

## FALL PROTECTION PLAN

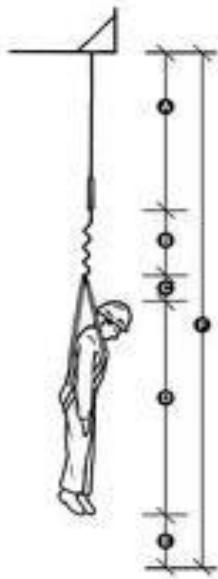
To be completed when working at 7.5 meters or more in addition to the *Fall Hazards Assessment* form (SAF030714) and the *Working at Height Safe Work Procedure* form (SAF020714).

<b>Job Number:</b>		<b>Date:</b>	
<b>Job Location:</b>		<b>Job Task:</b>	
<b>Completed By:</b>		<b>Signature:</b>	

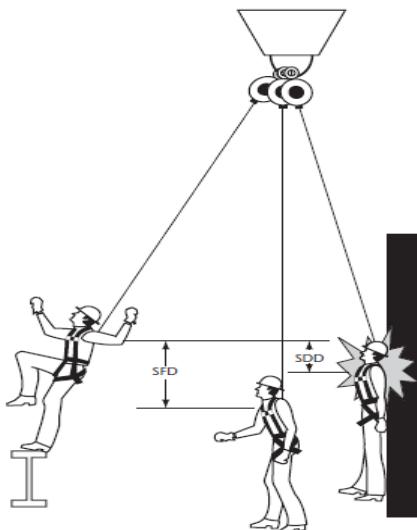
<b>Site / Task Specific Information</b>			
<b>Nature of work:</b>			
<b>Duration of work:</b>			
<b>Description of work:</b>			
<b>Tools &amp; Equipment used</b>			
<b>Regulations that apply to work:</b>			
<b>Effects of weather:</b>			
<b>Designated Competent Supervisor:</b>			
<b>Training Required:</b>			
<b>Fall Protection Systems to be used</b> (Check all that apply)			
<input type="checkbox"/> Travel Restraint		<input type="checkbox"/> Guardrails / Temporary Flooring/ Nets	
<input type="checkbox"/> Personal Fall Arrest		<input type="checkbox"/> Work Positioning	
<b>Fall Protection System Components to be used</b> (Check all that apply)			
<input type="checkbox"/> Full Body Harness		<input type="checkbox"/> Lanyard	
<input type="checkbox"/> Vertical Life Line		<input type="checkbox"/> Connecting Devices	
<input type="checkbox"/> Horizontal Life Line		<input type="checkbox"/> Self Retracting Devices	
<input type="checkbox"/> Carabineer		<input type="checkbox"/> Fall Arrestor/Rope Grab	
<input type="checkbox"/> Anchorage		<input type="checkbox"/> Work positioning Rope	
		<input type="checkbox"/> _____	
		<input type="checkbox"/> _____	

<b>Anchor Point Locations and Description</b>			

## Calculation of Fixed Anchor Vertical & Swing Fall Clearance Distance



	Length (Meters)	
	Worker 1	Worker 2
<b>A</b> Length of Lanyard		
<b>B</b> Shock Absorber Elongated		
<b>C</b> Harness Stretch (from top of worker's head)		
<b>D</b> Height of Worker		
<b>E</b> Safety Factor (0.6M)	0.6	0.6
<b>F</b> Overall Minimum Clearance Beneath the Anchor		



**SDD MUST NEVER EXCEED 1.2 m**

### TOTAL SWING DROP DISTANCE (SDD)

(The drop in height of D ring from the onset of the swing to the point where the worker may impact any structure)      Staff # 1 SDD = \_\_\_\_\_

Staff # 2 SDD = \_\_\_\_\_

**Worker # 1 – Name:**

**Worker # 2 - Name:**

**Describe the Steps for the Assembly, Use and Disassembly of the Fall Protection System**

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**Rescue Plan** (Procedure to follow if a worker falls or needs to be rescued. Attach as necessary. If Personal Fall Arrest System is to be used, discuss Suspension Trauma with Workers) Different types of Rescue to discuss; Self Rescue ,Climb or pull yourself to safety, Assisted Self Rescue, Suspension Trauma Safety Straps, Ladders, Mechanically Aided Lifts, Rescue Pick-off (Almost Never)

