

WORK AT HEIGHT RESCUE PLAN — HARNESS AND FALL ARREST

How a person hanging in a harness is got down — decided before anyone clips on

RESCUE PLAN — HOLD WITH THE PERMIT

KD-RES-WH-001 Rev A0

Work at Height Regulations 2005 reg 4(2): every employer plans for emergencies and rescue when it plans work at height. A person whose fall has been arrested is alive and in trouble: hanging motionless in a harness, the blood pools in the legs and the person can lose consciousness — suspension intolerance. How quickly depends on the person, the harness and how they are hanging, which is why no time is printed here: the planner writes in the target the rescue will be rehearsed to. HSE's guidance on the Regulations is not to rely entirely on the emergency services for rescue in your plan, which is why this sheet names the people on this site who will do it: the fire and rescue service may be far away, may not carry the kit, and has not seen your anchors. The permit itself is KD-PTW-WH-006; this sheet is the plan behind it. The harness inspection register is KD-INS-HR-005, the anchor register KD-INS-FA-020, the drill record KD-RES-DR-006. Rescue by rope-access technicians is planned in their own RAMS under BS 7985:2013 (KD-RAMS-HA-002) and named here where the site relies on them.

1 THE WORK

PROJECT / SITE REF	SITE	DATE	PLAN WRITTEN BY
TASK	LOCATION AND LEVEL	CONTRACTOR	

2 THE FALL AND WHERE THE PERSON ENDS UP

SYSTEM IN USE	ANCHOR POINTS	CLEARANCE BELOW THE ANCHOR	WHERE A FALLEN PERSON WOULD HANG
THE FORESEEABLE RESCUE SCENARIOS FOR THIS JOB			

3 THE RESCUE METHOD — TICK WHAT THIS PLAN USES; WRITE THE SPECIFIC METHOD IN THE ROWS BELOW

- ☐ Self-rescue: the person climbs or steps back to the platform they fell from — planned only where the fall height, the equipment and the person's condition make it certain, and never as the only method
- ☐ Assisted rescue from the level above: the rescuer, clipped on, attaches the haul kit to the casualty's harness and raises them back to the platform
- ☐ Lowering to the ground: a controlled-descent rescue device anchored above the casualty, the casualty attached and lowered to a clear landing where the first-aider waits
- ☐ Rescue from a MEWP: a MEWP on site, with an operator and a second person trained for the rescue, brings the platform to the casualty; the casualty is secured to the platform before being released from the fall-arrest line
- ☐ Rope-access rescue: the rope-access team named in section 5 — on site or within the time written below — rescues under their own RAMS
- ☐ The rescuer is never the second casualty: nobody goes to a casualty without their own fall protection, and nobody cuts a line under load until the casualty is held by something else
- ☐ The casualty is not left hanging while somebody fetches the kit — the kit is at the point of work before the first person clips on

The method for this job, specifically:

PRIMARY METHOD FOR THIS JOB	BACKUP IF THE PRIMARY FAILS	TARGET TIME — ALARM TO OFF SUSPENSION

4 THE KIT AT THE POINT OF WORK — ONE LINE PER ITEM

ITEM	WHERE IT IS KEPT DURING THE WORK	INSPECTED (DATE, HR-005 REF)	SHIFT CHECK BY

5 THE PEOPLE — TWO RESCUERS TRAINED ON THIS KIT ON SITE WHENEVER ANYONE IS CLIPPED ON

NAME	EMPLOYER	ROLE IN THE RESCUE	RESCUE TRAINING	DRILL REF (DR-006)	CONTACT

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6 RAISING THE ALARM, AND AFTER

HOW THE ALARM IS RAISED	999 CALLED BY, AND WHEN	AMBULANCE MET AT
FIRST-AIDER(S) FOR THIS WORK	NEAREST A&E	

After the rescue: the casualty is handed to the first-aider and treated as their current training says — HSE-commissioned research found no evidence for the older advice to keep a suspended casualty sitting up, so follow your first-aid provider, not folklore, and write in anything specific they have told you. The harness, lanyard, absorber and anchor that arrested the fall are quarantined and not used again until a competent person has examined them. The incident report is KD-SITE-NR-026; the RIDDOR decision KD-SITE-RD-028.

7 BRIEFING, REHEARSAL AND REVIEW

BRIEFED TO EVERYONE IT COVERS ON	REHEARSED ON (KD-RES-DR-006 REF)	REVIEW THIS PLAN ON	RAMS / PERMIT IT SITS BEHIND

8 SIGNATURES

Plan written by (competent person):					
PRINTED NAME	ROLE	COMPANY	SIGNATURE	DATE	TIME
Accepted — principal contractor / permit issuer:					
PRINTED NAME	ROLE	COMPANY	SIGNATURE	DATE	TIME

R REVISION HISTORY

Every revision of this document, and every review that found nothing to change. The revision on the front of this sheet is the one you are holding — check kubitdocs.com for the current one before use.

Rev	Date	Class	What changed	Authorised by
D0	2026-09-02	first-issue	First issue.	— not yet approved —
A0	2026-09-02	review	Approved for issue by the author. Content unchanged from the reviewed draft; the draft status strip is removed. No independent third-party review has been carried out.	Author — director, UK principal contractor, SMSTS. Not an independent review.

Class: first-issue · material (the law, a control, a field or the scope changed — past buyers are notified) · editorial (wording or layout only) · review (checked, nothing changed) · withdrawal. Revision prefix D = draft, not approved and not for sale; A = approved for issue by the person named, on the date shown.