

# Fall Protection Rescue Plan

*This plan should be completed for all work at 3m or more in addition to the hazard assessment and safe work procedure*

<b>Job Number</b>		<b>Date</b>	
<b>Address</b>		<b>Tasks</b>	
<b>Completed By</b>		<b>Signature</b>	

## Site / Task Specific Information

Nature of Work:
Duration of Work:
Tools & Equipment Used:
Safe Work Procedures Required:
Weather:
Site Supervisor:
Site Safety Representative:

## Fall Protection Systems to be Used

<input type="checkbox"/> Travel Restraint	<input type="checkbox"/> Guardrails	<input type="checkbox"/> Personal Harness
<input type="checkbox"/> Nets	<input type="checkbox"/> Work Positioning	

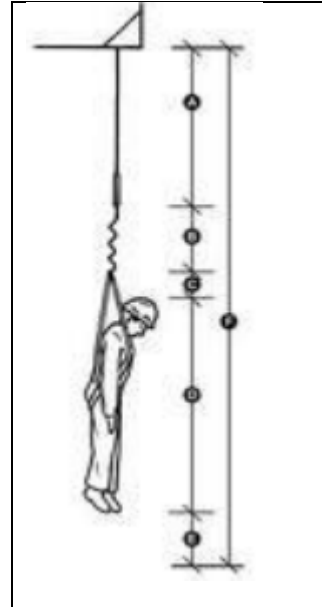
## Fall Protection / Arrest Components Used

<input type="checkbox"/> Body Harness	<input type="checkbox"/> Lanyard	<input type="checkbox"/> Rope Grab	<input type="checkbox"/> Self-retracting Lanyard
<input type="checkbox"/> Vertical Life Line	<input type="checkbox"/> Horizontal Life Line	<input type="checkbox"/> Connectors	<input type="checkbox"/> Anchor Points

## Anchor Point Locations & Descriptions


### Calculation of Fixed Anchor – Vertical & Horizontal Swing Clearance

		Length (metres)	
		Worker 1	Worker 2
A	Length of Lanyard		
B	Shock Absorber Elongated		
C	Harness Stretch (from top of head)		
D	Height of Worker		
E	Safety Factor (0.6m / 3')		
F	<b>OVERALL MINIMUM CLEARANCE</b>		



*Other workers (if applicable):*

- Worker 3: \_\_\_\_\_ (box F)  
 Worker 4: \_\_\_\_\_ (box F)  
 Worker 5: \_\_\_\_\_ (box F)  
 Worker 6: \_\_\_\_\_ (box F)  
 Worker 7: \_\_\_\_\_ (box F)  
 Worker 8: \_\_\_\_\_ (box F)

### Rescue Plan

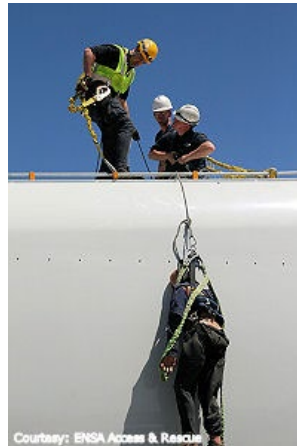
*Describe the procedure to follow if a worker needs to be rescued. If PPE is to be used (fall arrest) discuss suspension trauma with the workers. What methods will be used on site?*

Self Rescue



- \*Access to window
- \*Access to ladder
- \*Can pull back onto the roof alone

Assisted Rescue



- \*Crew will assist
- \*Hoist worker back to roof
- \*Aerial lift required

Emergency Rescue



- \*Call 911
- \*Clear the area for emergency personnel to arrive

**List life-saving equipment on site:**

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