



**RENEW SAFETY**  
POWER PRODUCTION - CONSTRUCTION - INDUSTRIAL

# Fall Rescue Planning

Participants learn how to reduce suspension trauma risks, implement effective rescue plans, and protect workers operating in high-risk environments such as construction and military projects.



[WWW.RENEWSAFETY.COM](http://WWW.RENEWSAFETY.COM)

# OUR COURSE OVERVIEW

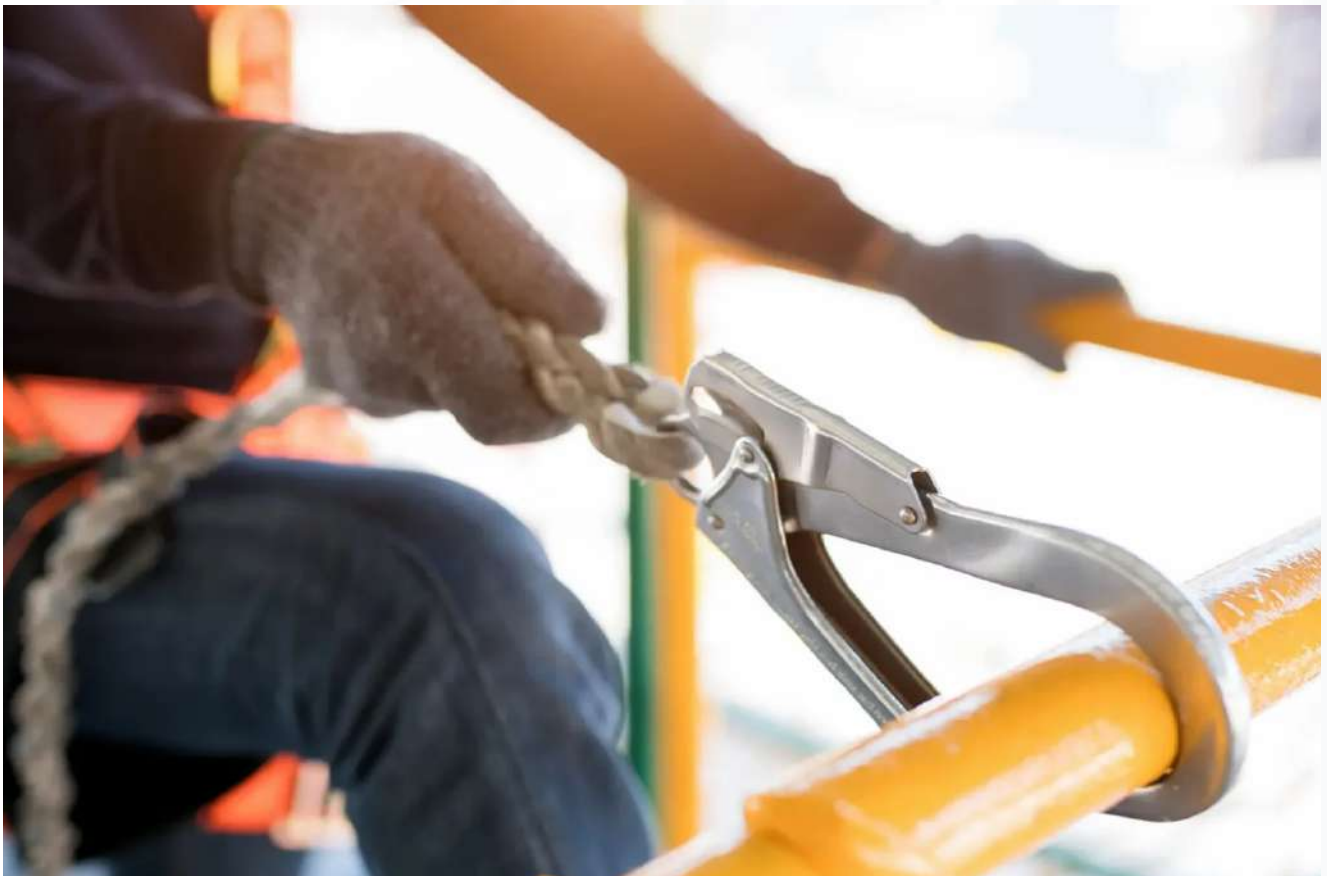
**This instructor-led training focuses on developing and implementing effective rescue procedures when personal fall arrest systems are used.**

The course explains regulatory requirements, rescue planning methods, and practical response techniques used on active job sites. Participants gain the ability to create site specific rescue plans, understand rescue team responsibilities, and ensure workers can be rescued quickly after a fall arrest event.

