

## INSPECTION OF PERSONAL FALL ARREST EQUIPMENT

### Body Belt/Harness Inspection

- Closely examine all of the nylon webbing to ensure there are no burn marks which could weaken the material.
- Make certain there are no torn, frayed, broken fibers, pulled stitches or frayed edges anywhere on the belt/harness.
- Examine the D-ring for excessive wear, pits, deterioration or cracks.
- Verify that buckles are not deformed, cracked and operate correctly.
- Check to see that all grommets (if present) is secure and not deformed from abuse or a fall.
- Belt/harness should never have additional punched holes.
- All rivets should be tight and not deformed.
- Check tongue/straps for excessive wear from repeated buckling.

### Lanyard Inspection

- Check lanyard material for cuts, burns, abrasions, kinks, knots, broken stitches and excessive wear.
- Inspect the snaphooks for hook, locks and eye distortion.
- Check carabiner for excessive wear, distortion and lock operation.
- Ensure that all locking mechanisms seat and lock securely.
- Once locked, locking mechanism should prevent hook from opening.
- Verify that there is no visible "WARNING TAG" which notifies the user that the lanyard has been exposed to a fall.
- Visually inspect shock absorber for any signs of damage, paying close attention to where the shock absorber attaches to the lanyard.
- Verify that points where the lanyard attaches to the snaphooks is free of defects.

### Retractable Lanyard Inspection

- Visually inspect the body to ensure there is no physical damage to the body.
- Make sure all back nuts or rivets are tight.
- Make sure all cable ends are securely crimped and cable eye and rubber stops are in place.
- Make sure the entire length of the cable/nylon strap is undamaged and retracts freely.
- Test the unit by pulling sharply on the cable to verify that the locking mechanism is operating correctly.
- If manufacturer requires, make certain the retractable lanyard is returned to the manufacturer for scheduled annual inspection.

### Snaphooks

- Inspect snaphook for any hook and eye distortions.
- Verify there are no cracks, pitted surfaces or corrosion.
- The keeper latch should not be bent, distorted or obstructed.
- Verify that the keeper latch seats into the nose without binding.
- Verify that the keeper spring securely closes the keeper latch.
- Test the locking mechanism to verify that the keeper latch locks properly.

### Personal Fall Arrest Systems

Always follow the manufacturers directions for the storage and maintenance of personal fall arrest systems. The following are some general guidelines in the storage and maintenance of the systems:

- When storing personal fall arrest equipment, never throw systems in the bottom of a toolbox or on the ground.
- Hang equipment in cool dry locations in a manner that retains its shape.
- Always follow manufacturers recommendations for inspection.
- Remove damaged equipment from service immediately.
- Clean with a mild, non-abrasive soap and hang to dry.
- Never force dry or use strong detergents in cleaning.
- Never store equipment near excessive heat, chemicals, or sunlight.
- Never store in an area with exposure to fumes or corrosive elements.
- Avoid dirt build-up on equipment.
- Never use this equipment for any purpose other than personal fall arrest.
- Once exposed to a fall, remove equipment from service immediately.

# **SUSPENDED SCAFFOLD PRE-OPERATIONAL CHECK-OFF LIST**

## **ALWAYS HOOK UP YOUR SAFETY EQUIPMENT BEFORE YOU GET ON THE STAGE**

The following is a list that should be thoroughly checked before operating a suspended scaffold, including support systems, suspension units, hoist components and fall-arrest systems.

### **Support Systems:**

- The structure is able to support the loads.
- The tie-back rope is properly tied off.
- The outrigger is of proper design and correctly assembled.
- The number of counterweights are correct for the overhang load.
- All beams, clamps and hooks are correctly tied back. Sockets and davits are correctly secured.

### **Suspension Unit:**

- All parts (rails, rungs, deck, bumper rollers, welds, connections, toe boards/guard rails, stanchions) of the stage/cage/chair have been checked to make sure that they are safe and will not break or come loose.
- The stirrups or connections and their parts have been checked and are safe.
- The capacity plate showing the maximum load will not be exceeded.
- The stage stirrups are in line with the roof supports.

### **Hoist Components:**

- The manufacturer's operating instructions have been read and understood.
- Hoists are in proper operating condition.
- The wire rope has been inspected, reeved and is attached properly.
- The length of steel wire rope is long enough to reach the ground and is attached correctly to the roof support.
- After load is applied, all fittings have been checked for tightness.
- The electrical cable or air hose connections have been inspected and are safe. Strain relief has been provided.
- The power is enough to operate the hoist properly.
- The hoist is correctly attached to the stirrup.

### **Fall Arrest System:**

- Each person to use the stage/cage/chair has their own independent fall-arrest system.
- Each lifeline has been totally checked for safe use and is correctly attached at an independent, safe anchor point at roof level. Roof edge protection has been provided for the lifeline.
- Each rope grab has been checked for correct operation and installation.
- Each full-body harness or belt has been thoroughly checked to make sure that all components are safe.
- Each lanyard has been thoroughly checked for safe condition. All parts are sound and correctly attached to the rope grab. The D-ring is in the center of the back.
- The body harness or belt is the proper size and fits correctly and is snug to the body.

### **Additional Checks:**

- The equipment must be kept clear of electrical power and obstacles.
- The equipment must not be used in bad weather.
- The total rigging must be checked each time you use or move it.
- Never overload the equipment.
- Immediately report any improper operation to your supervisor.

**Name & Signature of Inspector:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**ALWAYS HOOK UP YOUR SAFETY EQUIPMENT BEFORE YOU GET ON THE STAGE**  
**REMEMBER, IF IN DOUBT, ASK**

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