

## Fall-arrest system checklist

(Any deficiencies must be corrected.)

ANCHORAGE POINTS	YES	NO	NA
1. Do workers know appropriate anchorage points for each task that requires a fall-arrest or restraint system?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are all anchorage points stable, substantial, and have sufficient strength to withstand twice the potential energy of a free-fall impact?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are all anchorage points for body harnesses located at shoulder height?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Are anchorage points for self-retracting lifeline systems located overhead?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Can a worker move from one station to another or climb up and down without exposure to a fall?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. If the lifeline, lanyard, or self-retracting lifeline is not permanently attached to an anchorage point at the elevated work area, is the first worker up or the last worker down protected while climbing and traversing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VERTICAL LIFELINES	YES	NO	NA
1. Does the lifeline have a minimum breaking strength of 5,000 pounds (2,268 kilograms)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Is the lifeline protected from abrasive or cutting edges?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does the system provide fall protection as the worker connects to and releases from the lifeline?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Is the lifeline arranged so workers never have to hold it for balance? A lifeline should never be used for balance.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is the vertical segment integrated with the horizontal segment to provide continuous fall protection?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HORIZONTAL LIFELINES	YES	NO	NA
1. Has the entire horizontal lifeline system been designed and approved by a competent person?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Have the anchorages to which the lifeline is attached been designed and evaluated specifically for a horizontal lifeline?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Has the designer of the system approved the number of workers who will be using it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Is the rope or cable free from signs of wear or abrasion?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Does the rope or cable have the required initial sag?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Have the workers been warned about potential falls?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Have the clearances been checked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Is the hardware riding on the horizontal lifeline made of steel? Aluminum is not permitted because it wears excessively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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FALL ARRESTERS	YES	NO	NA
1. Is the fall arrester compatible with the lifeline on which it is to be installed or operated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Is the fall arrester in operational condition?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is the fall arrester equipped with a changeover lever that allows it to become a stationary anchor on the lifeline?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Is the fall arrester equipped with a locking mechanism that prevents unintentional opening of the device and subsequent disengagement from the lifeline?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is the fall arrester's "up" direction marked properly so that the equipment can be attached to the line correctly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the fall arrester included in a regular maintenance program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LANYARDS	YES	NO	NA
1. Is the lanyard length as short as necessary and in no case greater than 6 feet (1.8 meters)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are manually adjustable lanyards used when it is desirable to be able to take slack out of the lanyard?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does the lanyard have a shock-absorbing feature to limit the arresting forces to 500-600 pounds (227-272 kilograms)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. If the lanyard has a shock absorber, is it obvious to the user that the shock absorber has been deployed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Is there a warning label, broken pouch, etc.?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you prohibited tying of knots from the lanyard to the lifeline? Mechanical rope grabs or fall arresters must be used.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RETRACTABLE LIFELINE	YES	NO	NA
1. Are workers properly trained to use a retractable lifeline (RL)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Is the RL under a regular maintenance and inspection program?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is the end of the cable properly spliced? For example, use a thimble eye, Flemish eye-spliced, or swaged fitting/ferrule.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SNAP HOOK	YES	NO	NA
1. Have double-locking snap hooks been used?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Is the snap hook attached to the D-ring, eyebolt, or other hardware in a manner approved by the manufacturer of the snap hook?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Are snap hooks inspected regularly for stress, wear, distortion, and spring failure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Are snap hooks arranged so they are never connected to each other? They should <b>not</b> be connected to each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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<b>BODY HARNESES</b>	YES	NO	NA
1. Are full-body harnesses selected for a particular job equipped with all necessary attachment points? This should be done for fall arresting, work positioning, descent control, rescue, and ladder fall-protection systems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are body harnesses inspected regularly for wear, abrasion, broken stitching, and missing hardware?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Is the Velcro® type of closure prohibited from all load-bearing connections?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Have workers been instructed in the use and care of body harnesses/body belts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>OTHER CONSIDERATION</b>	YES	NO	NA
1. Has the free-fall distance been considered, so that a worker will not strike a lower surface or object before the fall is arrested?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Have pendulum-swing fall hazards been eliminated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Have safe methods to retrieve fallen workers been planned?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Is all fall-arrest equipment free of potential damage from welding, chemical corrosion, or sandblasts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Are all components of the system compatible according to the manufacturer's instruction?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Have employees been properly trained in the following issues? —Manufacturer's recommendations, restrictions, instructions, and warnings —Location of appropriate anchorage points and attachment techniques —Problems associated with elongation, deceleration distance, method of use, inspection, and storage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Are all regular inspections performed by trained inspectors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Are written reports maintained?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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