

# Fall arrest rescue technician weekly checklist

## PERSONAL PROTECTIVE EQUIPMENT REQUIRMENTS

Possible need of a Harness and Connecting Device, High-Visibility Vest, Overall, Safety Helmet for Heights, Climbing Gloves, Safety Boots and Safety Goggles



### ITEMS TO BE CHECKED

#### EQUIPMENT INSPECTION:

CHECK HARNESSES FOR WEAR AND TEAR  
INSPECT CARABINERS AND CONNECTORS  
EXAMINE LIFELINES FOR DAMAGE  
INSPECT RESCUE ROPES AND SLINGS  
CHECK PULLEY SYSTEMS  
INSPECT ALL HARDWARE FOR CORROSION  
TEST COMMUNICATION DEVICES  
CHECK RESCUE TRIPOD INTEGRITY  
INSPECT SELF-RETRACTING LIFELINES

#### TRAINING AND DRILLS:

REVIEW RESCUE PROCEDURES  
PRACTICE RESCUE SCENARIOS  
REVIEW SELF-RESCUE METHODS  
TRAIN ON DESCENT CONTROL DEVICES  
UPDATE ON ANY EQUIPMENT CHANGES  
HOLD MOCK RESCUE EXERCISES  
RE-EVALUATE CONFINED SPACE PROTOCOLS  
PRACTISE SUSPENSION TRAUMA MANAGEMENT

#### SAFETY PROTOCOLS:

ENSURE FIRST AID KIT IS REPLENISHED  
RECHECK EMERGENCY CONTACT LIST  
UPDATE SAFETY SIGNAGE  
VERIFY ALARM SYSTEMS FUNCTION  
REVIEW AND UPDATE EVACUATION ROUTES  
CHECK ACCESSIBILITY OF RESCUE AREAS  
ENSURE RESCUE AREA IS OBSTRUCTION-FREE

#### DOCUMENTATION:

LOG ALL EQUIPMENT INSPECTIONS  
UPDATE TRAINING RECORDS  
DOCUMENT ALL RESCUE DRILLS  
MAINTAIN INCIDENT REPORT FORMS  
REVIEW LAST INCIDENT REPORT  
CHECK FOR UPDATED SAFETY REGULATIONS

#### MAINTENANCE:

CLEAN AND STORE EQUIPMENT PROPERLY  
REPLACE WORN-OUT GEAR  
LUBRICATE NECESSARY EQUIPMENT  
TIGHTEN ANY LOOSE PARTS  
CHECK BATTERY LEVELS IN DEVICES

### ITEMS TO BE CHECKED

#### TEAM COORDINATION:

CONDUCT TEAM BRIEFINGS  
ADDRESS ANY TEAM CONCERNS  
COORDINATE WITH OTHER SITE TEAMS  
UPDATE ON SITE-SPECIFIC HAZARDS  
ENSURE TEAM KNOWS THEIR ROLES  
**ENVIRONMENTAL ASSESSMENT:**  
CHECK CHANGING WEATHER CONDITIONS  
ASSESS GROUND CONDITIONS AT RESCUE SITE  
EVALUATE SURROUNDING STRUCTURES  
UPDATE ON SITE CONSTRUCTION CHANGES  
IDENTIFY NEW POTENTIAL FALL HAZARDS

#### PERSONAL PREPAREDNESS:

ENSURE PERSONAL PPE FITS  
HYDRATE AND NUTRITION CHECKS  
MENTAL HEALTH AND STRESS CHECKS  
REVIEW PERSONAL EMERGENCY CONTACTS  
ENSURE PERSONAL TOOLS ARE READY

#### SYSTEM CHECKS:

TEST FALL ARREST SYSTEMS  
CHECK ANCHOR POINT STABILITY  
INSPECT VERTICAL & HORIZONTAL LIFELINES  
REVIEW EDGE PROTECTION MEASURES  
TEST FUNCTIONALITY OF REMOTE DEVICES

#### CONTINUOUS LEARNING:

ATTEND ANY AVAILABLE WORKSHOPS  
READ UP ON INDUSTRY UPDATES  
SHARE KNOWLEDGE WITH TEAMMATES  
ATTEND INDUSTRY WEBINARS OR TRAININGS  
FEEDBACK SESSION AFTER RESCUE OPS

#### EMERGENCY PREPAREDNESS:

CHECK EMERGENCY POWER BACKUPS  
ENSURE LIGHTING IN RESCUE AREAS  
RE-CONFIRM EMERGENCY ASSEMBLY POINTS  
ENSURE EMERGENCY VEHICLE ACCESSIBILITY  
TEST EMERGENCY COMMUNICATION LINES  
REVIEW MEDICAL FACILITIES AND ACCESSIBILITY  
CONDUCT REGULAR EMERGENCY DRILLS

#### MISCELLANEOUS:

UPDATE ON ANY PUBLIC HOLIDAY SCHEDULES

**“Bravery is not the absence of fear but action in the face of fear”**