



Fall Rescue Planning Course Overview

This comprehensive training course focuses on developing, implementing, and executing effective fall rescue plans for workers at heights in construction and military-related projects. It aligns with OSHA 1926.502(d)(20) requirements for prompt rescue when personal fall arrest systems (PFAS) are used, and EM 385-1-1 Section 21 mandates for rescue planning, including self-rescue and assisted rescue procedures. Participants learn to mitigate suspension trauma risks, ensure rapid response, and comply with federal standards to prevent serious injury or fatality after a fall arrest.

Key Learning Objectives

- Understand regulatory requirements for fall rescue under OSHA 1926 and EM 385-1-1.
- Develop site-specific fall rescue plans, including methods for self-rescue and assisted rescue.
- Identify hazards associated with prolonged suspension and suspension trauma.
- Select, inspect, and use rescue equipment effectively.
- Demonstrate rescue techniques and procedures in practical scenarios.
- Train on roles of Competent Rescuer, Authorized Rescuer, and other personnel.
- Ensure compliance through documentation, drills, and plan review.

Course Details

Course Code: FALL-RES-102



Prerequisites:

- Basic understanding of fall protection systems (e.g., prior completion of fall protection awareness or competent person training recommended).
- Comfort working at heights and physical ability to participate in hands-on rescue simulations (if applicable).
- Familiarity with OSHA 1926 Subpart M and EM 385-1-1 is beneficial.

Format: Instructor-Led Training

Duration: Approximately 6 - 8 hours

Certification: Participants receive a certificate of completion upon successful assessment (written exam and/or practical demonstration). Certification aligns with OSHA and USACE/EM 385-1-1 training documentation requirements; refresher training recommended annually or as needed per employer policy.

Target Audience: Construction workers, supervisors, safety professionals, competent persons, and rescuers on projects requiring compliance with OSHA construction standards and US Army Corps of Engineers (USACE) contracts.

Compliance: This course meets key provisions of:

- OSHA 1926.502(d)(20): Requirement for prompt rescue or self-rescue capability when using personal fall arrest systems.
- EM 385-1-1 Section 21: Mandates for rescue plans developed by Competent Rescuers, including self-rescue/assisted methods, equipment inspection, and procedures to ensure prompt rescue for Authorized Persons using PFAS.



Why Take This Course?

Falls remain a leading cause of fatalities in construction. A well-executed rescue plan reduces suspension time, prevents suspension trauma (orthostatic intolerance), and saves lives. Compliance avoids citations, project delays, and liability while demonstrating commitment to worker safety on high-risk sites.

Beyond regulatory compliance and avoiding costly penalties, this training demonstrates a genuine commitment to worker safety on high-risk elevated work sites (common in construction and USACE projects). It empowers supervisors, competent persons, and designated rescuers to act decisively, reduces downtime from incidents, protects your workforce, and builds a culture of proactive hazard control. In environments where falls exceed the 6-foot threshold and PFAS are in use, a well-trained rescue capability isn't optional, it's essential for saving lives and maintaining project success.

*For group rates or customized training, contact us at info@renewsafety.com