



Personal Fall Arrest System Training and Rescue Plan

A Personal Fall Arrest System (PFAS) must be used whenever workers are more than 6' off the ground and not working on a ladder or scaffold. The training program which follows is designed to inform workers about the proper donning of the harness, installation of anchors and use of the system. The training program must also review the rescue plan and assign roles before work begins.

- Before PFAS are used on any Affiliate site, the harness, anchorage, lanyard, connectors and anchors must be inspected using the following checklist:**

Fall Arrest System Inspection Checklist - Before Use

All fall arrest system components must be inspected before each use!

DO NOT use the equipment **IF ANY** component fails inspection. (Note what constitutes a failed inspection item. Notify your supervisor and take the equipment out of service immediately.

<u>Body Harness</u>	YES	NO
Is the Body Harness fully intact?		fail
Are any Tel-Tails visible?	fail	
Is there any unintended holes on the harness?	fail	
Are any of the straps on the harness discolored?	fail	
Is there any fraying on harness components?	fail	
Are all the clips / attachment points present?		fail
Are there any cracked / bent clips or buckles?	fail	
Is the harness material for the job being performed?		fail

<u>Lanyards</u>	YES	NO
Is the lanyard fully intact?		fail
Are any Tel-Tails visible?	fail	
Is there any discoloring / fraying or holes in the fabric?	fail	
Are any links bent or stretched (if metal links)?	fail	
Are any cable lines snapped or frayed (if cable)?	fail	
Is the retracting feature working (if self retracting)?		fail
Are any of the clips/attachements cracked or bent?	fail	
Is the lanyard appropriate for the job?		fail

<u>Connectors & Anchor Straps</u>	YES	NO
Are all hooks and carabineers intact?		fail
Is there a locking mechanism present?		fail
Are any connectors stretched, cracked or modified?	fail	
Has any of the stitching been ripped?	fail	
Are any Tel-Tails visible?	fail	

2. Anchorage

- Anchorage should always be accomplished according to the manufacturer's instructions
- There must be one anchor for each harnessed worker.

3. Donning the Harness. (<https://www.millerfallprotection.com/gallery2/v/Donning+a+Harness/>)



Step 1
Hold Harness by back D-ring. Shake harness to allow all straps to fall in place.



Step 4
Pull leg strap between legs and connect to opposite end. Repeat with second leg strap. If belted harness, connect waist strap after leg straps.



Step 2
If chest, leg and/or waist straps are buckled, release straps and unbuckle at this time.



Step 5
Connect chest strap and position in mid-chest area. Tighten to keep shoulder straps taut.



Step 3
Slip straps over shoulders so **D-ring is located in middle of back between shoulder blades.**



Step 6
After all straps have been buckled, **tighten all buckles so that harness fits snug but allows full range of movement.** Pass excess straps through loop keepers.

4. Lifeline attachment and positioning device.

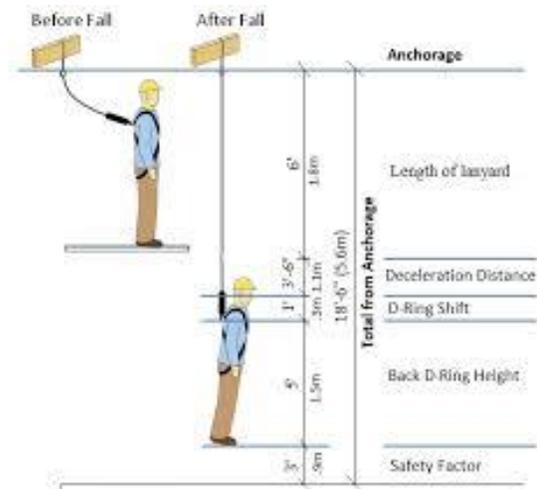
- Secure the lifeline to the D ring on the harness and the ring on the anchor.
- Be sure that the carabineers are securely closed.
- Place yourself at the point of work and then squeeze and slide the "rope positioning device assembly" along the rope until taut.
- As you change your work position, it will be necessary to squeeze the assembly and reposition it.

5. Swing Falls and Calculating Distance

Swing Falls occur when the anchorage point is not directly above the point where a fall occurs. In a swing fall, the total vertical fall distance will be greater than if the user had fallen when directly below the anchorage point. The user must therefore account for an increase in the total free fall distance.

Fall clearance must also be calculated to should a fall occur, there must be sufficient clearance below the user to arrest the fall before the user strikes the ground or any other object. The Site Supervisor will be responsible for determining if the system will arrest the fall within the available clearance and how long the lanyard can be released to still full function as a fall arrest system.

