

Harness Inspection

Introduction

A full-body harness is one component of a fall arrest system. Inspection, correct fit, compatible connections, and a rescue plan are all needed before work begins.

Hazards & Controls

Before each use, inspect webbing, stitching, buckles, D-rings, labels, and impact indicators for cuts, burns, chemical damage, distortion, or corrosion. Follow the exact manufacturer's inspection checklist and schedule.

Tag and remove defective or impact-loaded equipment from service immediately. Do not make field repairs or return it to use based only on appearance; follow manufacturer retirement requirements and any required competent-person evaluation.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

Which defects or indicators would make you remove this harness from service?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

CCOHS: Body Belts, Harnesses, and Lanyards

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Meeting Record & Sign-In

Harness Inspection

Company: _____ Date: _____

Jobsite: _____ Presenter: _____

Time / duration: _____ Crew / shift: _____

Site-specific hazards and controls discussed

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Follow-up action / responsible person / due date

Anchor Points

Introduction

An anchorage must suit the complete fall protection system, its users, and the direction of loading. A structure that looks strong is not automatically an approved fall arrest anchorage.

Hazards & Controls

For construction personal fall arrest systems, the anchorage must be independent of platform-support anchorages and support at least 5,000 pounds per attached worker, or be designed, installed, and used as part of a complete system with a safety factor of at least two under a qualified person's supervision.

Use an approved anchorage and compatible connector for the actual substrate and installation. Follow fastener, orientation, user-count, and inspection limits. Locate the anchor to reduce free fall and swing fall where the system allows.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

Who approved this anchor and its installation for this complete system?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

OSHA: Personal Fall Protection Systems

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Lanyards vs Self-Retracting Lifelines (SRLs)

Introduction

Lanyards and self-retracting lifelines have different designs and use limits. Neither device is automatically right for every job, and not every lanyard is intended for fall arrest.

Hazards & Controls

Choose the exact model for the anchorage location, worker weight with tools, available clearance, movement, and edge exposure. An SRL's stopping distance varies by model and setup; do not assume it stops a fall within inches.

Check connector compatibility, locked gates, inspection and impact indicators, and manufacturer limits. Use leading-edge or foot-level configurations only when the device is specifically rated and approved for that application. Never knot or wrap a lanyard unless designed for that use.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

Is this exact device approved for our anchor height and any edge exposure?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

3M: Fall Protection Product Instructions Library

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Lanyards vs Self-Retracting Lifelines (SRLs)

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Fall Clearance Distance

Introduction

Fall clearance is the space needed to arrest a fall without striking the ground, a lower platform, or another obstruction. Wearing a harness does not make an inadequate-clearance setup safe.

Hazards & Controls

Use the exact device's manufacturer clearance chart or approved calculation. Account for anchorage location, free fall, deployment or arrest distance, system stretch, harness movement, worker dimensions, and the specified safety allowance.

Check for swing-fall contact and obstructions throughout the possible fall path. Confirm the chart's measurement reference; anchor-to-obstruction distance and working-surface-to-obstruction distance are not interchangeable. Reassess whenever the location, equipment, or user changes.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

Which chart and measurement reference did we use to verify clearance?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

3M: Fall Protection Product Instructions Library

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Guardrail Systems

Introduction

Guardrails provide passive protection by separating workers from an exposed edge. Requirements depend on the work and equipment; scaffold and lift rail requirements can differ from general construction edge protection.

Hazards & Controls

For guardrails covered by construction rule 1926.502(b), top rails are generally 42 inches plus or minus 3 inches above the work surface. Required intermediate protection and strength criteria also apply; do not apply this dimension blindly to every system.

Under that rule, the top edge must resist at least 200 pounds applied near the top in an outward or downward direction. Have the system verified; do not load-test it by leaning on it. Provide falling-object protection, such as toeboards, where required.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

Which guardrail standard and falling-object controls apply at this location?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

OSHA: Fall Protection Overview

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Follow-up action / responsible person / due date

Hole Covers and Floor Openings

Introduction

Floor and roof openings can cause falls, trips, and falling-object injuries. Protect openings promptly using the cover, guardrail, or other system required for the particular exposure.