Safety training is most effective when it prepares workers for the conditions they face every day. Our courses are developed with industry standards in mind and are structured to support compliance with OSHA and EM 385-1-1 safety requirements.

Our programs are designed for teams that require dependable training solutions. Whether preparing new workers for job site safety requirements or strengthening the skills of experienced safety personnel, the training focuses on practical decision-making, hazard awareness, and effective rescue planning.

By combining regulatory knowledge with real-world safety practices, Renew Safety helps organizations build safer work environments, reduce incident risk, and ensure workers are prepared to handle the challenges of working at height.



# KEY LEARNING OBJECTIVES

## What You Will Learn

- Understand OSHA and EM 385-1-1 fall rescue requirements
- Identify all the suspension trauma hazards and prevention methods
- Apply different rescue techniques during practical scenarios
- Understand the different roles of competent and authorized rescuers
- Implement rescue documentation, drills, and plan reviews
- Develop site-specific fall rescue plans
- Select and inspect rescue equipment

Together, all these key learning objectives help participants build the knowledge and confidence needed to plan and execute effective fall rescue procedures. By understanding regulations, equipment, and response strategies, workers and supervisors will be better prepared to respond quickly and safely when a fall incident occurs.



## Rescue Planning in Real Work Environments

Participants learn how different work environments, such as construction sites, elevated platforms, towers, and structural work areas affect rescue planning and equipment selection.

## Suspension Trauma Awareness

This course explains how suspension trauma develops and teaches workers how to reduce rescue time, apply proper rescue techniques, and coordinate emergency response procedures that prioritize the safety of the suspended worker while ensuring rescue operations are carried out efficiently and safely.

# COURSE DETAILS

## Prerequisites

The participants should have a basic understanding of fall protection systems before attending the course. Prior fall protection awareness or competent person training is recommended. Because the training may include practical demonstrations, participants should be comfortable working at heights. Familiarity with OSHA 1926 Subpart M and EM 385-1-1 safety requirements is helpful but not required.

## Certification

Participants receive a certificate of completion after successfully meeting course requirements. Certification aligns with OSHA and EM 385-1-1 training documentation guidelines.

## Compliance

This course fully aligns with OSHA 29 CFR 1910.146 (Permit-Required Confined Spaces) and 29 CFR 1926 Subpart AA (Confined Spaces in Construction), covering key elements such as hazard evaluation by competent persons, permit systems, continuous monitoring, training, and rescue provisions. It also addresses differences like multi-employer coordination and permit suspension in construction.

## Target Audience

This course is intended for construction workers, supervisors, safety professionals, competent persons, and designated rescue personnel working on projects that require fall protection planning.



**Course Code:**

**FALL-RES-102**

**Format:**

**Instructor-Led Training**

**Duration:**

**~6-8 hours**

# WHY TAKE THIS COURSE?

## The Importance of Fall Rescue Planning

- Falls remain one of the leading causes of fatalities in construction and other industries where employees work at height.
- A well-planned rescue response reduces suspension time and prevents suspension trauma.
- Proper rescue procedures help protect workers after a fall arrest and improve overall job site safety.

Organizations that train their teams in fall rescue planning are better prepared to respond quickly and effectively during emergencies. Effective rescue planning helps reduce incident response time and ensures workers can be safely recovered when a fall occurs. By establishing clear procedures and training personnel in proper rescue techniques, organizations improve coordination during critical situations and create a safer work environment for everyone on site..

## Preparing Teams for Emergency Response

A structured fall rescue program helps workers and supervisors understand how to respond during an emergency. Training improves awareness of potential rescue challenges and teaches teams how to coordinate response procedures effectively..

By preparing workers before incidents occur, organizations reduce response time and ensure that rescue operations are carried out safely and efficiently on active job sites.

## Supporting Safety Compliance

Fall rescue planning also supports compliance with important workplace safety regulations. Employers working under OSHA construction standards or USACE contracts must ensure rescue procedures are in place when personal fall arrest systems are used.

Organizations that train their teams in fall rescue planning strengthen their safety programs, reduce project delays, and demonstrate a clear commitment to protecting workers in high-risk environments.





# RENEW SAFETY

POWER PRODUCTION - CONSTRUCTION - INDUSTRIAL



[info@renewsafety.com](mailto:info@renewsafety.com)



(503) 849 2237

Contact us to learn more about course availability, group training, and customized fall rescue instruction.

**[WWW.RENEWSAFETY.COM](http://WWW.RENEWSAFETY.COM)**