Distance From Leading Edge	Working Distance Along Roof Edge	Working Angle from Perpendicular
6'	8' 0"	53°
10'	9' 9"	45°
15'	11' 7"	38°
20'	13' 3"	33°
25'	14' 8"	30°
30'	16' 0"	28°
35'	17' 2"	26°
40'	18' 3"	24°
45'	19' 4"	23°
50'	19' 10"	21°
55'	21' 4"	21°
60'	22' 3"	21°



6. Working in a PFAS

- Never work alone.
- PFAS must be re-inspected before use if any the harness is removed at any time.
- A self-retractable lifeline is a Fall Restraint system. This prevents you from falling or is to keep you from traveling to an edge where you may fall.
- A rope grab lifeline is a Fall Arrest system. This is used to protect you after you fall by stopping the fall before you hit the surface below.
- You will need to re-position the rope grab frequently. Never leave it out at the furthest point.
- Never position the rope grab out further than needed. It must keep you away from the leading edge.
- Work as close to the anchor as possible.
- If needed, the Site Supervisor will reposition the anchor.
- Know where you are at all time and where materials and coworkers are at all time.

Emergency Fall Arrest Rescue Plan

If a worker falls, the Site Supervisor must be notified immediately.

EMTs/911 must be called for every fall incident regardless of the state or feelings of the fallen worker. Every fall victim must go to an Emergency Room or urgent care to be examined.

Next steps depend on the state of the fallen worker.

1. Determine if the victim is conscious or unconscious
2. Determine if a ladder rescue is possible.

Conscious Worker – Ladder Rescue

1. If accessible and safe to do so, position a ladder under the person to allow him/her to climb down safely.
2. Help the victim get onto the ladder feet first, facing the ladder.
3. Rescuer should form a semi-circle around the victim, with both hands on the beam of the ladder.
4. Rescuer or victim should detach or cut the lifeline/lanyard's carabineer.
5. Rescuer and victim should proceed slowly down the ladder, one rung at a time, with the rescuer one rung below the victim.
6. If the victim slips or loses footing, the rescuer should keep the victim from falling.
7. Rescuer can take control of the victim at any time by leaning in toward the ladder and squeezing the victim against the ladder.
8. Never risk your safety to rescue a worker.
9. Once down, if qualified to do so, provide first aid until help arrives.
10. Restrict access to the area as much as possible.

Conscious Victim – Ladder Rescue not possible or will cost too much time

1. Call 911 immediately. The caller should wait for and meet rescue personnel to direct them to the victim.
2. Instruct victim to periodically push with his/her feet and legs against the house or get a ladder in place for them to do so until he/she can be rescued.

Unconscious Worker – Ladder Rescue

1. Call 911 immediately. The caller should wait for and meet rescue personnel to direct them to the injured person.
2. You may need 2 rescuers so place 2 ladders together, next to each other.
3. Primary Rescuer gets under the victim with one leg straight and the other horizontal the ground with the knee at 90°.
4. Both rescuers move the victim onto the Primary Rescuer's ladder with the victim's back toward the ladder.
5. Lower the victim to straddle the Primary Rescuer's bent leg.
6. The Primary Rescuer's arms should be under the victim's arms holding onto the rungs.
7. Primary Rescuer may have to hold the victim as the Secondary Rescuer detaches or cuts the lifeline/lanyard's carabineer.
8. Step down one rung at a time, transferring the victim's weight from one leg to the other. The victim's arms can be secured around the rescuer's neck (if possible.)

Once the Victim is On the Ground

1. The victim must NEVER be laid down after being rescued from the suspended position, not even in the stable side position.
2. The victim should be positioned with the upper body well raise, i.e., in a kneeling or possibly squatting or crouches posture. All restrictive belts and clothing should be unfastened.
3. Only then should any injuries be tended to. It is essential that breathing and circulation be monitored constantly. If the person loses consciousness, the respiratory tracts must be kept open.
4. Current recommended procedures are to take from 30 to 40 minutes to move the victim from a kneeling to a sitting to a supine position (lying down with face up).

All Fall Victims must be transported by the EMTs to the nearest hospital. The fall victim is not permitted to leave the site, transport him/herself or be transported by anyone from the Affiliate, employee or volunteer.

An Accident Report must be completed by the Site Supervisor for a fall incident. Turn completed reports into the Safety Manager.