

BEST PRACTICE #13

FALL PROTECTION INSPECTION CHECKLIST

Best Practices provided by CAMSAFETY are intended for reference purposes only and are not intended to cover all aspects of the topics discussed. MIOSHA & OSHA standards were the predominant references used for this document. It is highly recommended that any documents put into practice by your company be thoroughly reviewed and analyzed by a qualified safety professional.

Full Body Harnesses – Inspect before each use

- | | | |
|---|------------------------------|------------------------------|
| 1. Nylon webbing is free of cuts, burn marks, and chemical damage | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 2. Webbing is free of tears, broken fibers, frayed edges, and pulled stitches | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 3. D-rings are free of excessive wear, pits, deterioration, cracks, and sharp edges | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 4. D-rings pivot freely | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 5. Buckles are not deformed or cracked, and will operate correctly | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 6. All grommets are secure and not deformed | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 7. Harness webbing has no additional holes | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 8. All rivets are tight and not deformed | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 9. Tongue/straps show no excessive wear from repeated buckling | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |

Snaphooks – Inspect before each use

- | | | |
|---|------------------------------|------------------------------|
| 1. Snaphooks have no hook and eye distortions | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 2. Snaphooks have no cracks and pitted surfaces | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 3. Keeper latches are not be bent, distorted, or obstructed | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 4. Keeper latches seat into the nose without binding | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 5. Keeper springs securely close the keeper latches | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 6. Locking mechanism was tested to verify that keeper latches lock properly | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 7. All rivets are tight and not deformed | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 8. Tongue/straps show no excessive wear from repeated buckling | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |

Horizontal Lifelines – Inspect before each use

- | | | |
|---|------------------------------|------------------------------|
| 1. All labels are present, legible, and securely attached | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |
| 2. Lifeline rope has no visible physical damage | <input type="checkbox"/> Yes | <input type="checkbox"/> N/A |

3. All metallic parts for evidence of defects, damage, alteration, and missing parts Yes N/A

Lanyard/Shock-Absorbing Lanyard – Inspect before each use

1. Nylon webbing is free of cuts, abrasions, burn marks, and chemical damage Yes N/A
2. Webbing is free of tears, broken fibers, frayed edges, and pulled stitches Yes N/A
3. Wire rope lanyard is free of cuts, frayed areas, and unusual wearing patterns Yes N/A
4. Shock absorber pack is free of burn holes and tears Yes N/A
5. Shock absorber pack stitching is free of loose strands, rips, and deterioration Yes N/A
6. Flag on shock-absorbing lanyard has not been activated Yes N/A
7. D-rings are free of excessive wear, pits, deterioration, cracks, and sharp edges Yes N/A
8. D-rings pivot freely Yes N/A

Self-Retracting Lanyards – Inspect before each use

1. Body has no visible physical damage Yes N/A
2. All back nuts or rivets are tight Yes N/A
3. Nylon strap is free of any burns, kinks, knots, and excessive wear Yes N/A
4. Nylon strap is free of tears, broken fibers, frayed edges, and pulled stitches Yes N/A
5. Nylon strap retracts freely Yes N/A
6. Unit was tested to verify that the locking mechanism is operating correctly Yes N/A

Tie-Off Adaptors/Anchorages – Inspect before each use

1. Tie-off adaptor is free of cuts, abrasions, burn marks, and chemical damage Yes N/A
2. Tie-off adaptor is free of tears, broken fibers, frayed edges, and pulled stitches Yes N/A
3. Tie-off adaptor is free of signs of deterioration, heat damage, and stretching Yes N/A
4. Unit was tested to verify that the locking mechanism is operating correctly Yes N/A