



*Really Fast, Really Smart*  
Construction Company

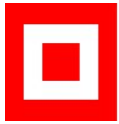
Fall Rescue Plan  
Contract W91236-D-19-0004  
October 1, 2019

# Fall Rescue Plan

For

**Really Smart Construction Co., Inc.**

SAMPLE



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## 1. INTRODUCTION

When victims are suspended in mid-air after a fall, their lives hang in the balance - even if they have survived the fall without a scratch. Every second counts. The intention of this guidance is to help all stakeholders and potential rescuers to fully understand the implications of a victim falling, being arrested and then suspended by a harness, which initially saves them, but minutes later may kill them due to suspension trauma.

More than just helping to understand why this happens, this guidance will show what action should be taken to prevent a fall victim from dying of suspension trauma. Really Smart Construction Co., Inc. understands these implications and is committed to providing prompt rescue of employees in a fall arrest suspension situation.

## MEDICAL CONSIDERATIONS

The first priority in rescue is to bring the incapacitated person promptly to a safe level. At that point, emergency first aid can be administered by trained emergency medical technicians.

Some training in first aid for members of the rescue team is generally recommended. Training includes such topics as maintaining an airway, recognizing of the signs of orthostatic intolerance and shock, the use of a back-board for immobilizing the neck and spine, and CPR. However, the primary goal of rescue after a fall is quick, safe transportation to ground level.

While performing the rescue, and after arriving at a safe working level, rescuers are cautioned to keep the fallen person in an upright or seated posture to reduce sudden back-flow of de-oxygenated blood into the heart. Any worker who has been suspended in a harness following a fall, even for relatively short periods, is required to seek medical attention for possible delayed onset of suspension trauma.

## SUSPENSION TRAUMA - ORTHOSTATIC INTOLERANCE

Unless the victim is rescued promptly using established safe procedures, suspension trauma caused by orthostatic intolerance could occur and result in serious or fatal injury as the brain, kidneys and other organs are deprived of oxygen. Most users of fall protection equipment are unaware of the hazard of suspension trauma.

## HOW SOON UNTIL DEATH OR SERIOUS INJURY?

Harnesses can become deadly whenever a victim is suspended for durations of over five minutes in an upright posture with the legs relaxed and straight beneath the body. After five minutes, victims are highly likely to be unconscious. Rescue Team Members attending to the victim may not realize the medical seriousness of the situation resulting in the victim's death. The cause of this problem is called 'Suspension Trauma' or Orthostatic Intolerance.

In March 2004, OSHA issued a health and safety bulletin outlining the dangers of prolonged, upright suspension. The bulletin warned of the risk of "orthostatic intolerance" and "suspension trauma" and refers to some of the potential health hazards - death being the chief one - that



# Fall Rescue Plan

**NOTE:**

*The full 15-page Fall Rescue Plan and 4-page dynamic team and site specific fall rescue response guide is available for download with an annual Document subscription.*

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