
 <p><b>HEALTH, SAFETY &amp; ENVIRONMENTAL PROGRAM</b></p>	<b>Section 8.4: Fall Arrest Plan</b>		
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## FALL ARREST PLAN

### PURPOSE

The purpose of this plan is to outline the responsibilities, roles, and procedures within J-AAR Excavating designed to limit the exposure our workers have to fall hazards and limit the potentially catastrophic outcomes of falls, and arrested falls.

### SCOPE

This plan is designed to cover all areas of J-AAR where any workplace party is required to wear fall protection equipment and where any fall may be arrested. It must be reviewed before the workplace party is exposed to a fall hazard.

#### Suspension Trauma

If someone has had their fall arrested by a fall arrest system, there is a high potential for them to suffer from suspension trauma/orthostatic intolerance. This is a serious condition which may result in death. The vertical position which the suspended person remains in for a long period of time after having their fall arrested can lead to pooling of blood in the legs. A prolonged/poorly executed rescue may result in the suspended person suffering cardiac arrest.

Equipment such as harness relief straps can be utilized as a first step in the prevention/delay of suspension trauma. They allow the suspended person to shift their weight from one leg to the other and keep their blood from pooling.

The different types of rescue procedures outline below are listed in order. Do not attempt a lower ranked procedure if a higher one is viable.

Anytime a workplace party has their fall arrested the MLTSD must be notified. Follow the reporting procedure laid out in O.Reg. 420/21.


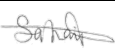
### PROCEDURE

#### Someone is found Suspended in a Fall Arrest System

1. The roles of the emergency rescue team should be determined at mobilization and the designation sheet should be completed and posted in the workplace to avoid confusion
2. Notify J-AAR supervision immediately. They will implement the site-specific rescue procedure
3. Call 911
4. Once the Emergency response team has arrived at the scene everyone not involved in the rescue procedure should vacate the area. Having many people around will only cause congestion and confusion during the rescue process and may impede EMS' ability to get to the area.

#### Power Elevated Work Platform (PEWP) Rescue

- If a PEWP is available on site, and a member of the rescue team is trained in it's use and operation this should always be the first option for rescue
  - The rescuer should never expose themselves to a fall hazard. They should be wearing a harness with lanyard while operating the PEWP.
  - They should bring a second lanyard and J-knife with them while performing the rescue
1. Position the PEWP in an area where the basket can reach the suspended person

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2. Have another member of the ERT secure the scene and danger tape it off
3. A third member should call 911 and wait for them at the gate/clearly marked intersection.
4. Slowly raise the basket of the PEWP towards the suspended person until they are within the guardrails.
5. Attach the second lanyard/SRD to the rescued worker and secure it to the PEWP
6. Remove the original fall protection device from their D-ring
7. Carefully lower the basket to the ground
8. Once at ground level administer first aid
9. Monitor the rescued person until EMS arrives

### Ladder Rescue

- Ladder rescue is only viable if the suspended person is conscious and able to use their legs
  - Have a member of the ERT call 911 and meet them at the gate/clearly marked intersection
  - Have a member of the ERT secure the incident area
1. The area around the suspended person should be cleared of all unnecessary activity
  2. Position an extension ladder near the suspended worker
  3. Secure the top and bottom of the ladder
  4. Instruct the suspended person to mount the ladder
  5. If they are attached to a lifeline which descends to the ground have them slide their rope grab up to release it and slowly descend the ladder. This should be done in 3 step increments
  6. If the lifeline does not descent to the ground and it is possible to position another lifeline and rope grab in a way where the person on the ladder can attach it to themselves this should be attempted
  7. Once the new lifeline is attached to a D-ring on their harness the old one can be removed or cut and step 5 can be repeated
  8. Monitor the rescued person until EMS arrives
  9. If there is no way to protect the person on the ladder from another fall have them stay on the ladder until EMS arrives. This will allow for them to move somewhat. Greatly reducing the risks of suspension trauma

### Rollgliss

- A rescue using the rollgliss system has the greatest exposure to hazards for both rescuers and the suspended person. It should be attempted only if there are no other viable options.
1. The area around the suspended person should be cleared of all unnecessary activity
  2. Find an appropriate anchor point for both the rescuer and the Rollgliss system
  3. Throw the bag with the rope to the ground.
  4. Attach the Rollgliss to the worker in need of rescue. Use either their sternal or dorsal D-rings
  5. Remove slack from the unit. Slowly turn the wheel in the direction required to raise the worker slightly. This will remove any slack in the system
  6. If required raise the worker high enough that an SRL would release it break, or enough to remove the old life-line if it would prohibit the rescue
  7. Make sure the rope is correctly placed around the pigtail and in the cleats for the brake
  8. Position the worker so they can slowly descend and release the brake. The pigtail and rope can be used to slow the descent further, the Rollgliss will not allow a descent faster than 3 feet per second.