



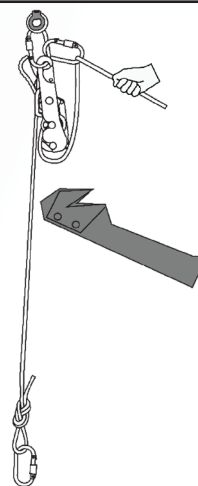
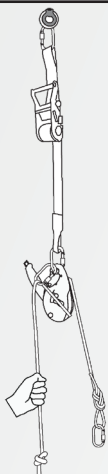
## Safety Bulletin - June 2020

### Fall Arrest Rescue Method Comparison

There are many types of fall arrest rescue methods that can be implemented on sites. In this bulletin we will compare the three most common rescue methods

Description of the various rescue methods:

| Ratchet Rescue  | 3:1 Pulley System  | Cut-away Rescue  |
|---|--|--|
| <ul style="list-style-type: none"> <li>The use of a ratchet device to lift the casualty approximately 30cm in order to allow the rescuer to remove the safety system that is under tension and lower the casualty to a safe platform</li> </ul> | <ul style="list-style-type: none"> <li>The use of a 3:1 mechanical advantage pulley system to either lift or lower the casualty the desired height to a safe platform</li> </ul> | <ul style="list-style-type: none"> <li>The suspension of a casualty by using a descending device in order to cut-away the safety system under tension in order to lower the casualty to a safe platform</li> </ul> |



Review of the different rescue systems:

| Criteria                               | Rating  |                   |                 |
|--|---|-------------------|-----------------|
|  | Ratchet Rescue  | 3:1 Pulley System | Cut away Rescue |
| Affordability                          | ★★★★☆   | ★★★★☆             | ★★★★☆           |
| Simplicity                             | ★★★★☆   | ★★★☆☆             | ★★★★☆           |
| Safety factor                          | ★★★★★   | ★★★★☆             | ★★★☆☆           |
| Lifting <b>and</b> lowering capability | ★★★☆☆   | ★★★★★             | ★★★☆☆           |
| Training required                      | ★★★★☆   | ★★★★☆             | ★★★★☆           |
| Overall rating                         | ★★★★★   | ★★★★☆             | ★★★★☆           |
| Gravity Training's recommendation      | The ratchet rescue is a tried and tested system. It is very safe as the casualty can't be disconnected from the original equipment if the system was installed incorrectly. It also avoids harmful equipment (like knives) close to ropes. The cut-away rescue carries a higher risk of shockloading, cutting the rope and incorrect installation than the other options. |                   |                 |

For more information on these systems and other solutions, contact [info@gravitygh.co.za](mailto:info@gravitygh.co.za) or visit [www.gravitygroupholdings.com](http://www.gravitygroupholdings.com).