FALL-PROTECTION EQUIPMENT INSPECTION

01 / Equipment details and checks

Frequency: by the user before each use (and before each shift at minimum); by a competent / qualified person at the interval the manufacturer sets
Applies to: full body harness, lanyards and energy absorbers, self-retracting lifelines (SRL), connectors, anchorage connectors, rope lifelines and rope grabs
Revision: 2.0

The wearer checks before each use; a competent person (US) or qualified person (Canada federal) uses this sheet for the manufacturer's periodic inspection. Never repair fall-protection equipment in the field; mark N/A for items not used and explain on the findings page.

Site / location	Date	Shift	Inspector (user or periodic inspector)
Inspection type (Pre-use / Periodic)	**Harness ID / serial**	**Lanyard or SRL ID / serial**	**Connector / anchor connector IDs**
Manufacture date (oldest item)	**Service life (per manufacturer)**	**Last periodic inspection date**	**Periodic inspector**

C = critical: Fail means remove from service, tag it "Do not use", tell the supervisor.

	Check (observable condition)	Pass	Fail	N/A
	All items			
C	1. Every item has a readable label: maker, model, serial or lot, manufacture date, standard	☐	☐	☐
C	2. Each item within manufacturer service life; periodic inspection not overdue	☐	☐	☐
C	3. No item has arrested a fall: none reported, no impact indicator, no absorber opened Remove for good.	☐	☐	☐
C	4. No field repairs, knots, added holes, tape, paint or changes; webbing and hardware visible	☐	☐	☐
C	5. Not used to lift or tie off materials or tools (no pulled stitching, crushed or stretched webbing)	☐	☐	☐
	Full body harness			
C	6. Full body harness in use; no body belt used for fall arrest Do not use for arrest; get a full body harness.	☐	☐	☐
C	7. Webbing: no cuts, tears, frays, abrasion, burns, melted or shiny spots, spatter, chemical, mildew, UV fade	☐	☐	☐
C	8. Stitching: none broken, pulled, cut or burnt; fall indicator stitching intact	☐	☐	☐

	Check (observable condition)	Pass	Fail	N/A
C	9. D-rings: no cracks, bends, sharp edges, deep rust, pitting; back D-ring centred at shoulder level	☐	☐	☐
C	10. Buckles, adjusters: no cracks or distortion, hold on hard pull; grommets, holes not torn or stretched	☐	☐	☐
	11. Harness fits: leg and chest straps snug; suspension relief straps attached (where issued) Get the right size or replace straps before use.	☐	☐	☐
	Lanyard and energy absorber			
C	12. Absorber cover intact, closed; no torn stitching or exposed tear webbing; warning flag not showing Remove for good.	☐	☐	☐
C	13. Lanyard webbing or rope: no item 7 defects; rope not unravelling or stiff; cable no broken wires, kinks	☐	☐	☐
C	14. Thimbles, splices and end stitching intact; thimble seated in the eye	☐	☐	☐
	Self-retracting lifeline (SRL)			
C	15. Housing not cracked or bent; no missing screws or rivets; housing anchor point undamaged	☐	☐	☐
C	16. Line pulls out smoothly to full length and fully retracts on its own without sticking	☐	☐	☐

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01 / Equipment details and checks (continued)

	Check (observable condition)	Pass	Fail	N/A
C	17. A sharp tug locks the line; it releases when the pull stops	☐	☐	☐
C	18. Line: webbing no cuts, frays; cable no broken wires, kinks, birdcaging, crushing, rust; rope cover intact	☐	☐	☐
C	19. Impact indicator at hook or swivel not showing; swivel turns freely Remove for good.	☐	☐	☐
C	20. Tied off at or below foot level or over an edge: label shows leading-edge rating Not at this spot; use a leading-edge SRL or another anchor.	☐	☐	☐
	Connectors (snap hooks and carabiners)			
C	21. Gate opens only with two separate actions; closes and locks by itself when released	☐	☐	☐
C	22. Body, gate, rivets: no cracks, bends, sharp edges, deep rust, pitting; keeper straight; gate seats	☐	☐	☐
C	23. Not on webbing, rope, another hook, a D-ring holding a hook, or horizontal lifeline, unless labelled Stop; reconnect correctly or use the right connector.	☐	☐	☐
	Anchorage connector, lifelines and rope grabs			
C	24. Anchor connector (strap, beam clamp, D-ring plate, concrete anchor): no cuts, frays, cracks, bends, worn threads; labelled; one per worker	☐	☐	☐
C	25. Anchorage 5,000 lb (22.2 kN) per person or qualified-designed; not a guardrail, hoist, pipe, conduit, vent or platform support Stop; use an approved anchor.	☐	☐	☐
C	26. Vertical lifeline: one worker per line; rope not frayed, cut or melted; not natural fibre	☐	☐	☐
C	27. Rope grab matches lifeline size and type on label, arrow up, locks on a sharp downward pull Do not use; reinstall or remove from service.	☐	☐	☐
C	28. Horizontal lifeline (if used): per qualified person's design, design tag on; tension and end anchors per design Do not use; notify supervisor.	☐	☐	☐
	29. Stored clean and dry, out of sunlight, away from chemicals, heat and sharp edges Move to proper storage; recheck items 7 and 13.	☐	☐	☐

Result	Yes	No
Released for use No = remove the failed item from service, tag "Do not use", give it to your supervisor, record on the findings page.	☐	☐

Inspector signature

Supervisor (if No)

Item tagged / stored where

Replacement issued (ID)

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02 / Findings and disposition

Record each failed item by ID, serial and defect. A tagged item returns to service only after a competent / qualified person inspects and signs below; an item that arrested a fall is never reused (SWP-004); keep each item's inspection, test and maintenance records until two years after it is retired.

Item / finding	Required action	Responsible person	Due date	Completion / verified by

Immediate controls / held from use / person notified

Checks not completed / N/A reasons

Inspector acknowledgement

Competent / qualified person

Review date

Site-specific additions

Add the manufacturer's rejection criteria and periodic inspection interval for each model, and any site items (rescue kit on site per SWP-089, clearance chart for the lanyard or SRL in use per SWP-004). Write the source for each.

Additional item

Details / result / value

Reference

Periodic interval (per manufacturer)

Next periodic due

Manual / page

Additional notes / attachments