Fall Protection Equipment Inspection Checklist

Date:		**Inspector:**	
Location/Site:		**Project #:**	
Equipment Type:		**Mfr/Model:**	
Serial #/ID:		**Date of Mfr:**	
Inspection Type:	□ Pre-Use □ Annual/Formal □ Post-Incident □ Return to Service		

Part 1: Full Body Harness Inspection

#	Inspection Item	OK	Fail
1	Webbing (shoulder, chest, leg, sub-pelvic straps) — No cuts, tears, fraying, abrasion, burns, chemical damage, or UV degradation		
2	Stitching — No pulled, cut, broken, or missing stitches at all load-bearing connection points; contrast thread visible		
3	D-Rings (dorsal, sternal, side) — No cracks, distortion, sharp edges, or excessive corrosion; pivots freely; no wear >5% of cross-section		
4	Buckles and Adjusters — All buckles function properly; tongues seat securely; adjusters hold position under load; no distortion or corrosion		
5	Grommets and Rivets — All present and intact; not pulled through webbing; no deformation or corrosion		
6	Labels and Markings — Manufacturer label legible with model, date of manufacture, capacity, and ANSI Z359.11 compliance		
7	Fall/Impact Indicators — Not deployed; if any indicator shows evidence of impact loading, remove from service immediately		

Part 2: Lanyard / Energy Absorber Inspection

#	Inspection Item	OK	Fail
1	Lanyard Webbing or Rope — No cuts, burns, abrasion, or chemical damage; rope core not visible through sheath; check full length		
2	Snap Hooks — Locking type; gate closes completely and lock engages; keeper holds gate closed; no distortion, cracks, or corrosion		
3	Carabiners — Gate closes and auto-locks properly; no deformation, cracks, or excessive wear at load-bearing surfaces		
4	Energy Absorber (Shock Pack) — Outer cover intact, no tears or deployment evidence; inner pack not separated or exposed; if deployed, destroy lanyard		
5	Thimbles and Terminations — Rope thimbles seated properly; splice integrity maintained; stitching at terminations intact		
6	Labels — Manufacturer, model, capacity, and date of manufacture legible; ANSI Z359.13 compliance marking visible		

Part 3: Self-Retracting Lifeline (SRL) Inspection

#	Inspection Item	OK	Fail
1	Housing — No cracks, dents, or deformation; all screws, rivets, and bolts tight; swivel attachment rotates freely		
2	Lifeline (Cable or Webbing) — Cable: no kinks, broken strands, bird-caging, or corrosion; Webbing: no cuts, abrasion, or chemical damage		
3	Retraction/Extension — Lifeline extends and retracts smoothly through full working length; no binding or hesitation		
4	Braking Mechanism — Sharp pull engages brake and locks immediately; no slipping or continued extension after engagement		
5	Connector (Snap Hook) — Locking snap hook gate closes and locks fully; no distortion, corrosion, or damage; spring provides positive closure		
6	Fall Indicator — Not deployed; if indicator shows impact loading, remove from service and return to manufacturer/authorized service center		
7	Labels and Service Date — Manufacturer label legible; ANSI Z359.14 compliance marking; if annual service required, verify current date		

Part 4: Anchorage / Anchor Connector Inspection

#	Inspection Item	OK	Fail
1	Structural Integrity — Anchor point shows no cracks, deformation, or loosening from supporting structure; bolts/welds intact		
2	Capacity Rating — Rated for at least 5,000 lbs per employee (or part of system with safety factor ≥2); rating label visible		
3	Anchor Connector — Beam clamps, roof anchors, or connectors properly installed per manufacturer instructions; no slippage or missing parts		
4	Independence — Anchorage is independent of any anchor used to support/suspend platforms, scaffolding, or material hoists		
5	Location/Positioning — Positioned to limit free fall to 6 ft or less; prevents swing falls into obstructions; overhead anchorage preferred		

Deficiencies Found

#	Description	Corrective Action	Assigned To	Date Fixed
1				
2				
3				
4				
5				

WARNING: Any fall protection component that has arrested a fall, shows visible damage, or fails inspection must be immediately removed from service and tagged "Do Not Use." Shock-absorbing lanyards with deployed packs must be destroyed. SRLs must be returned to the manufacturer or authorized service center for post-fall

inspection. Equipment shall not be used for employee protection until inspected and approved by a competent person per 29 CFR 1926.502(d)(20).

Overall Equipment Status: □ Approved for Use □ Removed from Service □ Requires Manufacturer Service

Inspector: _____ **Date:** _____

Competent Person (annual): _____ **Date:** _____

Safety Manager: _____ **Date:** _____

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