

---

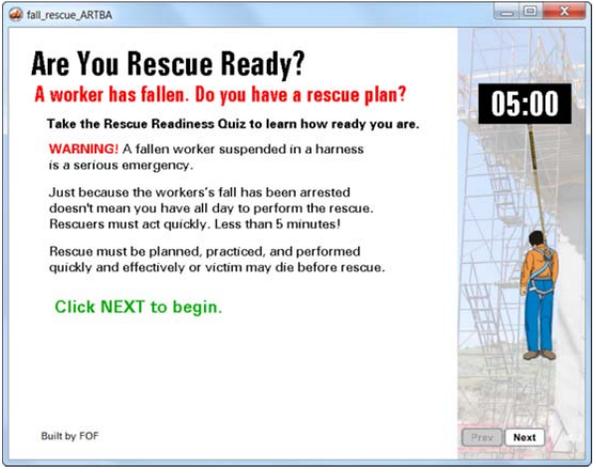
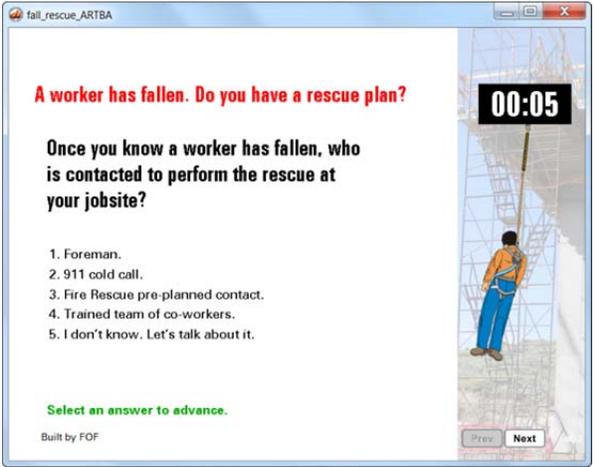
## BEAT THE CLOCK: ARE YOU RESCUE READY?

---

“Are You Rescue Ready?” is a short classroom exercise designed to give trainees an opportunity to discuss the details of a fall rescue plan to prevent suspension trauma under the constraint of a 5-minute deadline. This exercise is most effective after the discussion of suspension trauma has been completed.

Trainees should be able to identify the key components of a fall rescue plan that will permit a rescue within the 5-minute deadline.

In the discussion, the instructor will guide trainees in recognizing the considerations necessary for a fall rescue plan and aid them in making appropriate selections and understanding the consequences of improper choices. Each step of the exercise is explained below.

Screen or Topic	Discussion
	<p>The first screen describes the problem and issues a challenge.</p>
	<p>First question concerns who to contact to perform the rescue. Only options 3 and 4 are acceptable. Foreman is not acceptable because a foreman may or may not be trained in rescue. 911 cold call is never acceptable. Emphasize that 911 is not a rescue plan. If option 3 is selected, it assumes that the fire rescue team has been consulted/trained in advance. If option 4 is selected, it assumes that onsite workers are trained. Select "I don't know..." to allow classroom discussion prior to making a choice from the four options. Do not advance to the next screen until class has selected either option 3 or 4.</p>

fall\_rescue\_ARTBA

**A worker has fallen. Do you have a rescue plan?**

**When designated person contacts Rescue Team and/or EMS, what information is needed? Name 4 essential items.**

- 1.
- 2.
- 3.
- 4.
5. I don't know. Let's talk about it.

Select an answer to advance.

Built by FOF

00:38



Prev Next

The person who contacts the rescue team or EMS service needs to convey specific information. Ask the trainees what these 4 items are. Select "I don't know..." to allow classroom discussion. The four items trainees must identify to EMS are:

1. Site location.
2. Directions to site and access instructions.
3. Which mile marker, which side, how high up.
4. Worker condition after fall.

As trainees identify each item in the list, put your mouse over the number to show the option, then click it to select it. When all four items have been identified by the trainees, click next to continue.

fall\_rescue\_ARTBA

**A worker has fallen. Do you have a rescue plan?**

**After Rescue Team and or EMS is contacted, determine how long before they are in place.**

1. Less than 5 minutes.
2. 5 to 10 minutes.
3. 10 to 20 minutes.
4. More than 20 minutes.
5. I don't know. Let's talk about it.

Select an answer to advance.

Built by FOF

00:59



Prev Next

This question addresses preparing to perform the rescue. Because a rescue should be done within 5 minutes, if possible, the only possible correct answer for getting the rescue team in place must be "less than 5 minutes." A discussion of the feasibility of this, and the consequences if it cannot be done, will help trainees understand the difficulty of the rescue task. You may select other options as trainees call them out, but do not advance until the "less than 5 minutes." Option has been selected.

fall\_rescue\_ARTBA

**A worker has fallen. Do you have a rescue plan?**

**How will fallen worker communicate with you and Rescue Team and/or EMS?**

1. Voice.
2. Whistle.
3. Hand Signals.
4. Cell Phone.
5. I don't know. Let's talk about it.

Select an answer to advance.

