

Self-Inspection for Fall Prevention

Date: _____

Completed by: _____

Signature: _____

FULL BODY HARNESS

- Carefully examine all nylon straps to make sure there are no burn marks, which could weaken the material.
- Check for broken, frayed or broken fibers, pulled stitches, or frayed edges anywhere in the harness.
- Examine the D-ring for excessive wear, holes, deterioration or cracks.
- Check that the buckles are not deformed, cracked and working properly.
- Check that each buttonhole, if present, is safe and does not deal with abuse or fall.
- The harness should never have additional drilled holes.
- All rivets must be tight and not deformed.
- Check the tongue/traps for excessive wear of repeated buckling.

ACOLLADORES/ ACOLLADORES ABSORBENTES

- Check the cord material for cuts, burns, abrasions, twists, knots, broken stitches, and excessive wear.
- Inspect the quick hooks for distortions in the hook, locks, and eye.
- Check that the carabiner wear excessive wear, distortion and locking operation.
- Ensure that all locking mechanisms are properly secured and locked.
- Once locked, the locking mechanism should prevent the hook from opening.
- Visually inspect the shock for any signs of damage, paying close attention to where the shock attaches to the cord.
- Check that the points where the bead adheres to the pressure hooks are free of defects.

PRESSURE HOOKS

- Inspect the pressure hook for any hook and eye distortion.
- Check for cracks or boned surfaces.
- The guardian latch must not be bent, distorted or clogged.
- Check that the doorman closes the seats in the nose without tying.
- Verify that the gatekeeper's dock firmly closes the gatekeeper latch.
- Test the locking mechanism to verify that the gatekeeper latch is locked correctly.

LANYARD/ SELF-RETRACTING LIFELINE

- Visually inspect the body to make sure there is no physical damage to the body.
- Make sure all nuts and rivets are tight.
- Make sure the entire length of the nylon strap/wire cable is free of cuts, burns, abrasions, twists, knots, broken dots/strands, excessive wear and retracts freely.
- Test the unit by pulling the cord/lifeline sharply to verify that the locking mechanism is working properly.
- If required by the manufacturer, make sure that the retractable cord is returned to the manufacturer for scheduled annual inspections.

STORAGE AND MAINTENANCE OF FALL PROTECTION EQUIPMENT

1. Never store personal fall arrest equipment at the bottom of a toolbox, on the ground or outdoors exposed to the elements (i.e. sun, rain, etc.).
2. Hang the equipment in a cool, dry place in a way that retains its shape.
3. Always follow the manufacturer's recommendations for inspections.
4. Clean with a mild, non-abrasive soap and hang to dry.
5. Never force the sequence or use strong detergents when cleaning.
6. Never store equipment near excessive heat, chemicals, moisture or sunlight.
7. Never store in an area with exposure to fumes or corrosive elements.
8. Avoid dirt or other build-up in the equipment.
9. Never use this equipment for any purpose other than personal fall arrest.
10. Once exposed to a fall, remove the equipment from service immediately.

Inspection of the Personal Fall Arrest System

All fall protection equipment shall be inspected prior to each use in accordance with the manufacturer's instructions.

The following is a general guide to the inspection of this equipment.

Harness Inspection Tape

Inspect the entire surface of the belts for damage. Starting at one end, fold the strap into an inverted "U". Holding the body side of the belt towards you, grab the belt with your hands six to eight inches away. This surface tension makes damaged fibers or cuts easier to see. Watch for frayed edges, broken fibers, pulled stitches, cuts, burns, and chemical damage.

Rings "D" / Rear pads

Check the "D" rings for distortion, cracks, breakages and rough or sharp edges. The "D" ring should pivot freely. The "D" ring back pads should also be inspected for damage.

Buckle attachment

Be aware of any unusual wear, frayed or cut fiber, or distortion of the buckles.

Language/Grommet

The tongue receives intense wear and tear from the buckling and debrocing repeated. Inspect for loose, distorted, or broken eyelets. The belt must not have any additional drilled holes.

Tongue buckle

Buckle tongues must be free of distortion in form and movement. They should overlap the buckle frame and move freely back and forth on their socket. The roller should rotate freely on the frame. Check for distortions or sharp edges.

Friction and Mating Buckles

Inspect the buckle for distortion. The outer bars and the center bars must be straight. Pay special attention to the corners and attachment points of the center bar.

Lanyard Inspection Hardware Hooks

Close-up inspection for hook and eye distortions, cracks, corrosion, or boneless surfaces. The doorman should sit on the nose without bonding and should not be distorted or obstructed. The warden's dock must exert sufficient force to firmly close the doorman. The guard locks must prevent the gatekeeper from opening when the gatekeeper is closed.

Thimbles: The thimbles must be firmly seated in the eye of the splice, and the splice should not have loose or cut strands. The edges of the thimble must be free of sharp edges, distortion, or cracks.

Web Lanyard

When bending the belts onto a curved surface, such as a pipe, observe each side of the network bead. This will reveal any cuts or breaks. Examine the straps for swelling, discoloration, cracks, or burns. Observe carefully any breakage in the seam.

Rope Cords

Rotating the rope cord while inspecting from end to end will cause blurred, worn, broken or cut fibers. Weakened areas of extreme loads will appear as a noticeable change from the original diameter. The diameter of the rope should be uniform throughout, after a short rest period. Make sure the rope has no knots tied in it. The knots can reduce the strength of the rope by up to 60%.

Shock-Absorbing Cords

Shock-absorbing cords should be examined as a network cord. However, also look for signs of deployment. If the bead shows signs of being placed under load (e.g. seams torn off), remove it from service.