

WORKING AT HEIGHT RESCUE PLAN



TABLE OF CONTENTS

1. INTRODUCTION.....	4
2. TERMS AND DEFINITIONS.....	4
3. ROLES AND RESPONSIBILITIES	5
4. RESCUE PLAN TESTING.....	5
5. WORK SITE INFORMATION AND CONTACTS	6
6. EXPECTED INJURIES FROM A FALL FROM HEIGHT	6
7. ASSESSMENT OF FALL HAZARDS AND RISKS.....	7
8. WORK AT HEIGHT RESCUE TRAINING.....	7
9. WORK AT HEIGHT RESCUE EQUIPMENT.....	8
10. ACCESS PLANT AND OTHER EQUIPMENT TO BE USED.....	9
11. THE WORK AT HEIGHT RESCUE PROCESS.....	9
12. SUSPENSION TRAUMA	10
13. EMERGENCY SERVICES AND MEDICAL FACILITIES	10
14. REPORTING PROCESS AND DUTY TO NOTIFY	11
15. POST RESCUE PROCEDURES	11
16. WORK FROM HEIGHTS RESCUE FLOWCHART.....	13
17. REFERENCES	14

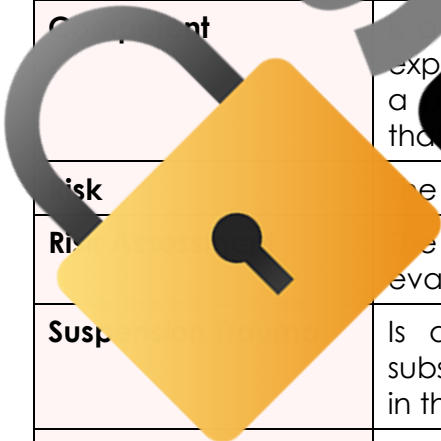
1. INTRODUCTION

Working at heights pose a significant risk to workers and incidents can happen even when all foreseeable hazards and risks have been managed to a high level.

This work at height rescue plan provides a structured and organised approach to responding to a fall from height emergency and minimises the risk of injury in the event of an incident. **The red text in this document is example text only and you will need to adapt to your own situation.**

2. TERMS AND DEFINITIONS

Term	Definition
Acceptable Level of Risk	<p>For a risk to a person or property to be at an 'acceptable level' the activities must be carried out to the level of risk for the activities:</p> <ul style="list-style-type: none"> • Is within acceptable safety limits having regard to each relevant safety requirement • Is as low as is reasonably practicable <p>To decide whether a level of risk is within acceptable safety limits and as low as is reasonably practicable, regard must be made to:</p> <ul style="list-style-type: none"> • The likelihood of injury or illness to a person, or of property damage from the risk; or • The number of people likely to be injured, ill or damaged; and • Whether or not the risk is avoidable by reasonable means.
Appropriately Qualified	<p>For the performance of a function or exercise of a power, a person must have the necessary qualifications, experience and competence to perform the function or exercise the power.</p>
Competent	<p>A person is considered competent if they possess a combination of attributes, including skills, training and experience relevant to a work task or function that enables a person to undertake that work task safely or discharge that function in accordance with company expectations.</p>
Risk	<p>The likelihood of a negative effect.</p>
Risk Management	<p>The overall process of risk identification, risk analysis and risk evaluation.</p>
Suspension	<p>Is a condition whereby a person in a harness in a substantially upright position may experience blood pooling in the legs.</p>
Working at Height	<p>Means work where there is a risk to a worker's health and safety associated with a fall from one level to another that is reasonably likely to cause injury to the person or any other person and could include:</p> <ul style="list-style-type: none"> • In or on an elevated workplace from which a person could fall.



SAMPLE
ORDER NOW AND GET FULL ACCESS

Term	Definition
	<ul style="list-style-type: none"> • In the vicinity of an opening through which a person could fall. • In the vicinity of an edge over which a person could fall. • On a surface through which a person could fall. • In any other place from which a person could fall. <p>Notwithstanding the above, any task that involves the risk of a fall equal to, or greater than two (2) metres should be treated as working at height irrespective of the circumstances.</p>
Working at Height Hierarchy of Control	Is a process to help people choose a control measure that provides the highest level of safety possible in the circumstances.

