

# TOOLBOX TALKS

The Upside of Safety



## Fall Rescue Plan

When using a personal fall arrest system a fall rescue plan needs to be in place to safely rescue a worker that has fallen off the roof. The following methods can be used to retrieve the fallen worker:

### Mobile Elevating Work Platform

A mobile elevating work platform can be used to safely retrieve a fallen worker. Simply position the basket of the lift underneath the fallen worker. Connect a lanyard to the fallen workers D-Ring and an anchor point on the platform. Release the worker from the fallen lanyard.



### Self Rescue

Workers may be able to perform a self-rescue by climbing back up to the level from which they fell, typically a few inches to 3 feet. Self rescue can also be a ladder placed where the fallen worker can reach it and climb up if the worker is able.

### Assisted Rescue

If a worker is unable to self-rescue they can be rescued by a co-worker. The co-worker can obtain an approved rescue and descent device and secure it to an anchor rated for at least 3,000 pounds. This line will have to be attached by using one of the following methods

- Attaching the line directly to a D-ring on the worker's harness
- Using a rescue pole for attaching the line
- Attaching a rescue grab to the lanyard or vertical lifeline



### Things to Remember

When a worker falls they receive significant trauma to their body from the fall harness. All workers that fall should receive a medical evaluation before that are able to return to work. Also, all components of fall arrest system impacted by a fall event shall be removed from service. The components should be tagged with employee's name, date and activity at time of fall and give the equipment to your supervisor.

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## ✓ SAFETYCHECK

Are you aware of your job sites fall rescue plan?

Do you have a procedure for inspecting and/or disposing of equipment exposed to a fall?

Have you inspected your fall protection equipment?

Does your job site have the equipment readily available to rescue a fallen worker?

**Company:**

**Location:**

**Presenter:**

**Date:**

## ATTENDANCESHEET
