



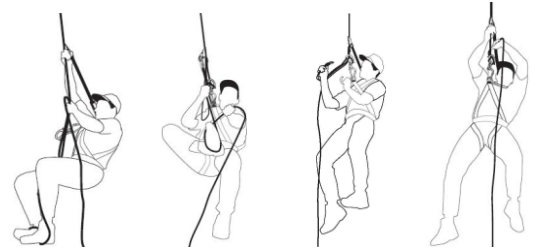
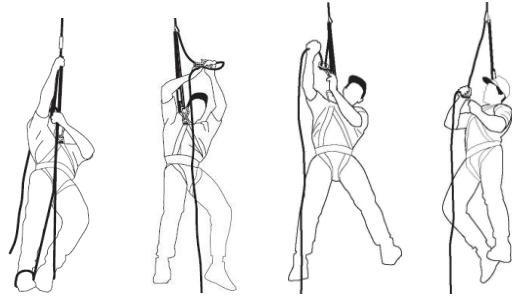
# FALL PREVENTION ALLIANCE TOOLBOX TALK ON RESCUE - SELF RAPPEL PART B

Company: \_\_\_\_\_ Job Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Foreman/Supervisor: \_\_\_\_\_

If you are suspended more than 35 feet and you need to descend quickly, use the rappel method.

5. Stand up in the lifeline. Slide the prussik knot up the lifeline so that it touches the rope grab. If the knot does not reach the rope grab, you will have to sit down in the harness, do another foot wrap, and then stand up again so that you are closer to the rope grab.
6. When you have reached the rope grab, attach your descender to the lifeline. Grab the lifeline and bring it together so that it forms a loop at approximately shoulder level. Feed the lifeline loop through the larger eye of the descender.
7. Slip the loop over the smaller eye of the descender. (Make sure the smaller eye is pointing toward the ground.) The loop will ride up against the base of the larger eye.
8. Clip a carabiner to your rappel attachment and through the small eye of your descender. Lock off the descender.
9. Lock off the descender by grasping the trailing end of the rope and sliding it between the leading end of the rope and the large eye of the descender.
10. Do a foot wrap as explained in part A.
11. Stand up in the lifeline and grasp the prussik knot (you will be transferring your body weight to the descender).
12. Slide the prussik knot down the lifeline to the top of the descender.
13. Slide the rope grab down to the top of the descender. Sit down again. Your weight will be off the prussik loop. Unclip the prussik loop and remove it.
14. The full weight of your body is now transferred to the descender. Undo the foot wrap.
15. Remove the prussik loop from the lifeline.
16. Unlock the descender. Descend to a safe area, sliding the rope grab down the lifeline with you.



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

PRINT NAME	SIGN NAME
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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.





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