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
- 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

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: