Fall Protection Checklist

Location/Department:	Date of Inspection:
Inspectors:	
Corrective Actions: Work order/memos were issued: Yes No Date issued:	

In accordance with the MIOSHA and OSHA standards the employer shall provide and install all fall protection systems prior to the employee beginning work requiring fall protection.

The best fall arrest system should be designed, tested and supplied as a complete system; however, most systems are component-based. It should be noted that not all components are interchangeable.

Topic Description	Yes	No	N/A	Comments
Guardrail System				
Is the height of the top edge of the system 42″ ± 3″ above the working surface?				
Has the midrail, screens, mesh, intermediate vertical members or equivalent intermediate structural membrane been installed between the top edge of the guardrail system and the walking/working surface at a minimum height of 21″?				
Is the guardrail system capable of withstanding at least 200 lbs. of force applied within 2″ of the top edge in any outward or downward direction at any point along the top edge?				
Is the guardrail system capable of withstanding at least 150 lbs. of force applied within 2″ of the midrails, screens, mesh or intermediate vertical members in any downward or outward direction at any point along the midrail?				
Do not use steel banding and plastic banding as top or midrails.				
Are the top and midrails at least 1/4″ in nominal diameter or thickness?				
If wire rope is used as the top rail is it flagged every 6′ with highly visible material?				
Are guardrail openings marked with a chain or removable guard when used at hoisting areas?				
If the height of the guardrail exceeds 45″ does the guardrail system meet all other criteria in this checklist?				

Fall Protection Checklist *(continued)*				
Topic Description	**Yes**	**No**	**N/A**	**Comments**
Fall Arrest System				
Overview				
Is the minimum breaking strength for lanyards and vertical lifelines rated for 5000 lbs.?				
Has the personal fall arrest system been rigged to prevent the employee from free falling more than 6′?				
Has the personal fall arrest system been rigged to prevent any contact with any lower level or surface?				
Does the personal fall arrest system bring the employee to a complete stop and limit maximum deceleration distance an employee can travel to 3.5′?				
Does the personal fall arrest system have sufficient strength to withstand 2X the potential impact energy of an employee free falling a distance of 6′, or free fall permitted by the system, whichever is less?				
Has a system for prompt rescue been designed and put in place in the event of a fall?				
Has a system for prompt rescue been designed and put in place to permit employees to rescue themselves if they are able?				
If original components have been replaced, do they meet the ANSI Z359.1-1992 approval?				
Was the complete fall protection system purchased from a reputable safety equipment manufacturer?				
Is the equipment maintained in accordance with the manufacturer's recommendations and written company policy?				
Are records kept on this maintenance?				
Has the user assembled and installed all equipment according to the manufacturer's instructions?				
Has the user inspected and maintained all equipment in accordance with the manufacturer's instructions?				
Is the equipment suited for the intended work task, and is it capable of providing continuous protection?				
Has each user received training — when hired and/or within the last 12 months — in the proper and safe use and operation of the equipment?				
Do all users fully understand the instructions and agree to use the equipment in a safe manner?				

Fall Protection Checklist *(continued)*				
Topic Description	**Yes**	**No**	**N/A**	**Comments**
Is the winch the user is using for confined space designed specifically to lift a person? Are all winches used for primary lifting, lowering or training? Is there a lifeline system as backup in case of failure?				
Harnesses/Body Belts				
Have all body belts been removed from the personal fall arrest system? (Body belts are *no*t to be used as part of the personal fall arrest system after January 1, 1998.)				
If body belts remain, are they used just as a positioning device?				
Are the ropes, straps (webbing) used in lanyards, lifelines, and strength components of body harnesses made from synthetic fibers?				
When stopping a fall does the personal fall arrest system that uses a body harness have a limit maximum arresting force on the employee of 1,800 lbs.?				
Connections				
Is the attachment point of the body harness located in the center of the user's back near shoulder level or above the user's head?				
Are connectors used made of drop forged, pressed or formed steel, or equivalent materials?				
Is the minimum tensile strength for D-rings and snaphooks 5,000 lbs.?				
Are only locking-type snaphooks used in the personal fall arrest system?				
Are the anchors used for attachment of personal fall arrest equipment independent of the anchors being used to support or suspend platforms?				
Are the anchors rated to support at least 5000 lbs. per employee attached?				
Are the anchorage points located at least shoulder high? It is preferable to have the anchorage point overhead.				
Are all anchorage points labeled with bright color tape so they can be easily identified by the users?				
Is all hardware (such as bolts, D-rings, metal links and shackles) maintained in an "as-new" operating condition? Are they discarded if they are jammed open, non-functioning or damaged?				

