



Prompt Rescue Capability

The fourth lifesaving action/safeguard to protect yourself against a fall when working at height involves **rescue capability**.

“
I have validated prompt rescue capability when wearing fall protection.”

Practice sharing documents are meant to share information on process or occupational safety practices in order to help improve safety performance and awareness throughout industry. The goal is to capture and share knowledge that could be used by other companies or sites when developing new safety practices or improving existing ones. The practices being shared have been used by an industry member, but this does not mean they should be used or that they will produce similar results at any other site. Rather, it is an option to consider when implementing or adjusting programs and practices at a site. This remains true even if a practice sharing document uses mandatory language, such as shall, must, never, etc., which only reflects a potential option to consider.

By themselves, the practice sharing documents are not standards or recommended practices. They are not intended to replace sound engineering judgment. They do not preclude the use of alternative methods that comply with legal requirements. A subject matter expert should be consulted prior to determining whether a practice sharing document can be used in any specific situation.

Discuss/Verify/Confirm

- Rescue capability and appropriate equipment is available to ensure prompt rescue (e.g. prevent suspension trauma).
- Workers do not work alone unless there is an alternative means of communication (e.g. cell phone or radio).

Within this packet of resources, we point to publicly available materials from industry organizations such as OSHA, National Safety Council, Scaffold and Access Industry Association, National Association of Tower Erectors, and the National Institute for Occupational Safety and Health (NIOSH).

Today, we underscore the significance of being prepared to respond swiftly and effectively in a fall. Let’s explore the nuances of rescue planning and its pivotal role in safeguarding our workforce.



Industry Resources

- OSHA—Fall protection responding to emergencies (edited). [Fall Protection Responding to Emergencies \(ewu.edu\)](#)
- OSHA—Rescue procedures. [SHIB Suspension Trauma.Final.10.25.11.pmd \(osha.gov\)](#)
- National Safety Council—Preventing suspension trauma—The rescue · [prevention-suspension-trauma.pdf.aspx \(nsc.org\)](#)
- Scaffold and Access Industry Association—Rescue Plan · [Microsoft Word - SAIA Tip Sheet-Rescue Plans for AWP Use _SAIA 5-7-13_.docx \(saiaonline.org\)](#)
- National Association of Tower Erectors—Fall Prevention—Rescue plan (edited) · [Fall Prevention Worker Training Student Workbook \(osha.gov\)](#)
- The National Institute for Occupational Safety and Health (NIOSH)—Rescue plan · [Fall Infographic—Have a Rescue Plan to Prevent Suspension Trauma \(cdc.gov\)](#)

Questions for Leaders and Supervisors

- Does your company have a rescue plan for work at height? Where is it kept, and how do workers access it?
- Select a work location where your workers are working at 6’ or higher. How long will it take for emergency services to rescue workers at the highest level of that work location? Is that sufficient to prevent suspension trauma?

After reviewing the resources—test your knowledge

