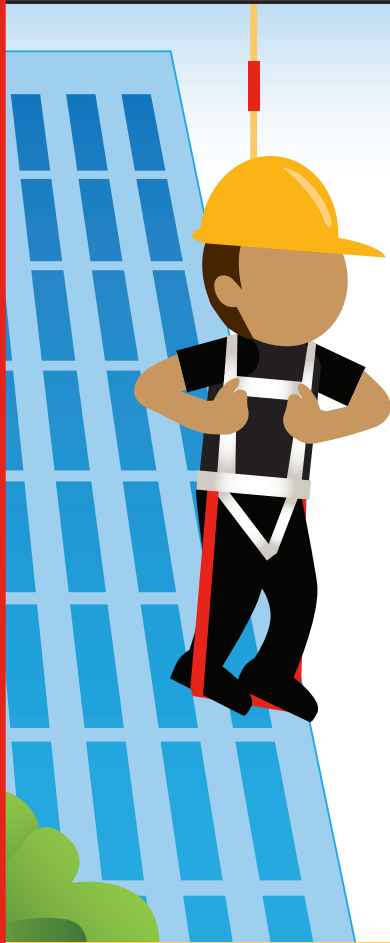


HAVE A RESCUE PLAN TO PREVENT SUSPENSION TRAUMA

The harness stopped the fall, but hanging too long can be deadly!



Before work begins...

- ✓ Train workers on self and assisted rescues, and provide rescue equipment.

After a fall, initiate the rescue plan...

- ✓ If immediate rescue is not possible, the suspended worker should keep blood circulating by:
 - Using trauma straps or loops, a personal rope ladder, or create a foot loop from the lifeline to shift into a standing position.
 - “Pumping” legs frequently.
- ✓ Call 911. Do not let the worker lie down while waiting for help.

Watch the Clock... if blood is not circulating, it only takes a short time for a worker to:



Become light-headed, nauseous, or unconscious



Suffer suspension trauma and death

PLAN. PROVIDE. TRAIN.

Three simple steps to preventing falls.

Learn more at www.osha.gov/dts/shib/shib032404.pdf



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Stop Construction Falls!

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