3. ROLES AND RESPONSIBILITIES

Managers are responsible for:

- Ensuring that work at height rescue training is provided to all personnel expected to be involved in a rescue.
- Ensuring that all work at height rescue hazards and risks identified through risk assessments are controlled to an acceptable level before work commences.
- Providing all the rescue equipment needed to perform a planned rescue.
- Ensuring that inspection and maintenance of rescue equipment (such as harnesses and lanyards etc) is undertaken.
- Ensuring that this plan is implemented and monitored.

Supervisors are responsible for:

- Ensuring that the rescue plan is implemented in their area of responsibility.
- Ensuring that all working at height activities are assessed and personnel are competent to carry out a planned rescue.
- Assisting management with the implementation of this plan.

Workers are responsible for:

- Always working at height rescue plan when safe to do so.
- Ensuring that rescue equipment and personnel protective equipment is in place and functioning work at height tasks.
- Not putting their own safety at risk when performing a rescue.

4. RESCUE PLAN TESTING

Once this rescue plan is completed it is essential to test the plan to ensure that it is effective. This includes conducting regular drills and simulations to test the response times, communication protocols, equipment and competencies.

5. WORK SITE INFORMATION AND CONTACTS

Worksite address:	Please complete.
Manager's name:	Please complete.
Manager's phone number:	Please complete.
Supervisor's name:	Please complete.
Supervisor's phone number:	Please complete.
Person responsible for safety:	Please complete.
Internal communication methods:	Insert communication methods.
Emergency services contact number:	Insert number.
Estimated time for emergency services to reach the site:	Insert estimated travel time.
Scope of works:	Please provide a description of the work that will be undertaken at height. Indicate the maximum working height for all activities.
Work at height commencement date:	Insert start date.
Work at height completion date:	Insert estimated finish date.
How will the rescue plan be implemented and monitored?	<p>This plan will be implemented and monitored by:</p> <ul style="list-style-type: none"> • Ensuring rescue personnel involved in the rescue. • Ensuring the rescue equipment is available and maintained. • Establishing clear communication protocols and ensuring everyone involved in the rescue is aware of their roles in the plan. • Conducting regular drills and simulations to provide an opportunity to identify any weaknesses or areas for improvement in the plan. • Reviewing and update the plan if the work at height activities change.

6. EXPECTED INJURIES FROM A FALL FROM HEIGHT

Falls from heights can result in a wide range of injuries, some of which can be severe and life-threatening. Below are some typical injuries that can occur from a fall from height and all personnel must be aware of initial response actions to manage these types of injuries.

Head and brain injuries: Falls from heights can cause traumatic brain injuries, including concussions, contusions and skull fractures.

Spinal cord injuries: Falls from heights can cause spinal cord injuries, which can result in paralysis, loss of sensation and other neurological impairments.

Fractures and broken bones: Falls from heights can result in fractures and broken bones, including fractures of the arms, legs, hips, and pelvis.

Internal injuries: Falls from heights can cause internal injuries, including injuries to the chest, abdomen and internal organs. These injuries can be life-threatening and require emergency medical treatment.

Soft tissue injuries: Falls from heights can cause soft tissue injuries including bruises, cuts, and abrasions. While these injuries may be less severe than other injuries, they can still be painful and require medical attention.

7. ASSESSMENT OF FALL HAZARDS AND RISKS

An assessment of fall hazards and risks must be undertaken and the resulting method identified below.

Hazards and Risks	Control Measures	Rescue Method
Working close to a roof edge.	Edge protection in place. Fall protection worn.	Gotcha rescue kit.
Working on a sloping roof.	Fall protection is always used.	Gotcha rescue kit.
Working in an EWP basket.	Fall protection always used. EWP is never moved over the edge.	Emergency controls.
Working near an edge.	Fall protection is always used.	Gotcha rescue kit.

8. RESCUE TRAINING

All rescue personnel must be trained and equipped to carry out the rescue plan, ensuring that they are trained in the proper use of the equipment and that the equipment is in good condition and properly maintained.

Below are the nominated rescue personnel and the applicable training received.

Personnel	Training Received
Joe Bloggs	Unit of competency RIIWHS204E - work safely at heights. Participation in emergency rescue drills.
John Smith	Unit of competency RIIWHS204E - work safely at heights and WP high-risk work license. Participation in emergency rescue drills.