

# RESCUE PLANNING SAVES LIVES



Falls can occur in the blink of an eye, even when being careful. Using personal fall arrest systems is only the first step in protecting workers if a fall does happen. If the fallen worker is suspended in a harness for longer than a few minutes, a lack of circulation can lead to nausea, unconsciousness, suspension trauma, and even death.

**Planning for safe, efficient rescue saves lives.**

In a recent CPWR survey of contractors, safety & health pros, workers, and others, **over 67% of respondents indicated they never or only occasionally witnessed sufficient pre-planning for fall rescue.\***

**Use these tips to strengthen your rescue planning:**

## Prioritize preparation for self- and crew-assisted-rescue

- Use any method available to help blood circulation. For example, raise the worker up, lower them down, bring them into a structure through an opening, or bring support equipment to them. Make sure equipment for self-rescue, such as trauma straps, self-rescue harness units, or even bucket trucks, are available, ready to be used, and in good condition.
- The CPWR survey found that: Self-rescue (e.g., climbing or lowering oneself) was the most used method of rescue.\*
- The odds of a fall being fatal were 76% lower for those who had self-rescue training compared to those who did not have this training.\*

## Tailor the plan to each jobsite

- Talk to emergency services in your area. Find out if 911 responders are trained to perform this type of rescue and how quickly they can get to the job site. If reliable and fast rescue is not available, consider implementing [prevention through design and fall restraint measures to reduce the likelihood of falls occurring](#).
- Designate a qualified rescuer to lead any rescue operations and communicate with the fallen worker. Decide on emergency methods of communication in advance and make sure all workers know how to contact the rescuer (e.g., walkie talkies, whistles, mobile phone).
- Think about how your access equipment could be used for rescue. In CPWR's survey, aerial lifts were the most common form of rescue after self-rescue and emergency services.\*

## Train workers

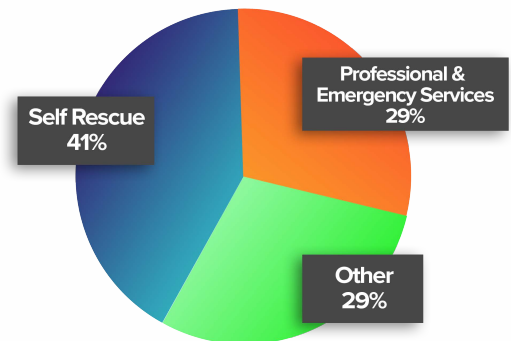
- Train workers on self-rescue and assisted rescue. Make sure everyone is aware of the specific protocols included in the rescue plan and the locations of rescue equipment or first aid supplies.
- Make sure to provide training in the languages workers use.
- Include subcontracted workers. CPWR's survey found that workers employed by subcontractors were more than twice as likely to die in falls as workers employed by general contractors.\*

**REMEMBER! Even if a worker does not appear injured after a fall, they should always be examined by a medical professional.**



Use CPWR's [Generic Written Fall and Rescue Protection Plan](#) to integrate rescue planning into your fall protection plan (available in English and Spanish).

**Methods of Rescue in Fall Experience Survey**



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\*CPWR (2022). "Underlying Causes of Falls from Heights." [https://www.cpw.com/wp-content/uploads/RR-falls\\_experience\\_survey.pdf](https://www.cpw.com/wp-content/uploads/RR-falls_experience_survey.pdf)

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