

# Fall Protection Checklist

## GE-FALLPROTECT

#	Step Description	Criteria	Sat	Unsat	N/A
1	Plan the job <ul style="list-style-type: none"> <li>Classify job: fall arrest or fall prevention/restraint?</li> <li>Review with Evaluator</li> </ul>	<ul style="list-style-type: none"> <li>Zero omissions and error standard</li> </ul>			
2	Determine clearance requirements (arrest) <ul style="list-style-type: none"> <li>Complete Fall Arrest Clearance Diagrams and review with Evaluator</li> </ul>	<ul style="list-style-type: none"> <li>Standard values: <ul style="list-style-type: none"> <li>Height of worker = 5 feet</li> <li>Safety factor = 2 feet</li> <li>Subtract height of anchor above worker's D-ring when determining freefall distance</li> </ul> </li> </ul>			
3	Select the Body Support Harness	<ul style="list-style-type: none"> <li>Locate and verify ANSI Z359.1 and/or ANSI A10.32 compliance information on the harness label. Older harnesses are rated ANSI A10.14, superseded by A10.32.</li> <li>Verify max weight capacity</li> </ul>			
4	Select the appropriate type Connecting Means/Lanyard	<ul style="list-style-type: none"> <li>Locate and verify ANSI compliance info</li> <li>Shock Absorbing Lanyard/Self-Retracting Lanyard max: <ul style="list-style-type: none"> <li>6' maximum allowable length (freefall)</li> <li>3'-6" deceleration distance</li> </ul> </li> </ul>			
5	Select Anchorage Point and Type/Device	<ul style="list-style-type: none"> <li>Anchorage point must support minimum of 5,000 pounds per worker attached</li> <li>Verify with safety engineering (Mike Gaffney, x7468), if needed</li> </ul>			
6	Inspect All System Components including: <ul style="list-style-type: none"> <li>Body Harness</li> <li>Connecting Means/Lanyard</li> <li>Anchorage Devices</li> </ul> <p>Note: Immediately remove substandard items from service and either destroy the component or mark as being unusable.</p>	<ul style="list-style-type: none"> <li>Inspect all components before each use</li> <li>Verify ANSI compliance information</li> <li>Zero wear, degradation, or distortion</li> <li>Zero fire/heat, acid or corrosives damage</li> <li>Webbing/ropes have zero cuts, tears, broken or pulled fiber or stitches, or discoloration</li> <li>Zero hardware damage including cracks, sharp edges, burrs, scrapes/abrasions, distortion including bends, twists, or wear</li> <li>Dorsal D-ring is round, not distorted</li> <li>Buckles work properly with no damage</li> <li>Snap hooks close and lock tightly, no damage</li> <li>Lifeline and mounting anchors not loose or damaged</li> </ul>			
7	Don, Buddy System Check, and Doff Fall Protection/Arrest Equipment	<ul style="list-style-type: none"> <li>Snug fit with no component twists, and proper location of the dorsal and positioning rings, shoulder, and leg straps <ul style="list-style-type: none"> <li>Palms should fit snugly through the leg straps.</li> <li>Fist should slip loosely between your chest and waist/chest strap.</li> <li>D-ring located between shoulder blades.</li> <li>While holding D-ring from over your shoulder, squat down fully to check legs straps are not too tight.</li> </ul> </li> </ul>			
8	Discuss Fall Rescue Preparations and Procedures	<ul style="list-style-type: none"> <li>Describe emergency response actions in proper sequence.</li> </ul>			

