

## Appendix C: Pre Use - Personal Fall Restraint/Arrest System Inspection Checklist

Name:

Date:

Equipment:

Equipment Age:

Instructions: Inspect each element listed below to ensure all components are in good working order. Paperwork does not need to be saved but serve as a guide to assist with the inspection process, except in the case that a component fails this inspection. Any component of a fall arrest system that fails this inspection must be noted on this checklist, removed from service, and EHS must be notified.

<b>FULL BODY HARNESS</b>		
<b>Hardware</b>	Accept:	Reject:
D rings, buckles, keepers, back pads. Inspect for damage, distortion, sharp edges, burrs, cracks, corrosion, rust	Notes:	
<b>Webbing</b>	Accept:	Reject:
Inspect for cuts, burns, tears, abrasions, frays, excessive soiling, discoloration	Notes:	
<b>Stitching</b>	Accept:	Reject:
Inspect for pulled or cut stitches	Notes:	
<b>Labels</b>	Accept:	Reject:
Ensure labels are present and legible	Notes:	
<b>Lanyard</b>		
<b>Hardware</b>	Accept:	Reject:
Snap hooks, carabiners, adjusters, keepers, thimbles, and D rings. Inspect for damage, distortion, sharp edges, burrs, cracks, corrosion, proper operation	Notes:	
<b>Webbing</b>	Accept:	Reject:
Inspect for cuts, burns, tears, abrasions, frays, excessive soiling, discoloration	Notes:	
<b>Stitching</b>	Accept:	Reject:
Inspect for pulled or cut stitches	Notes:	
<b>Synthetic Rope</b>	Accept:	Reject:

Inspector for pulled/cut yarns, burns, abrasions, knots, excessive soiling, discoloration	Notes:	
<b>Energy Absorbing Component</b>	Accept:	Reject:
Inspect for elongation tears, excessive soiling	Notes:	
<b>Labels</b>	Accept:	Reject:
Ensure labels are present and legible	Notes:	
<b>Snap Hooks and Carabiners</b>		
<b>Physical Damage</b>	Accept:	Reject:
Inspect for cracks sharp edges, burrs, deformities, and locking operations	Notes:	
<b>Excessive Corrosion</b>	Accept:	Reject:
Inspector for corrosion, which affects the operation and/or strength	Notes:	
<b>Anchorage</b>		
<b>Integrity</b>	Accept:	Reject:
Inspect for signs of damage, corrosion, burrs, and ensure solid attachment to solid surface	Notes:	