Built by FOF

01:16



Prev Next

How will fallen workers communicate with the rescue team or EMS? Hand signals or whistles are the best two options. Voice or cell phones are not reliable options. If whistles or hand signals are used, then a communication code also must be in place and all workers and rescue team members must know it. You may select other options as trainees call them out, but do not advance until either hand signals or whistle has been selected. Make sure to discuss communication difficulties.

fall\_rescue\_ARTBA

**A worker has fallen. Do you have a rescue plan?**

**How will Rescue Team and/or EMS get to fallen worker?**

01:38

1. Technical Rescue equipment: Pulley system, brake tube system, winch system, other controlled descent equipment, or rescue ladder or self-rescue if trained and able.
2. Reaching down and hauling worker up from above.
3. Climbing/rappelling down the structure.
4. On site equipment: Work ladders, fixed structural platforms, Mobile Elevated Work Platforms (MEWPS), crane with man basket, work ladders, or other suspended access equipment.
5. I don't know. Let's talk about it.

Select an answer to advance.

Built by FOF

Prev Next

The rescue team or EMS must have means to get to the fallen worker. Of these 4 options, only 1 and 4 are acceptable. A rescue plan that expects workers to be able to reach down and haul workers up is not realistic and is dangerous. Even if it is possible to reach the worker, hauling him/her up without rescue equipment is nearly impossible. Likewise, climbing down or rappelling down a structure is something reserved for only the most skilled and specialized of rescuers or workers. The best options must rely on either technical rescue equipment or onsite equipment to assist in the rescue. Be sure to discuss in detail which equipment and how to deploy it before continuing.

fall\_rescue\_ARTBA

**A worker has fallen. Do you have a rescue plan?**

**How will rescuer safety be assured? Name at least 4 minimum requirements.**

01:54

- 1.
- 2.
- 3.
- 4.
5. I don't know. Let's talk about it.

Select an answer to advance.

Built by FOF

Prev Next

Steps in the fall rescue plan must be in place to keep the rescuers safe. These steps are:

1. Rescuers trained to use the rescue equipment.
2. Sufficient number of trained personnel onsite or available from the EMS service.
3. The rescue equipment selected is appropriate for the nature of the work.
4. Anchor points for rescue are already identified.

As trainees identify each item in the list, put your mouse over the number to show the option, then click it to select it. When all four items have been identified by the trainees and thoroughly discussed, click next to continue.

fall\_rescue\_ARTBA

**A worker has fallen. Do you have a rescue plan?**

**How do you prepare to deal with a fallen worker who is injured? Name 4 minimum preparations.**

02:20

- 1.
- 2.
- 3.
- 4.
5. I don't know. Let's talk about it.

Select an answer to advance.

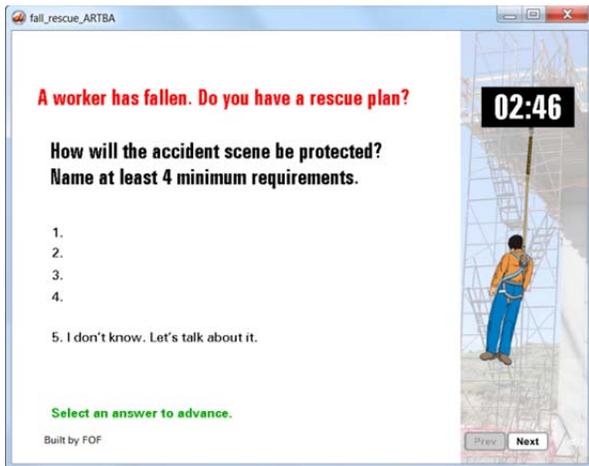
Built by FOF

Prev Next

Steps in the fall rescue plan must be in place to keep the rescuers safe. These steps are:

1. Make sure you can do the rescue in 5 minutes or less.
2. Make sure your rescue team includes a qualified first-aider who understands suspension trauma and knows how to treat it.
3. Have the hospital emergency number available.
4. Identify equipment at the job that can support a worker until rescue is possible.

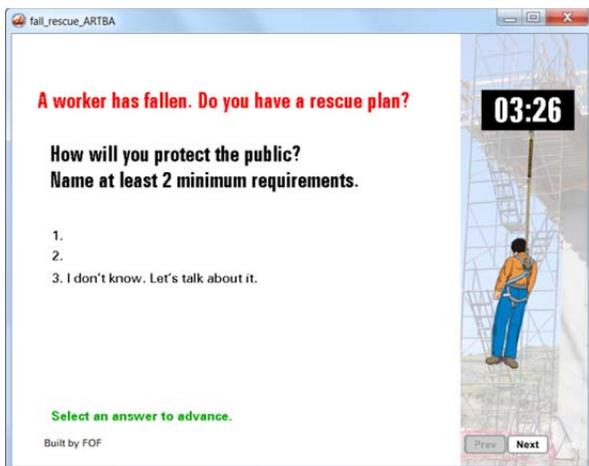
As trainees identify each item in the list, put your mouse over the number to show the option, then click it to select it. When all four items have been identified by the trainees and thoroughly discussed, click next to continue.



