

Self-Inspection Checklist

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The general industry, construction and maritime standards each have their own requirements for fall protection. A written fall protection plan, a method of updating the written plan and a proper means of assessment should all be included in your company's fall protection plan. The following checklist provides guidelines for proper assessment of your fall protection plan.

Please use this checklist as a general reference, and not as a comprehensive review.

ASSESSING YOUR FALL PROTECTION PROGRAM

Subject	Yes	No	Recommendations	Action/Comment
Performance	<input type="checkbox"/>	<input type="checkbox"/>	Fall hazards are routinely sought out and identified.	
	<input type="checkbox"/>	<input type="checkbox"/>	Fall hazards are recorded and cross-referenced against possible fall protection solutions and preventative maintenance schedules.	
Installation	<input type="checkbox"/>	<input type="checkbox"/>	Elevated work projects are driven by reasonable access and fall protection methods.	
	<input type="checkbox"/>	<input type="checkbox"/>	Anchorage points have been engineered; drawings are available.	
Training	<input type="checkbox"/>	<input type="checkbox"/>	Each crew worker has received training in the site-specific fall hazard and choices of protection.	
	<input type="checkbox"/>	<input type="checkbox"/>	Testing is provided for each worker to determine proficiency in the use of the fall protection.	
	<input type="checkbox"/>	<input type="checkbox"/>	Records of such training are kept in a retrievable location.	
	<input type="checkbox"/>	<input type="checkbox"/>	Work practices are frequently observed to determine compliance with the standards for fall protection training and records maintenance.	
Program Coordination	<input type="checkbox"/>	<input type="checkbox"/>	Fall protection rules are regularly updated with new standards requirements.	
	<input type="checkbox"/>	<input type="checkbox"/>	Program leaders are certified as Competent Persons in Fall Protection (not just equipment).	
	<input type="checkbox"/>	<input type="checkbox"/>	Leading facility and structural engineers are certified as Qualified Persons for fall protection engineering.	
	<input type="checkbox"/>	<input type="checkbox"/>	After conducting a spot check using a checklist for appropriate fall protection, compliant work crews are rewarded.	

ASSESSING YOUR FALL PROTECTION PROGRAM (cont.)

Subject	Yes	No	Recommendations	Action/Comment
Spot Audit of Work Crews			The following should be addressed when spot checking work crews using personal fall arrest equipment:	
			The hierarchy of fall protection is applied in proper sequence;	
			the fall arrest equipment is compatible;	
			the harness is correctly and effectively attached to each crew member exposed to fall hazards;	
			the lanyards and devices are attached properly to an anchorage;	
			free fall is limited to device and OSHA limits;	
			free fall equipment is serviced according to labels and conditions;	
			the anchorage is approved by a Qualified Person;	
			each crew member is trained in each method of fall protection by a Competent Person;	
			each elevated crew member is able to move without loss of protection anywhere there are fall hazard exposures;	
		and snaphook use is minimized to two manual contacts per work activity.		
CRITICAL HAZARDS				
Snaphooks			Is it possible to convert the locking snaphook into a non-locking snaphook by slowly manipulating the gate and lock until they stick slightly open?	
			Some aluminum alloy snaphooks may wear a weakening groove if they are allowed to stay installed with a self-retracting lanyard (SRL) or escape device attached. <i>Check your alloy specs or use steel.</i>	
			Are large snaphooks attached so that the gate rests against the form or rebar at any time? If so, the hook is rendered damaged merely by leaning under current minimal strength standards in the U.S.	
Harnesses			Is the sub-pelvic (butt) strap under the buttock (without which the suspension after a fall is a torture that workers may wish to escape from by undoing the straps)? Harness designs with no shoulder strap adjustment promote an out-of-position butt strap.	

ASSESSING YOUR FALL PROTECTION PROGRAM (cont.)

Subject	Yes	No	Recommendations	Action/Comment
Harnesses (cont.)			Have you checked to see that worker harness leg straps are fully attached around the legs at all times when the harness is worn? <i>If the leg straps are not fully attached, a full body harness is converted into a chest waist harness, which is illegal and dangerous.</i>	
Lanyards			Are lanyards attached over an angle or other sharp surface that could cut in a fall?	
			Are double lanyards twisted so that they both operate in a fall to produce a body wrenching skew?	
			Are you using lanyards attached to knotted ropes to allow fall protection at different levels? If so, stop this practice so that a fall does not occur while transferring, and always attach the snaphook to a compatible member. <i>Tip: Use a compatible rope grab/lifeline.</i>	
Self-Retracting Lanyards (SRL)			Are SRLs overhead? <i>Below 5-foot height, 7-foot free fall can occur over an edge.</i>	
			Are workers attaching SRLs to their lanyards? If so, the additional line weight allows a long fall due to insufficient retraction.	
Other Hazard Evaluations			Are the anchorage connectors' two loops attached to a snaphook that could damage the gate and possibly release the line?	
			Underfoot anchorages can give rise to long falls and potential impact with lower surfaces.	
			Is your anchorage at the center of a tacked angle iron section? If so, the tack weld will likely fracture with critical results.	
			Are your guardrails high enough for tall workers? <i>If a worker is more than 6 feet 4 inches tall, guardrails need to be 46 inches or more in height.</i>	
			Three bar buckles can cause webbings to slide out of place if the webbing exits at an angle. Check your applications or use a sliding bar design.	
			Can a lifeline be caught by machinery due to the position of the worker? If so, look for an alternative anchorage.	

ASSESSING YOUR FALL PROTECTION PROGRAM (cont.)

Subject	Yes	No	Recommendations	Action/Comment
Other Hazard Evaluations (cont.)			Is work positioning equipment being used as fall arrest and vice versa? If so, separate these very different applications to avoid a potential catastrophe that could occur when the hands are not holding the structure or when balance is not underfoot. <i>Note: Never allow snaphooks on rebar equipment to be twisted for shortening the attachment.</i>	
			Do you allow workers to hold the side of ladders while climbing? If so, stop this practice. The evidence is that during a fall, the hand can never hold a vertical member successfully. Train workers to use horizontal rungs or grab bars only. <i>Tip: Adapt a walk through ladder accordingly.</i>	
			Is repaired equipment certified to be equivalent to like-new equipment performance except for reasonable wear and tear?	