

**113 – NORWEGIAN OIL AND GAS  
RECOMMENDED GUIDELINES**

**FOR**

**FALL PROTECTION AND RESCUE**

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## **1. Purpose**

To ensure that all personnel who use fall protection equipment are trained in the safe use and handling of the equipment.

To provide knowledge and common guidelines for rescue in connection with the use of fall protection equipment.

To ensure that companies and personnel are familiar with maintenance routines for fall protection equipment.

## **2. Target group**

All companies and all personnel that procure, use and maintain fall protection equipment.

## **3. Requirements regarding qualifications for the use of fall protection equipment \***

Personnel who are to use fall protection equipment (fall arrest harnesses, lifelines, work-positioning belt systems, fall arrest blocks and appurtenant rescue equipment) shall have documented practical training and theoretical instruction that provide them with knowledge about the structure, servicing, features and area of use of the equipment.

The training shall provide knowledge and skills in accordance with the requirements regarding safe use and servicing of fall protection equipment. The employer shall ensure that training in the use of specific equipment is provided.

The following regulations from the Norwegian Directorate of Labour shall form the basis for training and choice of fall protection equipment.

- Use of working equipment Regulation no. 555
- Use of personal protective equipment, Regulation no. 524

The following shall also form part of the basis:

- Relevant instructions for use
- Relevant standards

#### **4. Emergency preparedness for rescue**

Where fall protection equipment is used, a plan shall be established for rescue which is based on a thorough risk assessment.

This plan shall include as a minimum:

- Response time and location of rescue equipment
  - Availability of MOB boat for work at sea
- Requirements regarding regular, practical training
  - Training shall be regular, so that relevant crews maintain their skills. At least four exercises per year should be aimed for. This training shall be documented
- Who shall comprise the emergency crew for rescues
  - During work including fall protection equipment, minimum 2 persons shall be present for eventual rescue

#### **5. Requirements concerning qualifications for rescue preparedness**

Personnel who are to be involved in rescue preparedness shall have documented practical and theoretical training which provides knowledge about rescue operations. The training shall provide knowledge and skills with respect to the requirements made of rescue operations. These qualifications shall be maintained by taking a refresher course every 2 years.

The training shall include as a minimum:

- Rigging and use of rescue equipment
- Rescue of a freely suspended person
- Lowering / hoisting of a person
- Stabilisation of a person
- Knowledge of suspension trauma

## **7. Requirements regarding equipment**

Equipment must be procured, used and maintained in accordance with relevant and recognised standards (NS-EN). All fall protection equipment shall fulfil the requirements issued in regulation no. 819 of 19 August 1994 relating to the structure, design and manufacturing of personal protection equipment, and must therefore bear CE marking.

Fall arrest harnesses shall be equipped with 2 foot straps.

Inspection, storage and maintenance of the equipment shall be in accordance with the manufacturer's specifications.

All fall protection and support equipment shall be inspected at least every 12 months by a person authorised by the manufacturer (NS – EN 365). All equipment shall also be checked visually by an experienced user before and after use. All equipment shall have appropriate marking which shows the data of the last certification/periodical inspection.

(Ref. marking and control of lifting equipment)