When an incident occurs, the accident scene must be protected. Generally, this requires a minimum of 4 requirements. These 4 requirements are:

1. Crew instructed to prevent injury or damage to scene.
2. Crew knows barriers must be set up and maintained to isolate scene.
3. Any wreckage or conditions resulting from the incident are left unchanged.
4. Crew has been trained and understand they have an obligation to aid any later investigation.

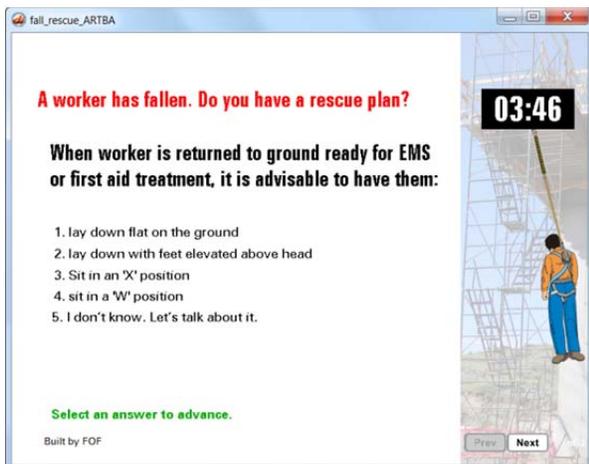
As trainees identify each item in the list, put your mouse over the number to show the option, then click it to select it. When all 4 items have been identified by the trainees and thoroughly discussed, click next to continue.



To protect the public, the fall rescue plan should include requirements to isolate the incident area from public access. At a minimum:

1. Have a plan in place to set up barriers to block of the incident.
2. Have a crew member assigned to direct traffic during and after the incident.

As trainees identify each item in the list, put your mouse over the number to show the option, then click it to select it. When both items have been identified by the trainees and thoroughly discussed, click next to continue.



In your discussion of suspension trauma, which proceeded this exercise, the need to keep a worker in the 'W' position for at least 30 minutes after a fall to permit the bloodstream adequate time to clear CO<sub>2</sub> should have been discussed. This is the only viable choice for this screen. Discuss why the others are not acceptable before continuing.

fall\_rescue\_ARTBA

**DID YOU FINISH IN LESS THAN 5 MINUTES?**

**Then CONGRATULATIONS,**  
you may be rescue ready.

If you did not finish in 5 minutes, then you seriously need to review your rescue plan.

**WARNING!** A worker who has suffered a fall and is suspended in a harness is a serious medical emergency. Just because they are hanging in a harness doesn't mean you have all day to perform the rescue.

Built by FOF

04:10

Prev Next

When you arrive at this page the exercise is over. Look at the time clock. If it is greater than 5 minutes point out that it took longer than 5 minutes to discuss what needed to be done. Emphasize that a plan must be in place to allow any chance to do a timely rescue. You can also repeat the exercise to emphasize how knowing what to do in advance will speed the decision making. Go to the next screen to see a customized plan based on your discussion or to return to the start of the exercise.

fall\_rescue\_ARTBA

**YOUR CUSTOMIZED FALL RESCUE PLAN.**

YOUR CUSTOMIZED FALL RESCUE PLAN

When a worker falls the rescue at our jobsite will be done by a Trained team of co-workers.

Essential information given to the rescue team and/or EMS by the designated person:

- 1) Site Location.
- 2) Directions to site and access instructions.
- 3) Which mile marker, which side, how high up.
- 4) Worker's condition after the fall.

Our plan will get a rescue team and/or EMS in place in Less than 5 minutes.

The rescue team and/or EMS will communicate with the fallen worker by Whistle.

The rescue team and/or EMS will access the fallen worker by Technical Rescue equipment: Pulley system, brake tube system, winch system, other controlled descent equipment, or rescue ladder or self-rescue if trained and able.

Rescuer safety will be assured by using at least these four minimum requirements:

- 1) Rescuers trained to use rescue equipment.
- 2) Sufficient number of trained personnel onsite.
- 3) Rescue equipment selected is appropriate for the nature of the work.
- 4) Anchor points for rescue already identified.

Rescuers will take at least four minimum steps to prepare to deal with a fallen worker who is injured:

- 1) Make sure the rescue can be done in 5 minutes or less.

Built by FOF

00:00

Print Page Back Next

When the exercise is complete, a customized fall rescue plan is generated from the trainee responses. This is a good review document for the conclusion of the exercise but it should be made clear that this is for *educational purposes only*.

Discuss with the trainees the choices that have been made and examine what they plan to do when they return to their jobsites.