



Training Solutions, Delivered!

# THE RESCUE PLAN

**Leader's Guide, Fact Sheet  
& Quiz**

**Item Number: 5196**  
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*This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.*

## **PREPARING FOR THE MEETING**

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

## **CONDUCTING THE PRESENTATION**

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

## 5196 THE RESCUE PLAN FACT SHEET

**LENGTH: 1:39 MINUTES**

### **PROGRAM SYNOPSIS:**

Performing work on an elevated surface is inherently dangerous due to the risk of falling. When proper guardrails or other means of fall protection are not installed, a personal fall arrest system is usually required. A personal fall arrest system, consisting of a full body harness, a connecting device and anchor point, is designed to reduce the amount of force exerted on a worker during a fall and to prevent the falling worker from striking a lower level or hitting the ground below. Various OSHA standards require an employer to ensure that each employee is trained in the proper use of a fall arrest system before he or she uses the equipment. As part of such training, this program provides an overview of the rescue plan for safely retrieving a fallen worker.

### **PROGRAM OBJECTIVES:**

After watching the program, the participant should be able to explain the following:

- Why organizations must have a rescue plan in place;
- Which methods may be used to rescue a fallen worker;
- How a worker hanging in a harness can help prevent suspension trauma.

### **INSTRUCTIONAL CONTENT:**

#### **THE RESCUE PLAN**

- A rescue plan for safely retrieving a fallen worker must be in place before employees can use a personal fall arrest system.
- The American National Standards Institute, or ANSI, recommends that rescue operations be able to reach a hanging fall victim in less than six minutes. To accomplish this, the rescue plan should ensure that rescue equipment such as ladders or a mobile elevating work platform is readily accessible.
- If rescue equipment is not readily available, then a properly trained rescue team should be nearby and available to perform a technical rescue if needed.
- When a person falls and is left hanging in a harness, it is critical that they be rescued promptly. Hanging in a harness can cause blood to pool in the legs and can result in unconsciousness and even death in less than 30 minutes. This is called “suspension trauma syndrome.”
- To help prevent suspension trauma, a person hanging in a harness should frequently pump their legs as if riding a bicycle.
- Another option is to outfit workers with a strap and loop device, sometimes called a “suspension safety strap.” Once connected properly, the hanging worker can stand on the strap or place one foot in a loop in order to reduce pressure on the harness leg straps and restore circulation of blood into the legs while awaiting rescue.
- If your organization’s rescue plan includes the use of these types of devices, make sure you become proficient in their use by practicing in a controlled setting.

## THE RESCUE PLAN

### ANSWERS TO THE REVIEW QUIZ

1. a

2. c

3. a

**THE RESCUE PLAN**  
**REVIEW QUIZ**

Name \_\_\_\_\_ Date \_\_\_\_\_

*The following questions are provided to determine how well you understand the information presented in this program.*

1. ANSI recommends that rescue operations be able to reach a hanging fall victim in less than \_\_\_\_\_.
  - a. 6 minutes
  - b. 10 minutes
  - c. 12 minutes
  
2. Hanging in a fall harness can cause blood to pool in the legs and result in death in less than \_\_\_\_\_.
  - a. 10 minutes
  - b. 20 minutes
  - c. 30 minutes
  
3. To help prevent suspension trauma, a person hanging in a harness should frequently pump his or her legs as if riding a bicycle.
  - a. True
  - b. False