



FALL PREVENTION ALLIANCE TOOLBOX TALK ON

RESCUE - SELF FOOT WRAP AND RAPPEL PART A

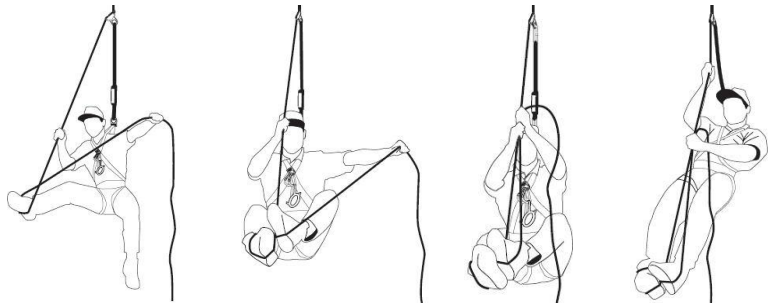
Company: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

A personal fall-arrest system can save your life if you fall, but your harness will hold you comfortably while you are suspended. If you cannot relieve the pressure it exerts on your legs, which constricts blood flowing back to your heart, you could lose consciousness. The first thing you should do is relieve the harness pressure; the foot wrap will relieve the pressure and allow you to climb up or down for short distances. Learn the foot wrap if you use a personal fall-arrest system and if a fall could leave you suspended more than 35 feet above a lower level.

Foot wrap equipment: A personal fall-arrest system (including body harness, connectors, secure anchor, vertical lifeline, lanyard, and a rope grab).

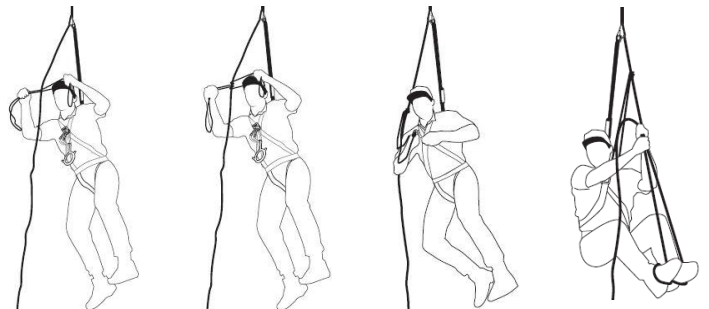
1. Grasp the lifeline hanging below you (that is the trailing end). Wrap it once under your right foot starting from the inside, and then loop it over the top of the foot.
2. Stretch the lifeline out horizontally and step into it with your left foot.
3. Raise the trailing end of the lifeline and bring both parts together. You have now created a loop that will allow you to stand.
4. Continue to hold on to the lifeline with both hands and stand up. This will relieve the pressure on your upper legs. When you get tired, you can shift back to a sitting position. While waiting for help, alternate between sitting in the harness and stand your feet and the harness. To climb up or down short distances, slide the rope grab up (to climb up) or down (to climb down); sit back down, grasp another bite of rope, then repeat the process.



A foot wrap is for short distances. If you are suspended more than 35 feet and you need to descend quickly, the rappel is more effective.

Rappel equipment: A personal fall-arrest system, including body harness, connectors, secure anchor, lifeline, lanyard, and a rope grab, two carabiners, two eight-millimeter prussik loops, a figure-eight descender compatible with the diameter of the lifeline.

1. Take one of the two prussik loops and spread it horizontally across the lifeline.
2. Make a three-wrap prussik knot as follows: Take the end of the loop in your right hand and push it through the eye of the loop in your left hand. Do this three more times, and then pull the tail of the loop down firmly to tighten the knot.
3. Clip a carabiner into the tail of the prussik loop and into the rappelling attachment on your harness. Slide the prussic knot up the lifeline toward the rope grab to remove any slack in the prussik loop.
4. Grasp the lifeline hanging below you (the trailing end) and do a foot wrap.



Conclusion: A personal fall-arrest system can save your life. Utilize these safety guidelines for fall protection self rescues.

Through the OSHA and Houston Fall Prevention Alliance, this Toolbox Talk was developed for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. July 2016.

The Houston Fall Prevention Alliance was formed by the below organizations to provide their members, and others, with information, guidance and access to training resources that will help them protect the health and safety of workers, particularly by reducing and preventing exposure to fall hazards in the construction industries and addressing fall related issues and understand the rights of workers and the responsibilities of employers under the Occupational Safety and Health Act (OSH Act). In developing this alliance, these organizations recognize that OSHA's State Plan and On-site Consultation Project partners are an integral part of the OSHA national effort.





Houston
Fall
Prevention
Alliance

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