

INTRODUCTION AND OVERVIEW

The Work at Height Regulations 2005 (amended in 2007) stipulate employers must have a plan in place for emergencies and rescue when working at height, assuming that the emergency services cannot be relied upon to provide immediate response.



TRAINING COURSE CONTENT AND ENVIRONMENT FAMILIARISATION

This is a practical course during which delegates will recover a casualty hanging in suspension (a Rescue Dummy) who as an unconscious casualty may have as little as 10 minutes to survive in this position.

Trainees will be encouraged to discuss the structure and scope of work with Project Management and ask if they have concerns relative to any part of the structure that may have a greater degree of danger.

There may have been a recent accident, near miss or a reported concern from an operative that can add personal experience into this initial conversation.

Explain Rescue Methods, Equipment to be demonstrated and the working environment which will involve working on a Restraint system on an unprotected leading edge to rescue a life-sized dummy, using a Rescue Pole from a distance of 3 metres to practise connecting a karabiner to the Dummy's harness attachment point.

EMPLOYER RESPONSIBILITIES

Provide and explain RAMS describing the task and any risks to employees involved in doing this work.

To plan work at height using the measures outlined in the hierarchy of controls.

Assess if this work be carried out on the ground or in a safe place to avoid working at height ?

Ensure that every employee that will be working at height is competent by providing the appropriate health and safety training for the task.

It is important that the correct equipment is chosen, that it is well maintained properly and functioning correctly.

Appropriate equipment should be provided to the employees, including Temporary Edge Protection, Podiums, Access Stairs, Personal Fall Protection Systems and Rescue Equipment.

EMPLOYEE RESPONSIBILITIES

It is important for the employee to take responsibility for their own and their colleagues safety.

To understand how to follow and implement the work at height, hierarchy of controls.

Never take on a task that you are not trained or qualified to do, let your employer know.

If your employer asks you to work in an unsafe way or contravenes health and safety regulations, you have the right to challenge them and refuse to do the work.

Resist the temptation to cut corners and save time by not following safe working procedures.

It's often the "quick-fix" job that leads to an accident.

Think about how a serious injury that could affect you (and your family) for the rest of your life.

Make sure that you get enough sleep and that you don't indulge in drugs or alcohol before working at heights.

Sleep deprivation and intoxication can affect your balance and make you more likely to fall, not to mention the risk of losing your job if you are working under the influence.

PERSONAL FALL PROTECTION EQUIPMENT

Personal fall protection equipment is selected, this will include Harnesses, Lanyards, Karabiners, Connectors and Rescue equipment. These are checked for compliance and their compatibility when connected as a system.



PRE-USE INSPECTION

All Personal Fall Protection Component's should be inspected before use and should carry a label with a serial number and conformity code.

The Trainer will demonstrate how to ensure that your Personal Safety Equipment is safe to use by carrying out a pre-use inspection followed by an Inspection and familiarisation of Rescue Equipment consisting of

Rescue Ladder
Rescue Kit with Telescopic Pole and Rescue Winch
Slings & Anchors

DELEGATE COMPETENCE

Delegates are split into teams of 2 or 3 and connected to the Work Restraint System. Their use of this system is observed and corrected if they are using it incorrectly.

When the training manager is satisfied with their level of competence when working on a Personal Fall Protection System they are allowed to progress to rescue training in the exclusion zone with a Temporary edge protection barrier removed.

EXCLUSION ZONE

Set-up an Exclusion Zone using Barriers that will allow the control of Personnel allowed inside this area when Temporary edge protection is removed for rescue demonstration.



WORK RESTRAINT SYSTEM

Install the Temporary Work Restraint System that is being used during Façade installation.

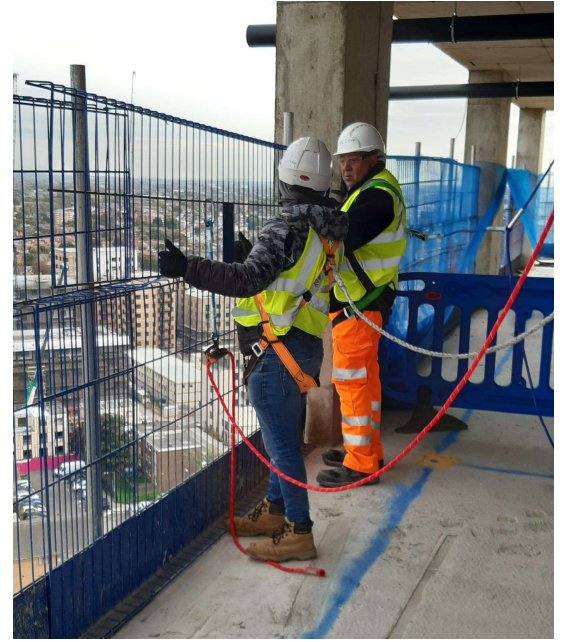
This will consist of Anchors/ Slings/ Running Line / Adjustable lanyards

TEMPORARY EDGE PROTECTION SYSTEM

When Delegates have demonstrated their competence and familiarity with Work Restraint they are instructed how to safely remove a small section of the Temporary Edge Protection System.

