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|  | **PERFORMANCE KNOWLEDGE & SKILL "ON THE JOB" VERIFICATION** | |
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|  | **FALL PROTECTION SKILLS CHECKLIST** | |
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|  | **Objectives:** | |
|  |  | \* Identify the different types of fall protection |
|  |  | \* Demonstrate understanding through hands on exercise |
|  |  | \* Demonstrate knowledge of attach points through discussion |
|  |  | \* Demonstrate the proper procedures for inspecting, donning, and using full body harnesses and lanyards |
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| **WARNING! YOU MUST NOT PERFORM ELEVATED WORK ON LOCATIONS WHERE THE PROPER EQUIPMENT OR** | | |
|  |  | **TRAINED PERSONNEL ARE NOT AVAILABLE** |
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|  | **KNOWLEDGE & SKILLS YOU MUST DEMONSTRATE & PERFORM** | |
| 1. | **BODY HARNESS INSPECTION** | |
|  | *INSPECT THE FOLLOWING:* | |
|  |  | \* Labels - to insure they are secure and easy to read. |
|  |  | \* Belts and straps - for fraying, broken fibers, pulled stitches, cuts, discoloration, and charring from heat / chemical damage. |
|  |  | \* Dee Rings - for distortion, cracks, brakes, and rough or sharp edges. |
|  |  | \* Tongue buckles - sharp edges, corrosion, burrs, cracks, dents, or distortion. |
|  |  | \* Tongue buckle grommets - rough or sharp edges, corrosion, burrs, cracks, dents, or distortion. |
|  |  | \* Friction buckles - sharp edges, corrosion, burrs, cracks, dents, or distortion. |
| 2. | **LANYARD INSPECTION** | |
|  | *INSPECT THE FOLLOWING:* | |
|  |  | \* Labels - to insure they are secure and easy to read. |
|  |  | \* Hardware (Snaps) - for hook and eye distortions, cracks, corrosion, or pitted surfaces. Inspect latch and keeper spring / lock. |
|  |  | \* Shock Absorber - to see that it is intact and free of cracks or splits. |
|  |  | \* Web Lanyard - for tears, cuts, fraying, knots, swelling, discoloration, and charring from heat / chemical damage. |
|  |  | \* Steel Lanyard - for cuts, frayed areas, or unusual wear patterns. |
|  |  | \* Rope Lanyard - for fuzzy, worn, broken, change of diameter, or cut fibers. |
| 3. | **TIE - OFF STRAP INSPECTION** | |
|  | *INSPECT THE FOLLOWING:* | |
|  |  | \* Labels - to insure they are secure and easy to read. |
|  |  | \* Web Lanyard - for tears, cuts, fraying, knots, swelling, discoloration, and charring from heat / chemical damage. |
|  |  | \* Dee Rings - for distortion, cracks, brakes, and rough or sharp edges. |
| 4. | **SELF RETRACTING LIFELINE INSPECTION** | |
|  | *INSPECT THE FOLLOWING:* | |
|  |  | \* Labels - to insure they are secure and easy to read. |
|  |  | \* Lifeline - rip-stitch impact indicator for indications that it has been impact loaded. |
|  |  | \* Housing - for cracks, dents, or distortions. |
|  |  | \* Swivel Eye - for cracks, distortion, and wearing. |
|  |  | \* Connecting Hook - for hook and eye distortions, cracks, corrosion, or pitted surfaces. Inspect latch and keeper spring / lock. |
| 5. | **ATTACH POINTS** | |
|  | *DISCUSS THE FOLLOWING:* | |
|  |  | \* Anchorage - must be capable of supporting 5,000 pounds per attached worker. |
|  |  | \* Snap Hooks - must be locking type and never hook a snap hook into another snap hook. |
|  |  | \* Lanyards - hook to an anchorage point. Never hook back into your lanyard. |
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| **CERTIFICATION OF SATISFACTORY KNOWLEDGE & SKILLS DIRECTLY OBSERVED:** | | |
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| My signature below certifies the below named personnel have performed the above tasks and are capable of protecting themselves and | | |
| others in the use of fall protection equipment. | | |
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| CERTIFYING SIGNATURE & DATE | | |
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| NAME(S) & EMPLOYEE NUMBER OF PERSONNEL CERTIFIED (LIST OR ATTACHED ROSTER) | | |