

FIRE RESCUE FIRST RESPONSE



HEIGHT RESCUE PLAN

(RESCUE TO BE COMPLETED WITHIN THREE MINUTES)



STEP ONE

- A. Wrap sling around "bombproof" anchor point.
- B. Secure with karabiner



STEP TWO

- A. Open Rope grab.
- B. Insert rescue line following arrows.
- C. Attach rope grab to karabiner



STEP THREE

- A. Attach scaffold hook to rescue pole.
- B. Extend pole as required.
- C. Attach to rear "D" ring of suspended workers harness.
- D. Pull free rescue pole



STEP FOUR

- A. Take up slack on rescue line
- B. Cut suspended workers lanyard
- C. Lower to ground under control using rope grab

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HEIGHT RESCUE KIT CHECKLIST

(RESCUE KIT TO BE CHECKED WEEKLY)



1 x 12metre Extendable Rescue Pole in Yellow Bag



1 x Anchor Sling



1 x Rope Grab and Karabiner



1 x 11mm x 30m Rescue Line



1 x Scaffold Hook Attached to Rescue line with a Threaded Figure of Eight Knot

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