



C-5 FALL PROTECTION & RESCUE WORKPLAN

FALL PROTECTION WORKPLAN

1. Project: _____

2. Location: _____

3. Job #: _____

4. Effective Dates: _____

5. Description of work to be done: _____

6. Hazards

7. Max Fall Distance: _____

8. Clearance Distance Calculation:

Connector Length + Height of Worker + Shock Absorber Extension + Safety Factor(3 ft.)

9. Weather: Cold / Heat / Wind / Rain / Snow / Ice / Mud / Thunder Storm / Not Applicable(Indoors)
(Circle appropriate condition)

10. Other (Describe): _____



(list all equipment. Include the make and model and type of equipment i.e Harness, Lanyard, Retractable)

[illegible]

12. Describe the Anchors to be used during this task:

13. Do the conditions of nature of this task require any special procedures that must be used for the assembly/disassembly of the fall protection system. If yes please describe:

[illegible]



C-5 FALL PROTECTION & RESCUE WORKPLAN

EMERGENCY RESCUE PLAN

Specifically describe the job rescue procedures to be used in the event that a worker falls in their harness. A viable means of rescue must be available on the job site at all times during work at height. All members of the work area crew must have the ability to contact emergency services if required.

FIRST AID

If a worker suffers from suspension trauma (suspended for 10 minutes or more they experience suspension trauma as blood flow to the legs is constricted by the harness and pool in the legs.

Ensure the worker is removed to a safe area where they can be placed in a sitting position for at least 10 minutes to allow blood from their legs to work its way slowly back into the workers system. If a worker suffering from suspension trauma is laid flat the blood may return too quickly and could cause serious injury or death. Maintain verbal communication with the worker until the paramedics arrive. Do not let the worker fall asleep.