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**Procedures for Handling, Storing and Securing Tools and Materials while using Fall Protection** (brief description of plan to avoid dropping tools or materials or losing balance or footing)

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<b>Inspection of Fall Protection Systems</b>		
<b>System</b>	<b>Schedule</b>	<b>Person Responsible</b>
Guardrails		
Temp Flooring		
Personnel Net		
Travel restraint		
Fall Arrest		
Work Positioning		

#### **Worker Acknowledgement**

*By signing this Fall Protection Plan the workers acknowledge they have received training concerning the proper use of the fall protection equipment, are familiar with the hazards and understand the Fall Protection Procedure and the contents of this Fall Protection Plan.*

<b>Print Name</b>	<b>Signature</b>	<b>Date (mm/dd/yy)</b>

## **\*\*\*REVIEW BEFORE STARTING WORK\*\*\***

### **Information about Suspension Trauma**

#### **What is Suspension trauma or Orthostatic Intolerance?**

One of the effects of being suspended in a harness is tightening of the leg straps that bear the body weight of the suspended person. Gravity pulls the blood down into the legs (venous pooling). This pooling of blood in the legs reduces the amount of blood flowing in the body and so the heart compensates and breathing increases to maintain the flow of oxygenated blood to the brain and organs. When this fails the heart rate slows and the casualty faints. This reduced heart rate can critically reduce both the quality and quantity of oxygenated blood to the brain and other vital organs with serious consequences of kidney failure or brain damage. It is strongly recommended that no person remains suspended in a harness for longer than ten (10) minutes, after approximately five (5) minutes the casualty will most likely become unconscious.

#### **What to do if you become suspended?**

In the event of a fall and when a person may not be able to self-rescue, the work at height rescue plan must be put into immediate effect and emergency services should be contacted. Fall victims can slow the onset of suspension trauma if they are able to do so by use of the following techniques:

- Pushing down vigorously with their legs and mobilizing all the limbs will help to maintain the circulation. Frequent ‘pumping’ of the legs against a firm surface will also activate the muscles and improve blood circulation.
- Positioning their body in a horizontal or slight leg-high position
- If possible something nearby which the feet can be rested, standing up.
- The harness design and fall injuries may prevent the casualty from being able to do any of the above.

#### **What are the signs of Suspension Trauma/Orthostatic Intolerance?**

The possible signs and symptoms will be seen in two to three minutes and can include:

- |  |  |  |  |
|--|--|--|--|
| <ul style="list-style-type: none"><li>• Faintness</li><li>• Sweating</li><li>• Hot Flushes</li></ul> | <ul style="list-style-type: none"><li>• Nausea</li><li>• Unusually low heart rate</li><li>• Loss of vision</li></ul> | <ul style="list-style-type: none"><li>• Breathlessness</li><li>• Unusually low blood pressure</li><li>• Increased heart rate</li></ul> | <ul style="list-style-type: none"><li>• Dizziness</li><li>• Paleness</li></ul> |
|--|--|--|--|

#### **What to do after a casualty has been rescued?**

Following the rescue of a casualty suspended at height, **normal first aid rules do not apply**. The blood that has pooled in the legs that has been prevented from collecting oxygen from the lungs and is now stale, loaded with carbon dioxide and toxins from the bodies metabolizing processes. If the casualty were to be laid down after rescue, the stale blood would rush back to the heart and other vital organs. This rush of deoxygenated blood can cause death by heart attack or a few days later from organ failure. The current recommended procedures following a rescue are to keep the casualty in a knees bent ‘W’ sitting position for at least 30-40 minutes. This partially closes the femoral artery, allowing any pooled blood to be slowly released back towards the heart, allowing the body to reprocess and remove the toxins etc.

#### **The only Exception to this rule:**

The only exception to positioning a casualty in the ‘W’ position is when there is or suspected spinal injury. A casualty can be assumed to have suffered spinal injury if they have fallen approximately four (4) meters i.e. from connecting arresting lanyard at feet level or pendulum. In this instance the casualties’ legs are not to be raised but to support the casualty in a body splint or a stretcher that acts as a splint with a neck brace and head block. Then raise the casualty so that the head is above their legs to minimize the effects of toxic shock, utilizing gravity to slow the flow of stale blood to the heart and vital organs.

**ALL personnel who have been suspended in an arrested fall should be treated as a medical emergency and immediate medical attention sought.**