



## RESCUE PLANNING FOR SAFETY AT HEIGHTS | ZT-RESCPLAN (8 HRS)

MSA's Rescue Planning course is broadly designed to meet the needs of fall protection program managers and site rescuers alike. With its basis in ANSI / ASSE Z359.2 – 2017 "Minimum Requirements for a Comprehensive Managed Fall Protection Program," this class begins by laying out established best practices for a work at heights program, and includes a major focus on the responsibilities of "Competent" and "Authorized Rescuers." Special emphasis is placed on skill and knowledge requirements outlined by ANSI as well as rescue procedure development and training requirements for key personnel. A significant portion of the class day is dedicated to hands-on practice utilizing common rescue products from throughout the fall protection market that will meet a wide variety of rescue needs.

### Course Format:

The course is led by industry-experienced climbers and includes practice on training towers that simulate a variety of work at heights scenarios. Site-specific customization is available to meet a wide array of field scenarios.

The 1-day course is comprised of the following content:

#### Risks of post-fall Suspension – suspension trauma

#### Applicable standards / regulatory introduction:

- OSHA
- ANSI Z359.2-2017

#### Fall protection review:

- Anchor points
- Anchor connectors
- Bodywear
- Connecting devices – lanyards and SRLs

#### Categories of rescue:

- Self-Rescue
- Assisted
- Mechanically-aided
- Pick-off

#### Equipment Selection

- 4:1 mechanical advantage rope and pulleys
- Descent devices with raising / lowering
- Escape, edge, and ladder rescue
- Rappel "pick-off" devices
- Packaging devices for immobilization

#### Practical activities

- Escape (Descent from Heights)
- Remote Retrieval with Extension Pole
- Edge & Ladder Rescue
- Pick-Off Rescue:

#### Formal documentation requirements

#### Maintenance of personal fall protection equipment (PFPE)

- Formal inspection process, including the criteria for pass/fail and disposal
- Equipment cleaning and storage

#### Risk Assessment of fall hazards/situational deficiencies & fixes

#### Fall protection planning with proper rescue procedures

- Hierarchy of rescue
- Selection of rescue equipment

#### Fall protection program development/maintenance

- Recordkeeping
- Fall hazard identification
- Risk assessment and rating
- Preparation to write, update, review and approve fall protection and prevention plans and rescue and evacuation plans
  - Safe Climbing, Transitioning, and Positioning at Heights
  - Anchors – Primary & Belay
  - Victim Securing & Lowering