SAFETY

Fall protection harness and lanyard inspection checklist

The check before a harness, lanyard or self-retracting lifeline is used each shift: webbing, stitching, hardware, shock absorber and impact indicator, with removal from service for any defect.

How often: **Before initial use each shift** Who: **Harness user** **About 3 min** **17 items**

Site or area _____ Asset or line _____

Date and time _____ Completed by _____

Before you use it

- OSHA 29 CFR 1910.140(c)(18) requires personal fall protection systems to be inspected before initial use during each workshift for mildew, wear, damage and other deterioration, and defective components to be removed from service.
- Under 1910.140(c)(17), a system or component subjected to impact loading is removed from service immediately and not used again until a competent person inspects it and determines it is not damaged and safe for use. Under (c)(20), ropes, belts, lanyards, lifelines and harnesses are protected from being cut, abraded, melted or otherwise damaged.
- Snaphooks and carabiners must be the automatic locking type that needs at least two separate, consecutive movements to open (1910.140(c)(9)), and body belts are prohibited as part of a personal fall arrest system (1910.140(d)(3)). This is the general industry rule; construction has its own standards in 29 CFR part 1926.
- Add the manufacturer's inspection points for your models, such as the service life on the label or the retraction test for a self-retracting lifeline.

Equipment

NO.	ITEM	RESULT	NOTES
1	**Scan the equipment tag**	☐ Visited	
2	**Component**	☐ Full-body harness ☐ Shock-absorbing lanyard ☐ Self-retracting lifeline ☐ Positioning lanyard	
3	**Serial number or identifier**	_____	
4	**Label legible, with manufacturer, model and date of manufacture**	☐ Pass ☐ Fail ☐ N/A	

Webbing and stitching

NO.	ITEM	RESULT	NOTES
5	**Webbing free of cuts, frays, burns, chemical damage and mildew**	☐ Pass ☐ Fail ☐ N/A	
6	**Stitching intact, with no pulled, cut or broken threads**	☐ Pass ☐ Fail ☐ N/A	
7	**No stiffness, discoloration or wear from UV or heat**	☐ Pass ☐ Fail ☐ N/A	
8	**Rope or cable free of kinks, broken strands and cuts**	☐ Pass ☐ Fail ☐ N/A	

Hardware

NO.	ITEM	RESULT	NOTES
9	**D-rings, buckles and grommets not cracked, bent, corroded or distorted**	☐ Pass ☐ Fail ☐ N/A	
10	**Snaphooks and carabiners self-locking, closing fully and needing two actions to open**	☐ Pass ☐ Fail ☐ N/A	
11	**Adjusters and buckles hold**	☐ Pass ☐ Fail ☐ N/A	
12	**Shock absorber pack intact and not deployed**	☐ Pass ☐ Fail ☐ N/A	
13	**Self-retracting lifeline retracts fully and locks when pulled sharply**	☐ Pass ☐ Fail ☐ N/A	
14	**Impact indicator not deployed; no sign the system has arrested a fall**	☐ Pass ☐ Fail ☐ N/A	

Result

NO.	ITEM	RESULT	NOTES
15	**Result**	☐ Fit for use ☐ Removed from service	
16	**Photo of any defect**	☐ Photo taken	
17	**Inspector**	Name _____ Signature _____ Date _____	

Follow-up

For each failed check or reading out of limit: what was found, what was done, and the work order raised for it.

NO.	WHAT WAS FOUND	ACTION OR WORK ORDER	OWNER	DUE

References

- OSHA 29 CFR 1910.140, personal fall protection systems
  https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.140

Free to use and adapt. To run it on mobile, with checkpoint scans, readings checked against their limits as they are entered, and photos and signatures attached to the check, see vardian.io/templates/fall-protection-harness-inspection.