an integrated self-rescue harness system, or other type of self-descending system allowing a controlled descent through a braking system.

**Assisted Rescue** for a fallen worker who is conscious but unable to rescue themselves. Accomplished by the use of a rescue ladder or winch operated by a rescue team member.

**Mechanically Aided Rescue** for a fallen worker who is unable to self-rescue. Accomplished by the use of an aerial lift, mobile scaffold, or extension ladder.

**Pick-Off Rescue** for a fallen worker who is incapacitated or unconscious. Accomplished by rescuers and equipment to facilitate the descent and provide medical attention.

The Competent Rescuer makes a visual fall hazard assessment of the work area and work task being performed to determine rescue methods as well as any special equipment such as suspension trauma relief straps or an integrated self-rescue harness system to be worn by the worker who is working at height. The visual fall hazard assessment is used for completing the Rescue Planning Worksheet and for selecting the Authorized Rescuers best suited for the expected type of rescue and for the rescue equipment that must be available.

**Suspension Trauma**

Orthostatic intolerance or suspension trauma is a serious medical condition that can occur when a worker is suspended in a harness for too long after a fall leading to unconsciousness, injury, or death. Symptoms of suspension trauma include dizziness, weakness, sweating, and fainting. There is also a blood and oxygen reducing condition that occurs known as venous pooling. Each individual is affected differently by suspension trauma which affect the speed of onset. Some of the factors include the workers underlying physical condition, the ability to handle stress and anxiety, traumatic injuries that may have occurred before or during the fall, and their body harness fit and adjustment.

The Competent Rescuer, Lead Authorized Rescuer, and Authorized Rescuers receive training in recognizing the symptoms leading to the onset of suspension trauma. Training also covers any special precautions that must be taken during the first-aid recovery process of a worker suffering from suspension trauma.