Fall Protection Checklist *(continued)*				
Topic Description	**Yes**	**No**	**N/A**	**Comments**
Is the D-ring used at the center of the back of the harness used for fall protection?				
Is the D-ring used at the front of the harness used for climbing?				
Is the D-ring at the sides used for work positioning?				
A *yes* answer to any of the following questions will result in a violation of the OSHA guidelines for Fall Protection.				
When using locking snaphooks are two snaphooks attached together in any manner?				
When using a locking snaphook do you attach it back on its own lanyard?				
When using a locking snaphook do you attach it directly to a horizontal lifeline?				
When using a locking snaphook do you attach two or more snaphooks to one D-ring?				
When using a locking snaphook do you attach it to a webbing loop or webbing lanyard?				
When using a locking snaphook do you attach it to a D-ring, eyebolt, rebar, or other attachment point that has improper dimensions in relation to snaphook dimensions?				
Horizontal				
Was the horizontal lifeline designed, installed and used under the supervision of a qualified person? Does it maintain a safety factor of at least two?				
Are horizontal lifelines assembled at the ground level and then hoisted to the workstation to avoid exposing installers to fall hazards?				
Are the horizontal lifelines installed between 7′–7.5′ overhead of the user whenever possible?				
Is only one person at a time permitted to use the horizontal system?				
Are horizontal lifelines used to prevent swing falls?				
Is one horizontal lifeline used per beam to discourage workers from moving sideways from beam to beam?				

Fall Protection Checklist *(continued)*				
Topic Description	**Yes**	**No**	**N/A**	**Comments**
Vertical Systems				
Does each employee attach to a separate lifeline when using vertical lifelines?				
Is the distance between the worker and the fixed climbing protection kept as short as possible and directly in line between the body and the ladder?				
Have all designated climbers received suitable training?				
Do all designated climbers have backup fall protection?				
Has it been determined if a self-retracting lifeline device with a tag line is appropriate for ladder climbing protection?				
Check the webbing with your hands 6″–8″ inches apart. Bend the webbing.				
Lanyard				
Are you using 600–700 lb. shock-absorbing lanyards for the best protection where 4″ of clearance distance is available? This type of lanyard has a stress indicator; if it shows, has the lanyard been removed from service?				
Did you closely inspect the lanyard's hook and eye for distortions, cracks, corrosion or pitted surfaces?				
Does the keeper or latch seat well into the nose of the hook without binding? Does the keeper lock prevent the keeper from opening when it is closed?				
Are the thimbles firmly seated in the eye of the splice? Was the eye checked for loose or cut strands?				
Was the steel lanyard rotated in all directions to check for cuts, frayed areas, or unusual wearing patterns?				
Was the webbing examined for any signs of swelling, discoloration, cracking, or charring from heat or chemical damage?				
Was the rope lanyard rotated in all directions, as well as end to end, to check for fuzzy, worn, broken or cut fibers?				
Is the rope diameter uniform throughout following the break-in period?				
Was the outer portion of the shock absorber pack examined for burn holes and tears?				

Fall Protection Checklist *(continued)*				
Topic Description	**Yes**	**No**	**N/A**	**Comments**
Is the stitching on the areas where the pack is sewn to the D-rings, belts or lanyards examined for loose strands, rips and deterioration prior to each use?				
Was the shock-absorbing lanyard reviewed for the warning flags or signs of deployment? (Remove the lanyard from service if the flag has been activated.)				
Warning Line System				
Is the warning line erected around all sides of the roof work area?				
Are the points of access, material handling areas, storage areas, and hoisting areas connected to the work area by an access path formed by two warning lines?				
Are the ropes, wires or chains flagged at 6′ intervals with highly visible material?				
Is the rope, wire, or chain rigged and supported in such a way that its lowest point (this includes the sag) is no more that 34″ from the walking/working surface and its high point is no more than 39″ from the walking/working surface.				
Are the warning line system stanchions (erected with rope, wire, or chain attached) capable of resisting (without tipping over) a force of at least 16 lbs. applied horizontally against the stanchion, 30″ above the walking/working surface, perpendicular to the warning line and in the direction of the floor, roof or platform edge?				
Is the line attached at each stanchion in such a way that pulling on one section of the line between stanchions will not result in slack being taken up in adjacent sections before the stanchion tips over?				
Are employees who are not performing roofing restricted from entering the area between a roof edge and a warning line?				
Positioning Device System				
Is the positioning device rigged such a way that an employee cannot free fall more than 2′?				
Is the positioning device secured to an anchorage capable of supporting at least 2X the potential impact load of an employee's fall, or 3,000 lbs., whichever is greater?				
Do the connecting assemblies have a minimum tensile strength of 5,000 lbs.?				

Fall Protection Checklist *(continued)*				
Topic Description	**Yes**	**No**	**N/A**	**Comments**
Is an inspection conducted of the positioning device system prior to each use?				
Are damages and defective components removed from service?				
Controlled Access Zones				
When the controlled access zone is used to control access to an area or areas where leading edge and other operations are taking place is it controlled by a line?				
When the controlled access zone is used to control access to an area or areas where leading edge and other operations are taking place is it controlled by some means other than a line?				
When controlled lines are used, are they erected not less than 6′ nor more than 25′ from the unprotected or leading edge, except when erecting precast concrete members?				
Does the control line extend along the entire length of the unprotected or leading edge and approximately parallel to the unprotected or leading edge?				
Is the control line connected on each side to a guardrail or wall?				