

Working At Heights Rescue Plan



First Aid and Treatment

Call 000 immediately if you notice any of the following symptoms

- Unconsciousness
- Nausea
- Dizziness
- Breathless
- Fainting
- Sweating
- Paleness

If hanging in a harness and conscious

- Use the rescue plan to get them down as quickly as you can
- Tell you co-worker to lift their legs and/or pump their leg muscles
- Use their trauma straps (if fitted to harness)
- Push their legs against any structure if possible

If hanging in a harness and unconscious

- Call 000 immediately
- Use the rescue plan to get them down as quickly as you can

Once rescued – if the person is conscious

- Place the person in a comfortable position, ideally laying down
- Loosen or remove harness
- Give oxygen (if available)
- Reassure them that everything will be okay

Once rescued – if the person is unconscious but still breathing

- Lie the person down on their side
- Loosen or remove harness
- Manage any other injuries
- Monitor their breathing

Once rescued – if the person is unconscious and not breathing

- Lie them down on their back
- Loosen or remove harness
- Start CPR (Give 30 compressions with 2 breaths)
- DON'T STOP UNTIL EMERGENCY SERVICES ARRIVE

EMERGENCY CONTACT 000

SITE ADDRESS:
.....

NEAREST MEDICAL CENTRE:
.....

SITE ACCESS INFORMATION:
.....

WORK DETAILS (TYPE OF WORKS BEING PERFORMED)

Working at Heights

WORKERS NAME

CONTACT INFO

PRE-WORK EQUIPMENT CHECKS (TO BE INITIALLED BY PERSON CHECKING EQUIPMENT)

ANCHOR POINTS		LANYARDS		SCAFFOLD	
EWP		HARNESS		LADDERS	

WHO IS IN CHARGE OF:

NAME:

CONTACT DETAILS:

THE RESCUE		
CONTACTING EMERGENCY SERVICES		
SPOTTER		
FIRST AID		

RESCUE TASKS:

DETAILS OF STEPS:

PEOPLE

RESPONSIBLE:

EQUIPMENT NEEDED:

DOES EQUIPMENT NEED TO BE SET UP OR MOVED BEFORE YOU CAN PERFORM THE RESCUE?			
HOW WILL YOU REACH THE PERSON WHO HAS FALLEN?			
HOW WILL YOU GET AN INJURED OR UNCONSCIOUS PERSON DOWN?			
OTHER FACTORS:			

FINAL CHECKLIST	
ALL FALL ARREST / ANCHOR POINTS ARE CHECKED?	YES/NO
HARNESS HAS BEEN CHECKED AND FITTED CORRECTLY?	YES/NO
PRE-START CHECKLIST HAS BEEN COMPLETED?	YES/NO
EWP OPPPERATOR HAS A HIGH-RISK LICENSE?	YES/NO
ALL WORKERS ARE UP TO DATE WITH RHE RESCUE PLAN?	YES/NO

WRITTEN BY	SIGNATURE	DATE

RESUSCITATION CHART

D

DANGER

Use all senses to check for dangers to yourself, others and the patient. Ensure the area is safe. Move the patient only if the danger cannot be eliminated.



R

RESPONSE

Check for a normal response by talking to the patient, asking them their name and squeezing their shoulders.
DO NOT move the patient if the injury is the result of a fall.



S

SEND FOR HELP

Send a bystander to call for help and an Ambulance as soon as possible.
DIAL 000 and ask for Ambulance attendance.



A

AIRWAY

Open mouth and check for foreign objects. If objects are present place in recovery position and clear airway with fingers.
DO NOT move patient if the injury is the result of a fall.



B

BREATHING

Check breathing. **Look** for rise and fall of chest. **Listen** for breathing sounds. **Feel** for breaths on the cheek and for ribcage movement. If breathing is present keep the patient in the recovery position and monitor.



C

CPR

If no breathing is present commence CPR.
Give **30 Chest Compressions to every 2 Breaths**
@ 100 Compressions/minute.



D

DEFIBRILLATION

Apply defibrillator (if available) and follow the voice prompts or instruction on the device.
AED - Automated External Defibrillator



Continue CPR until responsiveness or normal breathing returns