

# Rescue Plan for Fall Arrest

Guy's Construction  
123 Main Street, Anytown, WA 98001

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Ontology-Backed Safety Document

Effective Date: June 08, 2026

**SAMPLE DOCUMENT - NOT FOR COMPLIANCE USE**

## JURISDICTION AND REGULATORY FRAMEWORK

### STATE-SPECIFIC: Washington has the following requirements:

- where hazardous atmospheric conditions exist or may reasonably be expected to develop
- must be attended when in use
- when in use
- documented procedures in site-specific erection plan
- immediate evacuation of affected employees not correcting the emergency
- 481-Chapter 209, IAC Supplement 7/9/25
- 481-Chapter 381
- head protection that meets ANSI Z89.1-2009, ANSI Z89.1-2003, or ANSI Z89.1-1997
- real-time well data using an independent, automatic, and continuous monitoring system capable of recording, storing, and transmitting data
- the material is entered into the record of the proceeding
- chapter 296-880 WAC, Unified safety standards for fall protection
- Body harnesses must be used in personal fall arrest and fall restraint systems
- criteria in chapter 296-880 WAC
- personal fall arrest and fall restraint systems
- personal fall protection equipment, including a full body harness
- 60 days after the selection of a new supervisory employee, by signature and date the name of the employee and date on which the employee satisfactorily completed the first-aid training course. The certification shall be kept at the mine and made...
- requirements of this section when using direct assessment on an onshore pipeline to evaluate external corrosion or stress corrosion cracking
- fires and explosions
- the UIC Department by January 31 of each year for the previous calendar year
- 24 hours, any failure to maintain mechanical integrity
- 6-30 minutes
- the platform manufacturer
- as specified in WAC 296-155-54800
- revocation or suspension
- a certificate of competency upon a showing of good cause and after notice and an opportunity to be heard
- Design of platforms and suspension systems per WAC 296-155-54800
- tested with rated load in the car
- ability to realize the need for additional resources, and to make appropriate notifications to the communication center
- requirement to be equipped with operative heating systems, operative air conditioning systems, and operative positive pressurized ventilation systems
- 50 m.p.h.
- Subpart M

- § 1926.502(e)(3) and (4)
- applicable provisions of 1926.502
- 29 CFR 1926.502(k)
- 29 CFR 1926.502(k) / ANSI/TIA-1019
- by vacuuming or other methods that minimize the likelihood of lead becoming airborne wherever possible
- as free as practicable of accumulations of lead
- BLL climbs above 40 µg/dl
- uncertainties in any reported results (including tool tolerance) as part of that analysis
- the director

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## FEDERAL OSHA REQUIREMENTS

- evacuation procedures, reporting procedures, alarm systems, evacuation routes, procedures for critical operations, rescue/medical duties, contact info for further information

29 CFR 1910.38(c)

- evacuation procedures by type of emergency, escape routes, head count procedure, rescue/medical contacts, alarm system description, employee training

29 CFR 1910.38(c), 1926.35

- an anchorage, connectors, a body harness and may include a lanyard, deceleration device, lifeline, or suitable combination of these

29 CFR 1926.1401

- maximum arresting force of 1,800 pounds with body harness

29 CFR 1926.502(d)(16)(ii)

- max arresting force 1,800 lbs with body harness

29 CFR 1926.502(d)(16)(ii)

- body harness required (body belt prohibited since Jan 1, 1998)

29 CFR 1926.502(d)

- an anchorage, connectors, a body belt or body harness

29 CFR 1926.500

- prompt rescue provision for each employee using personal fall arrest system, addressing suspension trauma/orthostatic intolerance

29 CFR 1910.140(c)(21)

- rescue training per 1910.269(a)(2)(vii); suspension trauma can occur within 6-30 minutes; practical proficiency demonstration required for rescue from poles, towers, aerial lifts, and manholes

29 CFR 1910.269(a)(2)(vii) / OSHA interpretation letters

- self-rescue and assisted rescue training for all tower climbers; rescue plan for each turbine with equipment pre-staged; rescue must be possible within 10-15 minutes of suspension (suspension trauma risk); GWO Basic Safety Training (BST) becoming industry standard: first aid, manual handling, fire...

General Duty Clause + GWO BST Standard + ANSI Z359 Fall Protection Code

- 100% tie-off from ground up; separate lifeline for each worker on tower; rescue planning critical as suspension trauma onset in 15-30 minutes at 80-120m height

1926.502 / ANSI Z359 / GWO

- site-specific rescue plan before every climb; must address: rescue from height (rope descent), rescue from suspension (suspension trauma onset in 5-30 minutes), rescue from inside structure (gin pole, antenna mount); each crew must have rescue-trained member; rescue kit at tower base: descent...

ANSI Z359.4 (Safety Requirements for Assisted-Rescue and Self-Rescue Systems) + carrier requirements

## COMPANY PROCEDURES

Guy's Construction implements the following procedures for rescue plan for fall arrest:

- Guy's Construction shall: evacuation procedures, reporting procedures, alarm systems, evacuation routes, procedures for critical operations, rescue/medical duties, contact info for further information

*29 CFR 1910.38(c)*

- Guy's Construction shall: evacuation procedures by type of emergency, escape routes, head count procedure, rescue/medical contacts, alarm system description, employee training

*29 CFR 1910.38(c), 1926.35*

- Guy's Construction shall: maximum arresting force of 1,800 pounds with body harness

*29 CFR 1926.502(d)(16)(ii)*

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- Guy's Construction shall: body harness required (body belt prohibited since Jan 1, 1998)

*29 CFR 1926.502(d)*

## TRAINING REQUIREMENTS

- All employees involved in this scope of work must receive initial training before beginning work
- Refresher training when procedures change or deficiencies are observed
- Training must be documented with date, topic, trainer, and attendees

## RECORDKEEPING

- Training records: duration of employment
- Inspection/monitoring records: project duration + 3 years
- Incident reports: 5 years

## Washington STATE-SPECIFIC REQUIREMENTS (FULL)

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