

## Instructions

- A working at height rescue plan must be established before starting the following activities:
  - Use of a fall arrest system
  - Use of a rope access system (e.g. abseiling)
  - Use of an elevating work platform
- Where a team rescue is planned, the rescue plan should be recorded on the second page of this document
- This document gives practical tips on how to establish a rescue plan

Item	Considerations
1	Identify the rescue scenario.
2	Consider potential, suitable rescue methods.
3	Consider how quickly a rescue response may be needed: <ul style="list-style-type: none"> <li>• Atmospheric conditions (confined spaces)</li> <li>• Availability of light</li> <li>• Expected weather</li> <li>• Potential for harness hang syndrome</li> <li>• Potential for, and severity of, worker injuries</li> </ul>
4	Consider the safety risks of a 'team rescue': <ul style="list-style-type: none"> <li>• Physical conditions at work location, including terrain, weather, availability of light and atmospheric conditions (confined spaces)</li> <li>• Access to suitable rescue equipment, trained rescue operators and first aid</li> </ul>
5	Identify who will conduct the rescue, after considering responses to items 3 and 4: <ul style="list-style-type: none"> <li>• Team-rescue</li> <li>• Worker self-rescue</li> <li>• Emergency Services rescue</li> </ul>
6	Identify your precise work location: <ul style="list-style-type: none"> <li>• Consider producing a map and leaving it with a responsible person, who can provide it to emergency services, if the work location is remote or difficult to access</li> </ul>
7	Identify a competent observer to monitor work at height and to identify when a rescue may be required.
8	Identify how the team will communicate with Emergency Services.
9	Where a team rescue is to be conducted, identify: <ul style="list-style-type: none"> <li>• The rescue method to be used</li> <li>• The equipment to be used and where it will be 'laid out' (i.e. the staging area)</li> <li>• Who will lead the rescue and who will participate in the rescue, and define responsibilities</li> <li>• What communication methods will be used</li> </ul>
10	Communicate the rescue plan

### Team Rescue Plan

Requirement	Response
Date of Work	
Rescue Scenario	
Rescue Method	
Equipment	
Equipment Staging Area	
Rescue Leader	
Rescue Operators	
Communication Method	
Location Address (include GPS Coordinates)	
<b>Location Map</b> <ul style="list-style-type: none"> <li>○ Identify work location</li> <li>○ Identify near-by roads and corridor access point</li> <li>○ Identify notable land marks</li> </ul>	