**Body Harness:**

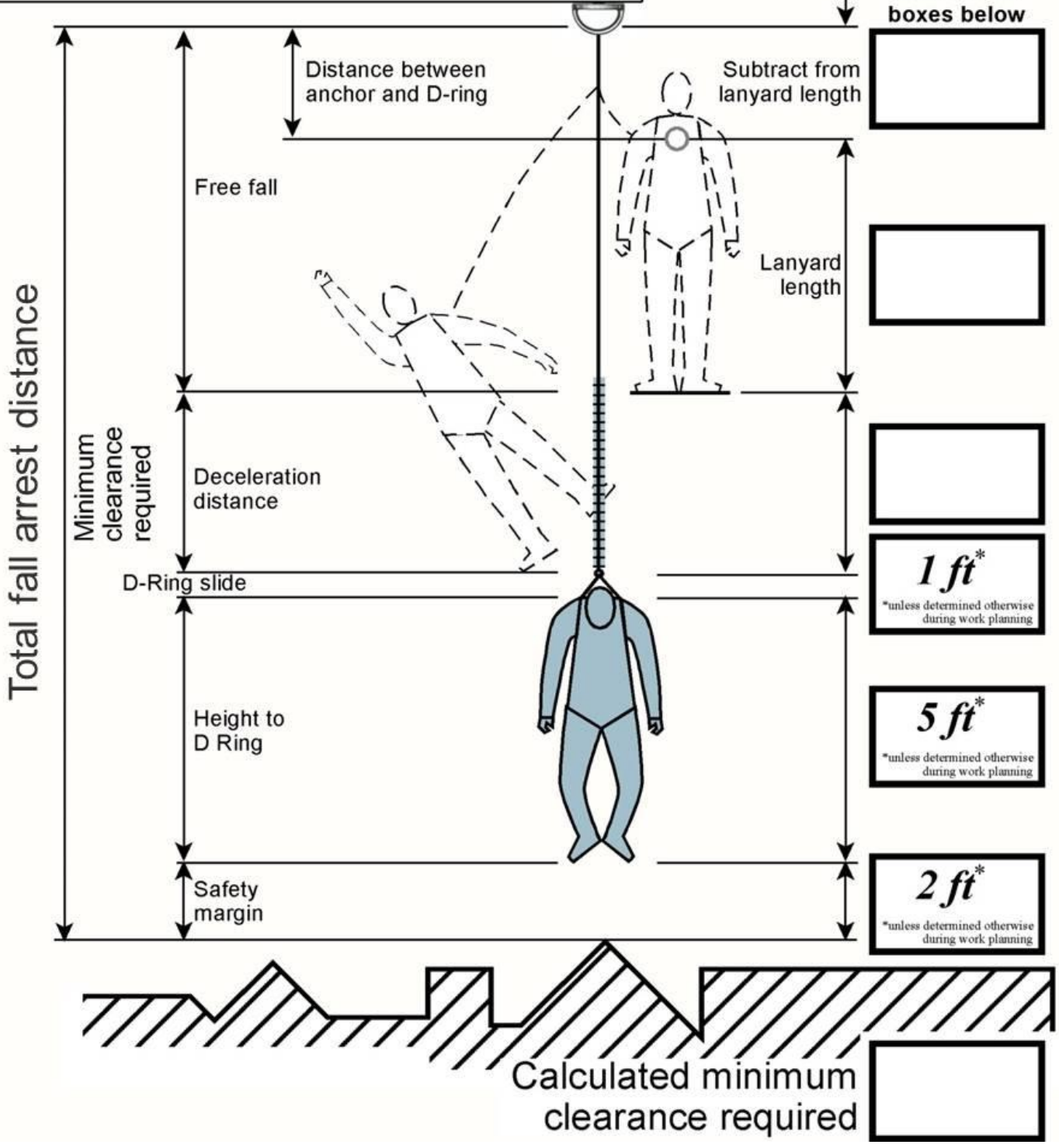
Shock Load Rating: \_\_\_\_\_

Capacity (pounds): \_\_\_\_\_

ANSI spec: \_\_\_\_\_

Anchorage Point Rating (pounds): \_\_\_\_\_

Fill in each value in the boxes below



On-line clearance calculator: <https://www.millerfalltraining.com/fallclearance/>