

Fall Rescue Plan

Like other forms of emergency planning, it is essential that everyone understands their role and what they must do after a fall. Leaving a worker suspended for a long period of time can be dangerous to their health and safety.

Before any use of a fall arrest system by a worker at a project, NCC T&D Project Leaders must develop written procedures for rescuing the worker after their fall has been arrested. This is a critical requirement under Saudi Arabian HSE regulations and client-specific standards (e.g., SEC and SA).

NCC T&D Project Leaders Key Responsibilities

NCC T&D Project Leaders must create a rescue plan that is specific to the jobsite and covers the different types of fall-related rescues that may be necessary. The plan should include:

- **On-Site Equipment:** Identify the equipment that will be used for rescue operations.
- **Personnel:** Designate and train personnel who will conduct the rescue.
- **Procedures:** Outline procedures for different types of rescue scenarios.

If off-site rescue services are required, the project leaders shall made aware the project key personnels and the off-site rescue services should be contacted in advance and/or as required to ensure they have the necessary resources (e.g., equipment, trained personnel) available.

A rescue plan must detail how to return fallen workers to a place of safety while ensuring the safety of rescuers. Designated rescuers must be adequately trained and have easy access to all the equipment they need to perform rescues safely and efficiently.

Key Elements of a Fall Rescue Plan

A rescue plan should:

- **Be Written and Posted:** The plan must be documented and displayed at the worksite before work begins.
- **Designate and Train Rescuers:** Identify and train personnel responsible for conducting rescues.
- **Identify On-Site First Aid Personnel:** Include contact information for on-site first aid responders.
- **List First Aid Equipment:** Specify the first aid equipment that must be available on-site.
- **Provide Emergency Contacts:** Include contact information for local emergency medical and fire services, if needed.
- **Identify Emergency Exits and Access Routes:** Clearly mark all emergency exits and access routes within the worksite.
- **Establish Communication Systems:** Identify all available communication systems and ensure a backup system is in place.
- **Include Rescue Procedures:** Detail procedures for rope rescue, retrieval lines, anchor points, and other rescue methods.
- **Use of Equipment:** Include procedures for using powered mobile equipment, mechanical hoisting systems, or elevating devices during a rescue.
- **Secure Work Areas:** Outline procedures to clear and secure unsafe work areas during a rescue.
- **Educate Workers:** Train workers performing work at height on what to do after a fall and during a rescue operation.
- **Regular Review and Updates:** Review and update the plan regularly, after any changes to the worksite, and following all rescues or related incidents.

Worker Responsibilities

Workers using fall protection equipment must:

- **Familiarize Themselves with the Rescue Plan:** Understand the fall rescue plan and their role in an emergency.
- **Follow Procedures:** Adhere to all safety protocols and rescue procedures.
- **Report Hazards:** Notify supervisors of any unsafe conditions or fall hazards.
- **Participate in Training:** Attend all required training sessions on fall protection and rescue procedures.

Additional Considerations for NCC T&D Projects

Given the high-risk nature of NCC T&D's operations, the following measures are recommended:

- **Pre-Work Planning:** Conduct pre-work hazard assessments to identify potential fall hazards and rescue requirements.
- **Rescue Drills:** Conduct regular rescue drills to ensure all workers are familiar with rescue procedures.
- **Real-Time Monitoring:** Implement real-time monitoring systems to ensure compliance with rescue protocols.
- **Equipment Readiness:** Ensure all rescue equipment is inspected, maintained, and readily available.

Key Takeaways

- **Rescue Plan Requirement:** A written fall rescue plan must be developed before any work at height begins.
- **Project Leader Duties:** NCC T&D Project Leaders are responsible for creating, implementing, and maintaining the rescue plan.
- **Worker Duties:** Workers must familiarize themselves with the rescue plan and follow all safety procedures.
- **Rescue Preparedness:** Regular training, drills, and equipment inspections are essential for effective rescue operations.

For more information, refer to NCC T&D's relevant IMS procedures or consult our HSE Department for expert guidance and training resources aligned with Saudi Arabian regulatory requirements.