

Inspecting Fall-arrest equipment

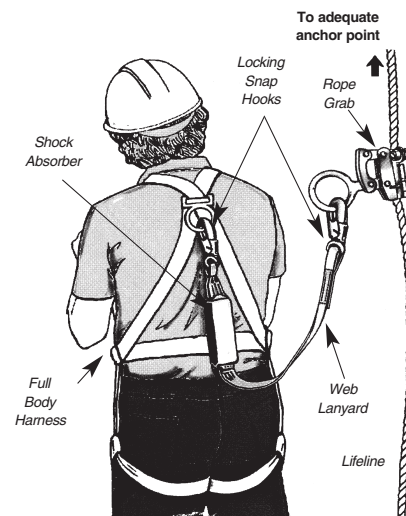
Effective accident prevention depends on inspection. This is especially true with a fall-arrest system. The system should be inspected before each use.

A fall-arrest system

- ✓ must consist of components meeting Canadian Standards Association (CSA) requirements
- ✓ must include a full body harness
- ✓ must include a lanyard equipped with a shock absorber unless the shock

absorber could cause a falling worker to hit the ground or an object or level below the work

- ✓ must be attached to a lifeline or by the lanyard to an adequate fixed support
- ✓ must prevent a falling worker from hitting the ground or any object or level below the work
- ✓ must not subject a falling worker to a peak fall-arrest load greater than 8 kilonewtons by keeping free-fall to a minimum (generally less than 5 feet).



INSPECTION CHECKLIST	
Component	What to check for
Full-body harness	<input type="checkbox"/> Webbing frayed, cut, burned <input type="checkbox"/> Stitching loose, ripped <input type="checkbox"/> Metal buckle bent, cracked <input type="checkbox"/> Grommets damaged, missing <input type="checkbox"/> Strap keepers broken, missing <input type="checkbox"/> D-ring worn, bent, cracked
Locking snap hooks	<input type="checkbox"/> Hook bent, cracked, twisted <input type="checkbox"/> Lock not working properly <input type="checkbox"/> Springs weak, broken, missing
Lanyard with shock absorber	<input type="checkbox"/> Webbing frayed, cut, burned, damaged by chemicals <input type="checkbox"/> Stitching loose or ripped <input type="checkbox"/> Jacket cut, torn, burned; signs of shock loading <input type="checkbox"/> End loops cut, torn, burned, or stretched <input type="checkbox"/> Stretching from shock loading <input type="checkbox"/> Connection to snap hook <input type="checkbox"/> Knots in rope lanyard
Rope grab	<input type="checkbox"/> Fails hand test <input type="checkbox"/> Not used with appropriate diameter and type of rope <input type="checkbox"/> Springs broken, missing <input type="checkbox"/> Gate can't close fully <input type="checkbox"/> Locking pin not working <input type="checkbox"/> Safety latch broken <input type="checkbox"/> Teeth on cams worn
Lifeline	<input type="checkbox"/> Diameter must match that of rope grab <input type="checkbox"/> Polypropylene or equivalent <input type="checkbox"/> Length reaches the ground <input type="checkbox"/> Rope frayed, rotted, cut, weakened by knots <input type="checkbox"/> Discoloration from sun, chemicals <input type="checkbox"/> Attachment to anchor secure <input type="checkbox"/> Stretching from shock load <input type="checkbox"/> Protection where lifeline runs over roof edge
Anchor	<input type="checkbox"/> Capacity 16 kilonewtons (3,600 pounds) or more <input type="checkbox"/> One anchor per lifeline <input type="checkbox"/> Signs of deformation