

Appendix D: Annual - Personal Fall Restraint/Arrest System Inspection Checklist: Harness

Name:

Department:

Title:

Instructions: Inspect the element listed below to ensure all components are in good working order. Any component of a fall arrest system that fails this inspection must be noted on this checklist and immediately removed from service. Records are to be saved for at least three years.

Full Body Harness		
Model:		Manufacture Date:
Serial Number:		Lot Number:
Purchase Date:		
Hardware	Accept:	Reject:
D rings, buckles, keepers, back pads. Inspect for damage, distortion, sharp edges, burrs, cracks, corrosion, rust	Notes:	
Webbing	Accept:	Reject:
Inspect for cuts, burns, tears, abrasions, frays, excessive soiling, discoloration	Notes:	
Stitching	Accept:	Reject:
Inspect for pulled or cut stitches	Notes:	
Labels	Accept:	Reject:
Ensure labels are present and legible	Notes:	

Overall Pass/Fail:

Signature:

Date:

Annual Personal Fall Restraint/Arrest System Component Inspection Checklist: Lanyards

Name:

Department:

Title:

Instructions: Inspect the element listed below to ensure all components are in good working order. Any component of a fall arrest system that fails this inspection must be noted on this checklist and immediately removed from service. Records are to be saved for at least three years.

Lanyard		
Model:		Manufacture Date:
Serial Number:		Lot Number:
Purchase Date:		
Hardware	Accept:	Reject:
Snap hooks, carabiners, adjusters, keepers, thimbles, and D rings. Inspect for damage, distortion, sharp edges, burrs, cracks, corrosion, proper operation	Notes:	
Webbing	Accept:	Reject:
Inspect for cuts, burns, tears, abrasions, frays, excessive soiling, discoloration	Notes:	
Stitching	Accept:	Reject:
Inspect for pulled or cut stitches	Notes:	
Synthetic Rope	Accept:	Reject:
Inspector for pulled/cut yarns, burns, abrasions, knots, excessive soiling, discoloration	Notes:	
Energy Absorbing Component	Accept:	Reject:
Inspect for elongation tears, excessive soiling	Notes:	
Labels	Accept:	Reject:
Ensure labels are present and legible	Notes:	

Overall Pass/Fail:

Signature:

Date:

Annual Personal Fall Restraint/Arrest System Component Inspection Checklist: Hooks & Carabiners

Name:

Department:

Title:

Instructions: Inspect the element listed below to ensure all components are in good working order. Any component of a fall arrest system that fails this inspection must be noted on this checklist and immediately removed from service. Records are to be saved for at least three years.

Snap Hooks and Carabiners		
Model:	Manufacture Date:	
Serial Number:	Lot Number:	
Purchase Date:		
Physical Damage	Accept:	Reject:
Inspect for cracks sharp edges, burrs, deformities, and locking operations	Notes:	
Excessive Corrosion	Accept:	Reject:
Inspector for corrosion, which affects the operation and/or strength	Notes:	

Overall Pass/Fail:

Signature:

Date:

Annual Personal Fall Restraint/Arrest System Component Inspection Checklist: Anchorages

Name:

Department:

Title:

Instructions: Inspect the element listed below to ensure all components are in good working order. Any component of a fall arrest system that fails this inspection must be noted on this checklist and immediately removed from service. Records are to be saved for at least three years.

Anchorage		
Model:		Manufacture Date:
Serial Number:		Lot Number:
Purchase Date:		
Physical Damage	Accept:	Reject:
Inspect for cracks sharp edges, burrs, deformities, and locking operations	Notes:	
Excessive Corrosion	Accept:	Reject:
Inspector for corrosion, which affects the operation and/or strength	Notes:	

Overall Pass/Fail:

Signature:

Date:

Annual Personal Fall Restraint/Arrest System Component Inspection Checklist: Lifelines

Name:

Department:

Title:

Instructions: Inspect the element listed below to ensure all components are in good working order. Any component of a fall arrest system that fails this inspection must be noted on this checklist and immediately removed from service. Records are to be saved for at least three years.

Self-Retracting Lifeline		
Model:	Manufacture Date:	
Serial Number:	Lot Number:	
Purchase Date:		
Impact Indicator	Accept:	Reject:
Inspect for activation (rupture of red stitching, elongated indicator etc.)	Notes:	
Screws/Fasteners	Accept:	Reject:
Inspect for damage and ensure all screws and fasteners are tight	Notes:	
Housing	Accept:	Reject:
Inspect for distortion, cracks and other damage. Inspect anchoring loop for distortion and damage	Notes:	
Lifeline	Accept:	Reject:
Inspect for cuts, burns, tears, abrasion, frays, excessive soiling and discoloration, broken wires	Notes:	
Locking Action	Accept:	Reject:
Inspect for proper lock-up of brake mechanism	Notes:	
Retraction/extension	Accept:	Reject:
Inspect spring tension by pulling lifeline out fully and allowing it to retract fully	Notes:	
Hooks/carabiners	Accept:	Reject:
Inspect for physical damage, corrosion, proper operation and markings	Notes:	
Reserve Lifeline	Accept:	Reject:
Inspect retention systems for deployment	Notes:	

Labels	Accept:	Reject:
Ensure labels are secure and legible	Notes:	

Overall Pass/Fail:

Signature:

Date: