

# SAFETY ACTION PLAN

ACTIVITY: ABSEILING

LOCATION: ABSEIL TOWER

## GROUP LEADER...

- ➡ Disclose relevant medical conditions
- ➡ Fulfil responsibilities in SAP below
- ➡ Assist with harness fitting
- ➡ Responsible for overall group management
- ➡ Disclose ERP if Instructor had to be incapacitated

## PARTICIPANTS...

- ➡ Comfortable (but not loose) clothing
- ➡ Long hair tied back
- ➡ Shoes (Recommended)

## INSTRUCTOR...

- ➡ Pass internal training and assessment program and hold nationally recognised abseiling qualification
- ➡ Current first aid certificate

## RESTRICTIONS

- Over 5 years old
- No back injuries
- Not suitable for pregnant woman

RATIOS (not including instructor)

1 adult : 12 students

What could go wrong? 'The potential harm'	What would cause it to go wrong? 'The hazard'	How could we prevent it from going wrong? 'The mitigation'	Responsibility of?	When will it be done?	Emergency Plan
Death/serious injury (fall from height)	<ul style="list-style-type: none"> <li>- Inadequate instruction</li> <li>- Failure to follow instruction re: procedures and boundaries</li> <li>- Equipment/anchor failure</li> <li>- Poorly fitted harness/helmet/incorrect attachments</li> <li>- Inversion</li> <li>- Extreme environmental event (Flooding, Earthquakes, Lightning &amp; High Winds)</li> </ul>	<ul style="list-style-type: none"> <li>- Instructors are suitably qualified</li> <li>- Clear instructions are given</li> <li>- Listen attentively and follow instructions</li> <li>- Regular inspections</li> <li>- Instructor to check harness and helmet fitting as well as all attachments</li> <li>- Chest harness to be worn if disproportional amount of body weight above harness</li> <li>- Move to the emergency evacuation area</li> </ul>	TSCC TS instructor  TS instructor <b>Participants + Group leaders</b> TS instructor	Before  Prior to setup, monthly Beginning & During In the event	<i>Suspected major injury</i> <ul style="list-style-type: none"> <li>- All to vacate top level of site</li> <li>- Instructor to coordinate first aid</li> <li>- Instructor to radio to main office to arrange for ambulance or extra assistance</li> <li>- Assess if activity can continue</li> </ul>
Impact injury (falling against wall, falling objects)	<ul style="list-style-type: none"> <li>- Slippery surface</li> <li>- Failure to apply instruction re: foot placement</li> <li>- Standing under abseiler</li> <li>- Falling objects</li> </ul>	<ul style="list-style-type: none"> <li>- Check surface before and during session</li> <li>- Listen attentively and follow instructions</li> <li>- Stand outside of bark area during abseil</li> </ul>	TS instructor  <b>Participants + Group leaders</b>  <b>Group leaders</b> <b>TS Instructor</b>	Before or During  During  During	<i>Entrapment</i> <ul style="list-style-type: none"> <li>- Instructor to follow procedure to release trapped item</li> </ul>
Suspension Trauma	<ul style="list-style-type: none"> <li>- Prolonged hanging in a harness</li> <li>- Arresting a fall</li> </ul>	<ul style="list-style-type: none"> <li>- Lowering the climber as soon as it is safe to do so</li> <li>- Use of belay setup with sufficient dynamic movement to reduce sudden jolts</li> </ul>	TS instructor+ Group leaders  TSCC	During  Before	<i>Other/ Minor Injury</i> <ul style="list-style-type: none"> <li>- Group leader to administer first aid</li> </ul>
Entrapment injury (hair, clothing, fingers)	<ul style="list-style-type: none"> <li>- Inappropriate clothing</li> <li>- Long hair</li> <li>- Failure to apply instruction re: hand position</li> </ul>	<ul style="list-style-type: none"> <li>- Remove loose clothing</li> <li>- Tie back long hair</li> <li>- Listen attentively to instructions</li> </ul>	<b>Participants + Group leaders</b>	Before & During	
Rope burn	<ul style="list-style-type: none"> <li>- Rappelling too fast</li> </ul>	<ul style="list-style-type: none"> <li>- Instructor controls descent speed</li> </ul>	TS instructor	During	
Exposure to elements (sun, wind, temperature)	<ul style="list-style-type: none"> <li>- Long periods out in the sun or wind and rain without correct clothes</li> <li>- Lighting, heavy rain</li> </ul>	<ul style="list-style-type: none"> <li>- Move to an indoor Activity during "bad weather"</li> <li>- Ensure the group has adequate clothing</li> </ul>	TS instructor  <b>Participants + Group leaders</b>	Before  Before & During	
Psychological harm	<ul style="list-style-type: none"> <li>- Fear of heights</li> <li>- Being bullied or forced to participate</li> </ul>	<ul style="list-style-type: none"> <li>- Challenge by choice</li> <li>- Group encouragement</li> </ul>	TS instructor <b>Participants + GL</b>	During	

Please note: the instructor may cancel this activity at any time if conditions outlined in this SAP are not able to be achieved or maintained.

Serious hazards are highlighted