

WORK AT HEIGHT RESCUE



REGULATION & GUIDANCE REFERENCES

The following information details specific Regulation and Guidance sections relating to Work at Height Rescue

Work at Height Regulations

Regulation 4 Organisation and planning

(2) Reference in paragraph (1) to planning of work includes planning for emergencies and rescue.

Regulation 7 Selection of work equipment for work at height

(1)(b) (v) the need for easy and timely evacuation and rescue in an emergency;

(vi) any additional risk posed by the use, installation or removal of that work equipment or by evacuation and rescue from it;

Schedule 4 REQUIREMENTS FOR COLLECTIVE SAFEGUARDS FOR ARRESTING FALLS

(2) (c) a sufficient number of available persons have received adequate training specific to the safeguard, including rescue procedures

Schedule 5 Part 1 REQUIREMENTS FOR ALL PERSONAL FALL PROTECTION SYSTEMS

1 (b) the user and a sufficient number of available persons have received adequate training specific to the operations envisaged, including rescue procedures.

HSG33 Health and Safety In Roofwork

Emergency rescue procedures

46 Under the Work at Height Regulations 2005, emergency procedures must be considered for circumstances such as stuck access equipment and deployed fall arrest, so that a person or people can be rescued. There must be a plan in place that outlines how someone would be recovered should they fall.

47 The method of rescue needs to be proportionate to the risk and you should not rely on the emergency services. The method of rescue may be simple, such as putting a ladder up to a net and allowing the fallen person to descend, or lowering a worker hanging on a deployed lanyard onto the surface below. Once the rescue has been completed, standard first-aid procedures are recommended, including use of the standard horizontal recovery position where necessary.

48 A casualty who is experiencing symptoms such as light-headedness, nausea, sensations of flushing, tingling or numbness of the arms or legs, anxiety, visual disturbance or faintness, or who is unconscious while suspended in a harness should be rescued as soon as is safely possible. Elevation of the legs by the casualty or rescuer (where safely possible) may enable them to tolerate suspension for longer.

49 In some situations, you may need to consider using other work equipment, such as MEWPs, man-riding baskets for cranes or proprietary rescue systems. Whatever the situation, you should be able to demonstrate that if someone falls, there is a plan and arrangements are in place to rescue them, people involved in the rescue are trained in the procedures, and the required equipment is available.

Rescue from height training

242 Additional training is required for people who will carry out a rescue, as all rescue from height should be carried out by adequately trained personnel who should be available on site at all times when rescue may be required.

243 Initial training should be carried out by the supplier of the system to be used or by in-house trainers who have been trained and assessed by the system supplier. Rescue trainees should be assessed for competence by carrying out a simulated rescue on site.

244 Rescue refresher training should be carried out at six monthly intervals, followed by assessment of competence by carrying out a simulated rescue.

245 Additional guidance on training is given in:
BS 8454:2006 *Code of practice for the delivery of training and education for work at height and rescue;*²³
and *Rope evacuation from mechanical handling equipment*
HSE Operational Circular OC 282/31.²⁴