

All harnesses/lanyards/ropes etc. externally inspected in the last 6 months?

All anchor points certified and inspected in the last 12 months?

If harnesses were ticked then ask

The following parts were inspected and is in good condition.

Webbing - No cuts, nicks, tears, fraying, abrasions, burns, mold, mildew, or chemical damage.

Stitching - Not broken, burned, pulled, or missing threads, particularly at load-bearing points.

Hardware (D-Rings, Buckles, Pass-Thru): Check for rust, cracks, corrosion, distortion, sharp edges, or deformation.

Impact Indicators: Verify that the fall arrest indicator tags have not been deployed or torn.

Labels/Tags: Ensure labels are present and legible, providing the manufacturer, model, and serial number.

Fit/Adjustment: Ensure straps and buckles operate smoothly and can be properly adjusted to the user.

Correct size harness for the person?

2. Energy-Absorbing Lanyard

Webbing/Rope: Inspect for frays, tears, burns, cuts, and chemical/UV degradation. (Twist rope lanyards to check for internal breaks).

Shock Absorber/Pack: Check the pouch for tearing, burning, or stitches that have already deployed.

Hardware (Hooks/Carabiners): Inspect for distortion, cracks, and ensuring gate mechanisms self-lock and close properly.

3. Self-Retracting Lifeline (SRL)

Housing: Check for cracks, deformation, or loose screws.

Lifeline (Cable/Webbing): Pull out the entire length to check for kinks, frays, corrosion, broken wires, or burns.

Functionality: Pull the line quickly to ensure the braking/locking mechanism acts immediately.

Retraction: Ensure the line retracts smoothly without lagging.

Impact Indicator: Check that the indicator (often a hook or a colored tag) is not deployed.

4. Anchorage Connectors (Slings, Beam Clamps)

Integrity: Inspect for damage, corrosion, or deformation.

Attachment: Ensure they are properly installed and secure.



FALL ARREST EQUIPMENT CHECKLIST

Health & Safety/Hazard Management