

Form FRP	<h1 style="margin: 0;">Fall Rescue Plan</h1>	
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Date: _____	Location _____
Customer: _____	Supervisor _____

Overview Of Job: _____

Check Off List			
Quantity	Equipment Needed	Inspected By	Assigned To
	Radios		
	Beam Clamps (For Fall Protection)		
	Carabineers		
	Crane –Forward or Aft		
	D Ring Strap		Designated Standby Personnel
	Fall Retrieval Equipment		
	Full Body Harness		
	Horizontal Life Line		
	Ladder		
	PFD's (w/ lights if dark)		
	Self Retracting Lanyard (SRL)		
	Alternative Rescue Method		Location/Number of Nearest Communication System
	Spider		
	Alternative Cutting Tools		
	SRL w/ Hand Crank		
	Vertical Life Lines		

Step #	DETAILED STEPS OF RESCUE PLAN	ASSIGNED TO
1	Initial staging and setup of rescue equipment.	
2	Determine the extent of any injury to fallen worker.	
3	Locate & select an anchor point as directly over the fallen worker as possible.	
4	Select & attach the anchor connector to anchor point.	
5	Select & attach the top of the rescue block & tackle to the anchor connector.	
6	Attach the pole adapter to the end of the recovery pole.	
7	Attach the remote hook to the pole adapter.	
8	Attach the bottom of the rescue block & tackle to the anchor connector.	
9	Lower the remote hook to the fallen workers D-Ring. Once engaged pull in an upward motion to lock the remote hook in place.	
10	Begin to raise fallen worker by pulling on the free-end of the rope on the rescue block & tackle.	
11	Once the fallen worker can be physically reached, tie the free-end of the rope to the nearest structure.	
12	Pull the fallen worker to safety.	
13	Asses the fallen workers injury.	
14	Provide appropriate First Aid measures including the possibility of placing the falling worker onto a spine board to prevent further injury & to prepare for transport. (Remember: Suspension Trauma: Slowly straighten legs)	
15	Accompany the fallen worker to the assigned medical facility.	

Diagram of Fall Protection/Fall Rescue (Optional)

NOTE: When job is complete the Rescue & Fall Protection Equipment will be inspected & properly stored.

Crew Member Signature			
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