

**FALL-ARREST SYSTEM CHECKLIST**

(Must answer yes to all applicable questions)

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? \_\_\_\_\_  
Are anchorage points for self-retracting lifeline systems located overhead? \_\_\_\_\_
4. Can a worker move from one station to another or climb up and down without exposure to a fall?  
\_\_\_\_\_
5. 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? \_\_\_\_\_

VERTICAL LIFELINES

1. Does the lifeline have a minimum breaking strength of 5,000 pounds? (2,268 kilograms) \_\_\_\_\_
2. Is the lifeline protected from abrasive or cutting edges? \_\_\_\_\_
3. Does the system provide fall protection as the worker connects to and releases from the lifeline? \_\_\_\_\_
4. Is the lifeline arranged so workers never have to hold it for balance? (a lifeline should never be used for balance)  
\_\_\_\_\_
5. Is the vertical segment integrated with the horizontal segment to provide continuous fall protection? \_\_\_\_\_

HORIZONTAL LIFELINES

1. Has the entire horizontal lifeline system been designed and approved by a competent person?  
\_\_\_\_\_
2. Have the anchorages to which the lifeline is attached been designed and evaluated specifically for a horizontal lifeline?  
\_\_\_\_\_
3. Has the designer of the system approved the number of workers who will be using it? \_\_\_\_\_
4. Is the rope or cable free from signs of wear or abrasion? \_\_\_\_\_
5. Does the rope or cable have the required initial sag? \_\_\_\_\_
6. Have the workers been warned about potential falls? \_\_\_\_\_  
Have the clearances been checked? \_\_\_\_\_
7. 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 installed or 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 a regular maintenance program? \_\_\_\_\_

#### LANYARDS

1. Is the lanyard length as short as necessary and in no case greater than 6 feet? (1.8 meters) \_\_\_\_\_
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-absorbing feature to limit the arresting forces to 500-600 pounds? (227- 272 kilograms)  
\_\_\_\_\_
4. If the lanyard has a shock absorber, is it obvious to the user that the shock absorber has been deployed? (is there a warning label, broken pouch, etc.) \_\_\_\_\_
5. Have you prohibited tying of knots from the lanyard to the lifeline? (mechanical rope grabs or fall arresters must be used)  
\_\_\_\_\_

#### RETRACTABLE LIFELINE (RL)

1. Are workers properly trained to use an RL? \_\_\_\_\_
2. Is the RL under a regular maintenance and inspection program? \_\_\_\_\_
3. Is the end of the cable properly spliced? \_\_\_\_\_ (Thimble eye, Flemish eye-spliced, and swaged fitting/ferrule)

#### SNAP HOOKS

1. Have double-locking snap hooks been used? \_\_\_\_\_
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? \_\_\_\_\_
3. Are snap hooks inspected regularly for stress, wear, distortion, and spring failure? \_\_\_\_\_
4. Are snap hooks arranged so they are never connected to each other? \_\_\_\_\_ (They should NOT be connected to each other.)

#### BODY HARNESSSES

1. Are full-body harnesses selected for a particular job quipped with all 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/body belts? \_\_\_\_\_

#### OTHER CONSIDERATIONS

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? \_\_\_\_\_
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 sandblasts? \_\_\_\_\_
5. Are all components of the system compatible according to the manufacture's instruction? \_\_\_\_\_
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 \_\_\_\_\_
7. Are all regular inspections performed by trained inspectors? \_\_\_\_\_
8. Are written reports maintained? \_\_\_\_\_