Hazards & Controls

Under construction rule 1926.502(i), ordinary covers must support at least twice the combined weight of workers, equipment, and materials that may be imposed at one time. Roadway and vehicular-aisle covers instead require at least twice the maximum axle load of the largest expected vehicle.

Secure covers against accidental displacement and color-code or mark them as required, such as HOLE or COVER. Have support and loading verified; never assume loose plywood is adequate. Arrange alternate protection before authorized removal.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

What load could reach this cover, and how is it secured and identified?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

OSHA: Duty to Have Fall Protection (1926.501)

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Hole Covers and Floor Openings

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Safety Nets

Introduction

A personnel safety-net system must be designed and installed for fall protection. Debris netting is not a substitute, and a net does not remove the need for suitable access and other site controls.

Hazards & Controls

Under construction rule 1926.502(c), install personnel nets as close as practicable below the work surface and never more than 30 feet below it. Required extensions, clear space beneath, and installation testing or permitted certification must also be addressed.

Inspect at least weekly for wear, damage, and deterioration, and after events that could affect integrity; follow any stricter manufacturer or site schedule. Remove defective nets from service. Keep the net clear of collected materials and arrange prompt rescue after an arrested fall.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

Who verified the net installation, clearance, inspection, and rescue arrangements?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

OSHA: Fall Protection Systems Criteria, Safety Nets (1926.502(c))

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Follow-up action / responsible person / due date

Rescue Plans After a Fall

Introduction

A worker suspended after an arrested fall may be injured, unconscious, or unable to self-rescue. Suspension can create a medical emergency, so rescue capability must be planned before exposure begins.

Hazards & Controls

Identify the rescue method, trained personnel, suitable equipment, communication, access, and backup arrangements. The employer must provide for prompt rescue or assure self-rescue; calling emergency services alone may not provide timely access at the actual location.

After a fall, raise the alarm and activate the site emergency plan. Only trained, equipped people should attempt the planned rescue. Protect rescuers from falling, obtain medical assistance, and isolate the affected equipment for investigation and required evaluation.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

Who will perform the rescue here, and how will they reach a suspended worker?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

OSHA: Suspension Trauma / Orthostatic Intolerance

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Follow-up action / responsible person / due date

Ladder Tie-Offs

Introduction

Securing a ladder against movement is different from tying a worker into a fall arrest system. Plan both the ladder setup and any separate fall protection that the task requires.

Hazards & Controls

Use stable footing and appropriate support, and secure the ladder where needed to prevent displacement. Protect it from doors and traffic. Use manufacturer-approved securing methods that do not damage rails or interfere with climbing.

For upper-landing access, comply with the rail-extension or secured-top-and-grasping-device provisions of the applicable ladder rule. Do not assume a portable ladder is a fall arrest anchor. Use a separately approved anchorage if personal fall protection is required.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

Are we securing the ladder, the worker, or both, and what approved method applies?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

OSHA: Construction Ladders (1926.1053)

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Aerial Lifts and Tie-Off Requirements

Introduction

Boom-supported aerial lifts and scissor lifts are treated differently under OSHA construction rules. Identify the machine and follow its manual, employer assessment, and applicable requirements before entering the platform.

Hazards & Controls

In boom-supported lifts, use the required personal fall protection attached to the designated boom or basket anchorage. Choose approved restraint or fall arrest equipment for the machine and task; body belts must not be used for fall arrest.

Scissor lifts with properly maintained guardrails generally do not require tie-off under the construction scaffold rules alone; manufacturer or employer requirements may be stricter. Never improvise an anchorage or tie to an adjacent structure. Keep gates closed and feet on the floor.

Have a trained, authorized person verify the selected protection for the actual task. Stop work if the equipment, exposure, or site conditions change.

Safety Reminders

Inspect before use and follow the equipment instructions and site fall protection plan. Report damaged or missing protection immediately; do not proceed until hazards are controlled.

Engagement Questions

What type of lift is this, and what system and anchorage does its manual require?

What site-specific hazards or changes would make us stop work?

Sources and use notice

OSHA: Fall Protection Systems Criteria (1926.502)

OSHA: Aerial Lifts / Scissor Lift Fall Protection Interpretation

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