



Fall Protection Checklist

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Answers to the following questions will help identify the hazardous conditions involved when using Fall Arrest/Protection Equipment. This checklist will help eliminate the fall hazards associated with work on unguarded horizontal and vertical work surfaces.

Requirements for Fall Protective Equipment

	Yes	No
1. Are Fall Protection Systems used when work is being performed where potential fall distance is 6 feet or more?	_____	_____
2. Has there been coordination with the local emergency response organization(s) prior to the commencement of work to determine rescue ability within 30 minutes?	_____	_____
3. Does a Safety Observer accompany the person performing the work requiring personal fall arrest and restraint systems?	_____	_____
4. Does the Safety Observer have immediate access to a reliable communication device for contacting the local emergency response organization should an accident occur?	_____	_____
5. Are only full body harnesses, with compatible components, being utilized for personal fall arrest systems?	_____	_____
6. Are vertical lifelines being used by personnel for fall arrest purposes, when available?	_____	_____
7. Are ladder safety systems being used if installed?	_____	_____
8. Do employees use hard hats when climbing?	_____	_____
9. Are all employees who perform work on roofs, in hoist areas, excavation 5 feet and more, etc., protected from falling or tripping by using appropriate fall protection systems?	_____	_____
10. Is falling object protection being used when work is being performed at an elevated work 6 feet or more above a lower level?	_____	_____

11. When work is performed at elevated work-sites, is the area enclosed with barricades, if required, to protect personnel and other workers? _____
12. Are signs posted, warning of the falling hazards where applicable? _____
13. Are fall arrest systems inspected by the user prior to each use and also annually? _____
14. Are fall arrest system components removed from service and destroyed after being subjected to loading from a fall? _____
15. Are harnesses and lanyards inspected, maintained and stored according to OSHA standards? _____
16. Have all employees required to climb, work on, or descend structures been trained in fall protection and rescue? _____
17. Has a Safety Observer been trained in emergency notification and in the use of rescue equipment/operations if local emergency organization is not available within 30 minutes? _____
18. Has re-training been provided to all affected employees, as required? _____

Anchorage Points

1. Do workers know appropriate anchorage points for each task that requires a fall-arrest or restraint system? _____
2. Are all anchorage points stable, substantial, and Have sufficient strength to withstand twice the potential impact energy of the free-fall? _____
3. Are all anchorage points for body harnesses located at shoulder height? _____
4. Are anchorage points for self-retracting lifeline systems located overhead? _____
5. Can a worker move from one station to another or climb up and down without exposure to a fall? _____

Vertical Lifelines

1. Does the lifeline have a minimum breaking strength of 5,000 pounds? _____
2. Is the lifeline protected from abrasive or cutting edges? _____

3. Does the system provide fall protection as the worker connects to or releases from the lifeline? _____
4. Is the lifeline arranged so the worker never has to hold onto it for balance? _____

Horizontal Lifelines

1. Has the entire horizontal lifeline system been designed and approved by a competent person? _____
2. Has the designer of the system approved the number of workers who will be using it? _____
3. Is the rope and cable free from signs of wear and abrasions? _____
4. Have the workers been warned about potential falls? _____
5. Have the clearances been checked? _____
5. Is the hardware riding on the horizontal lifeline made of steel? (aluminum is not permitted because it wears excessively) _____

Fall Arresters

1. Is the fall arrester compatible with the lifeline on which it is to be operated? _____
2. Is the fall arrester in operational condition? _____
3. Is the fall arrester equipped with a changeover lever that allows it to become a stationary anchor on the lifeline? _____
4. Is the fall arrester equipped with a locking mechanism that prevents unintentional opening of the device and subsequent disengagement from the lifeline? _____
5. Is the fall arrester's "up" direction marked properly so that the equipment can be attached to the line correctly? _____
6. Is the fall arrester included in the regular maintenance inspection program? _____

Lanyards

1. Is the lanyards length as long as necessary and in no case greater than 6 feet? _____
2. Are manually adjustable lanyards used when it is desirable to be able to take slack out of the _____

lanyard? _____

3. Does the lanyard have a shock-absorber feature to limit the arresting forces to 500-600 pounds? _____

4. Are workers prohibited from tying knots from the lanyard to the lifeline? _____

Snap Hooks

1. Are double locking snap hooks being used? _____

2. Is the snap hook attached to the D-ring, eyebolt, or other hardware in a manner approved by the manufacturer? _____

3. Are the snap hooks inspected regularly for stress, wear, distortion, and spring failure? _____

4. Are the snap hooks arranged so they are never connected to each other? _____

Body Harness

1. Are full body harnesses selected for a particular job equipped with all the necessary attachment points? (for fall arresting, work positioning, descent control, rescue, or ladder fall-protection systems) _____

2. Are body harnesses inspected regularly for wear, abrasion, broken stitching, and missing hardware? _____

3. Is the Velcro type of closure prohibited from all load-bearing connections? _____

4. Have workers been instructed in the use and care of body harnesses? _____

Other Considerations

1. Has the free distance been considered, so that a worker will not strike a lower surface or object before the fall is arrested? _____

2. Have pendulum-swing fall hazards been eliminated? _____

3. Have safe methods to retrieve fallen workers been planned? _____

4. Is all fall-arrest equipment free of potential damage from welding, chemical corrosion, or sandblasting? _____

5. Are all regular inspections being performed by _____

trained inspectors?

6. Are written inspection reports being maintained?



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