FALL PROTECTION INSPECTION CHECKLIST

This is provided by **CAM***SAFETY* for reference purposes only and is not intended to cover all aspects of the topics discussed. MIOSHA & OSHA standards are 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	☐ Yes	☐ N/A
2.	Webbing is free of tears, broken fibers, frayed edges, and pulled stitches	☐ Yes	☐ N/A
3.	D-rings are free of excessive wear, pits, deterioration, cracks, and sharp edges	☐ Yes	☐ N/A
4.	D-rings pivot freely	☐ Yes	☐ N/A
5.	Buckles are not deformed or cracked, and will operate correctly	☐ Yes	☐ N/A
6.	All grommets are secure and not deformed	☐ Yes	☐ N/A
7.	Harness webbing has no additional holes	☐ Yes	☐ N/A
8.	All rivets are tight and not deformed	☐ Yes	☐ N/A
9.	Tongue/straps show no excessive wear from repeated buckling	☐ Yes	☐ N/A

Snaphooks – Inspect before each use

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

Horizontal Lifelines – Inspect before each use

1.	All labels are present, legible, and securely attached	☐ Yes	☐ N/A
2.	Lifeline rope has no visible physical damage	☐ Yes	☐ 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