Chapter 20 - Form 2: Personal Fall Restraint Systems & Personal Fall Arrest Systems

HARNESS INSPECTION (Competent person) *** EVERY Six-Months ***

The personal fall arrest system needs to meet the following criteria for each component:

Model: _____ **Serial #:** _____ **Last Inspected:** _____

1. Webbing ☐ **PASS** ☐ **FAIL**

Inspect the entire surface of webbing for damage. Beginning at one end, bend the webbing in an inverted "U". Holding the body side of the belt toward you, grasp the belt with your hands six to eight inches apart. This surface tension makes the damaged fibers or cuts easier to see. Watch for frayed edges, broken fibers, pulled stitches, cuts, burns, and chemical damage.

2. "D" Rings/Back Pads ☐ **PASS** ☐ **FAIL**

Check "D" rings for distortion, cracks, breaks, and rough or sharp edges. The "D" ring should pivot freely. "D" ring back pads should also be inspected for damage.

3. Attachment of Buckles ☐ **PASS** ☐ **FAIL**

Note any unusual wear, frayed or cut fiber, or distortion of the buckles.

4. Friction, Pass-Through or Mating Buckles ☐ **PASS** ☐ **FAIL**

Inspect the buckle for distortion. The outer bars and center bars must be straight. Pay special attention to corners and attachment points of the center bar.

5. Tongue Buckle/Belt Grommet ☐ **PASS** ☐ **FAIL**

Buckle tongues should be free of distortion in shape and motion. The tongue receives heavy wear from repeated buckling and unbuckling. Inspect for loose, distorted or broken grommets. The webbing should not have any additional punched holes.

6. Quick Connect Buckle ☐ **PASS** ☐ **FAIL**

Quick connect buckles should be free of distortion in shape and motion. The outer bars and center bars must be straight. Make sure dual-tab release mechanism is free of debris and engages properly. Check for distortion or sharp edges.

***** NOTE *****

Update Inspection Tag on the belt / harness / lanyard with date & initials.

Inspector's Documentation:

_____ _____

Name (Print / Signed) Date (mm/dd/yyyy)

Return completed form to *Manager or Supervisor*

LANYARD INSPECTION (Competent person) *** EVERY Six-Months ***

The personal fall arrest system needs to meet the following criteria for each component:

Model: _____ Serial #: _____ Last Inspected: _____

1. **Web Lanyard** ☐ **PASS** ☐ **FAIL**

   While bending the webbing over a curved surface such as a pipe, observe each side of the webbed lanyard. This will reveal any cuts or breaks. Examine the webbing for swelling, discoloration, cracks, or burns. Observe closely for any breaks in the stitching.

   ***** NOTE *** The length of a single six-foot lanyard shall not exceed six feet.**

2. **Lanyard Hardware Inspection** ☐ **PASS** ☐ **FAIL**
   - Snaps: Inspect closely for hook and eye distortions, cracks, corrosion, or pitted surfaces. The keeper (latch) should seat into the nose without binding and should not be distorted or obstructed. The keeper spring should exert sufficient force to firmly close the keeper. Keeper locks must prevent the keeper from opening when the keeper closes.
   - Thimbles: The thimble must be firmly seated in the eye of the splice, and splice should have no loose or cut strands. The edges of the thimble must be free of sharp edges, distortion, or cracks.

3. **Shock-absorbing Lanyard** ☐ **PASS** ☐ **FAIL**

   Shock-absorbing lanyards should be examined as a web lanyard. However, also look for signs of deployment.

   If the lanyard shows signs of having been put under load (e.g. torn out stitching), remove it from service.

   DO NOT CUT any plastic surrounding the shock-absorbing lanyard!

***** NOTE *****

Update Inspection Tag on the belt / harness / lanyard with date & initials.

Inspector's Documentation:

_____ _____

Name (Print / Signed) Date (mm/dd/yyyy)

Return completed form to *Manager or Supervisor*

LIFELINE & ROPE INSPECTION (Competent person) *** EVERY 6-Months ***

The personal fall arrest system needs to meet the following criteria for each component:

Model: _____ Serial #: _____ Last Inspected: _____

1. **Self-Retracting Lanyard/Lifeline** ☐ **PASS** ☐ **FAIL** ☐ **N/A**
   - The lanyard housing must be inspected to ensure that casing bolts are tight and that there are no loose fasteners, missing parts, cracks or excessive wear or corrosion
   - Webbing must be inspected for cuts, nicks or tears as well as for any broken fibers, stitching or fraying
   - Steel lanyards should be inspected for cuts, fraying, broken wires and overall deterioration and excessive wear
   - Fittings are to be inspected for wear or cracks and obvious damage
   - Follow manufacturer's recommendations for additional inspection tasks and for any requirements that the unit be sent in to the manufacturer for periodic inspection.
2. **Rope Lanyard** ☐ **PASS** ☐ **FAIL** ☐ **N/A**
   Rotation of the rope lanyard while inspecting from end to end will bring to light any fuzzy, worn, broken or cut fibers. Weakened areas from extreme loads will appear as a noticeable change from the original diameter. The rope diameter should be uniform throughout, following a short break-in period. Make sure the rope has no knots tied in it.

***** NOTE *****

Update Inspection Tag on the belt / harness / lanyard with date & initials.

Inspector's Documentation:

_____ _____

Name (Print / Signed) Date (mm/dd/yyyy)

Return completed form to *Manager or Supervisor*