Training is now being held in a controlled Exclusion Zone with an exposed Leading Edge.

Trainees and the Training Manager working inside the Exclusion Zone are connected to the Work Restraint System with lanyards adjusted to tight tension limiting Trainees movement to the immediate workspace.



RESCUE SIMULATION, DEMONSTRATION AND PARTICIPATION

The Rescue Dummy is let out of the structure by 2 x delegates whilst connected to the Work Restraint System – ensuring that lanyards are not allowed to tangle and create further risk.

Rescuers are asked to assess the factors that will lead to their rescue method.

Is the faller conscious ? Can they describe their injuries ?

Is the faller visibly injured ?

Where can I seek the help of other rescue trained operatives ?

If the Faller is conscious and has mobility- he may be able to climb back onto the floor or onto a Rescue Ladder

Even if he cannot climb the ladder to safety- it will relieve the pressure from his safety harness on his groin area if he can stand on one of the rungs and allow a rescuer to check the faller and possibly attach a rescue lanyard to his harness connector ?

What is the faller attached to ?

If it's a Work Restraint System- are there Adjustable Lanyards to connect to the Lifeline for the Rescuers ?

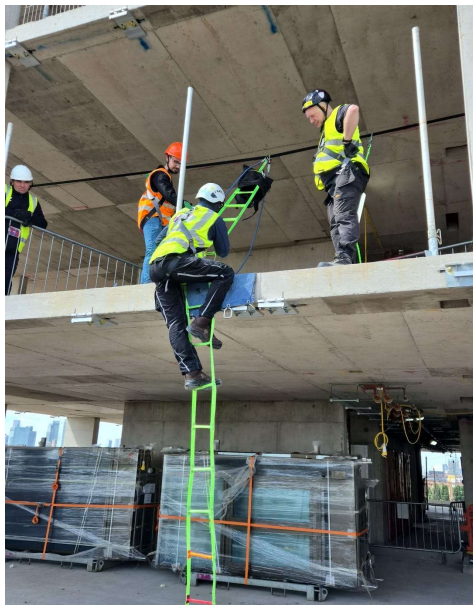
Is the Rescue Kit close to the Faller ?

Make a decision to

Manually lift him back into the structure

Hoist him back into the structure

Lower him to the ground or onto an elevated platform.



SUSPENSION TRAUMA

After a worker falls and is caught by his fall Safety harness, the danger is not over. The fallen worker's blood circulation is restricted, causing a condition known as suspension trauma.



WHAT IS SUSPENSION TRAUMA ?

Suspension trauma, also known as harness hang syndrome and orthostatic intolerance, occurs after a worker has fallen into a fall arrest harness and is suspended in a hanging position until rescue arrives.

When hanging in a safety harness, leg straps support the body's weight crushing the femoral arteries on the inside of the legs, cutting off blood circulation.

When the leg muscles are relaxed, veins in the legs can expand dramatically (known as vasodilation). Because the leg muscles are not being used to stand up, they are not contracting and therefore not preventing the veins from expanding. This lack of constriction from the leg muscles allows blood to gather in the legs rather than returning to the heart and lungs for recirculation, an effect known as venous pooling. Without constraint from the leg muscles, the expansion of blood veins in the legs can result in a 20 percent loss in blood circulation.

POTENTIAL CONSEQUENCES OF SUSPENSION TRAUMA

It has been identified that suspension trauma can be fatal within 30 minutes of the initial fall which makes your Rescue plan crucial to the safe recovery of the casualty.

This Plan needs to take consideration of the differences in the structure's elevations, heights and hazards, no two fall scenes could be the same and need the same type of rescue.

TRAINING SUMMARY

SafetyRespect UK Ltd. Would like to thank you for trusting us to deliver your safety critical training.

The only outcome we consider successful is where your colleagues work safely with raised awareness of potential fall hazards, an improved understanding of Personal Fall Protection Equipment and the knowledge to contribute to Safety Planning.

We value and will appreciate your feedback relative to the content we have delivered to your colleagues during this course. We will act on your suggestions.

Please contact me terry.gardner@safetyrespect.co.uk or call me 07860 111212

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