1. **This Fall Rescue Program (M004s00012)** establishes guidelines for responding to falls from height. Use it in conjunction with the Fall Protection Program Standard (**M004s00700**).

2. **A Fall Rescue Plan** is a strategy or procedure, planned in advance, to safely retrieve a person who has fallen from an elevated work surface and is suspended in a full body harness.

3. **A documented (written) Fall Rescue Plan (M004s00702)** is to be completed each time a Mechanical Assisted Rescue device (i.e. the DBI Rollgliss R550, or similar) is required. Blank forms are kept on the LBT Level 1 document rack and in the R550 Rescue Kits (see below).

4. **A documented (written) Pre-Task Plan** (template is **M004s00021**) is required to be completed when the risk or complexity of the job/situation warrants, or when required by a manager. Blank forms are kept on the LBT Level 1 document rack and in the dining area.

5. **Pre-Stage the Required Rescue Equipment** in the work area to minimize rescue time. The rescue and work team needs to determine whether equipment staging alone OR whether a full pre-installation/setup of the rescue equipment is required based on the nature of the job, the job site, and the estimated response time.

6. **The Goal for Prompt Rescue:** Contact within 6 minutes or less; Rescue within 15 minutes.

7. **Fall Rescue training** is required for mountain-based staff every 2 years.

8. **CPR/First Aid with AED training** is required for mountain-based staff every 2 years.

9. **A Suspended Worker Situation is always a 911 emergency.** Always call 911, as there could be possible delayed effects of suspension trauma that may require emergency medical attention.

10. **Common Types of Fall Rescue** include Self-Rescue, Assisted Self-Rescue, and Assisted Rescue (of a conscious or unconscious person).

11. **Means of Rescue** include the use of ladders, lifts, and Mechanical Assisted Rescue Devices. This document details guidelines for types of rescue and use of rescue equipment.

12. **The DBI Rollgliss R550** is the primary Mechanically Assisted Rescue device used at the LBTO. There are 2 R550 kits; one is stored in the Dog House on Level 5, the other by the Level 9 control cabinet. Each kit contains a R550 device configured with 150 feet of rope, a green anchor strap, a red strap to use for unconscious rescue, and blank M00400702 forms. A drill can be used to operate the R550. The dedicated fall rescue drill is located on Level 1 in the Fall Protection Equipment Cabinet (electrical room hallway).

13. **The DBI Rollgliss Rescue Ladder System** is available for assisted self or unconscious rescue.

14. **Suspension Trauma is a dangerous condition** where veins can compress and blood can pool in the lower extremities of a suspended worker, reducing blood return to the heart. The condition can cause unconsciousness, permanent organ damage, or death if rescue is delayed.

15. **Suspension Trauma Relief Straps** are required on each harness in use at the LBTO. These can prevent suspension trauma by allowing the worker to “stand” and relieve pressure on the lower extremities.