



Fall Protection / Equipment Inspection

According to the BLS there were 680 fatalities from falls in 2008. (Almost 2 a day) 578 of those falls were to a lower level (*fall from heights*) these are usually falls over 6' and workers should not be exposed to them.

In the construction Industry we frequently have to work at heights, meaning we sometimes have to work in locations that require us to take steps to protect from a fall over 6'
Some Measures we can take include:

- Guardrail
- Personal Fall Arrest System
- Fall Restraint
- Safety Net

With all of these different measures come different types of equipment so our focus here will be on **Equipment Inspection for Fall Arrest Systems**. It is important that Fall Protection Equipment remain in good condition and the way to do this is to **Inspect it before each use**. Inspection and proper storage are key to assuring that when/If it is arresting a fall that it provides the protection needed to keep you from falling.

Harnesses

- **Webbing** must be checked for frayed edges, broken stitching, cuts, burns or chemical damage. Over time ultra violet rays will weaken webbing, look for fading or discoloration caused by this.
- **D –Rings** must be inspected for distortion, cracks and excessive wear.
- **Buckle Attachments** must be inspected for excessive wear and connections to the webbing must not have tears or worn/broken fibers.
- **Metal Parts** must be inspected for distortion and excessive wear. Rust and corrosion are signs of poor care and maintenance.

Lanyards

- **Synthetic Lanyards** must be inspected the same as harness webbing. Snap hooks and /or pelican hooks should be inspected for distortion and/or corrosion. All hooks must lock freely when released from your hand.
- **Cable Lanyards** must be inspected for broken strands and/or distorted cable or snap hooks. All hooks must lock freely when released from your hand.
- **Self Retracting Lanyards (SRL's)** must retract freely and lock in 2' or less when subjected to a fall. If the lanyard doesn't retract it must be taken out of service. All hooks must lock freely when released from your hand. The connection to the anchor point (carabiner or locking connection) must not be distorted and be free of excessive wear.
- **Shock Absorbing Packs** must be inspected for burns or tears in the outer covering of the pack. Stitching must be free of breaks, rips or excessive wear.

Remember! This equipment is meant to protect you if you fall, but it will only work properly if it is properly inspected and maintained.

Points to Take With You:

- Inspect your equipment before each use.
- Never use equipment that is defective or damaged.
- All tags must be in place.

Meeting Conducted By: _____

Date: _____

Comments: _____

Attendees: Print	Signature	Print	Signature
1.		8.	
2.		9.	
3.		10.	
4.		11.	
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6.		13.	
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