



Weekly Harness-Lanyard Inspection Form

Fall Arrest Equipment
Inspection Form

Date: _____

Operator: _____

Signature: _____

Components		Inspection	
Full Body Harness		Yes	No
	<i>Webbing – (frayed, cut, burned)</i>		
	<i>Stitching – (loose, ripped)</i>		
	<i>Metal Buckle – (bent, cracked)</i>		
	<i>Grommets – (damaged, missing)</i>		
	<i>Strap Keeper – (broken, missing)</i>		
	<i>D-Ring – (worn, bent, cracked)</i>		
Locking Snap Hooks		Yes	No
	<i>Hook – (bent, cracked, twisted)</i>		
	<i>Lock – (not working properly)</i>		
	<i>Springs – (weak, broken, missing)</i>		
Lanyard with Shock Absorber		Yes	No
	<i>Webbing – (frayed, cut, twisted)</i>		
	<i>Stitching – (loose, ripped)</i>		
	<i>Jacket – (cut, torn, burned)</i>		
	<i>End Loops – (cut, torn, burned, stretched)</i>		
	<i>Stretching – (from shock loading)</i>		
	<i>Connections – (to snap hook)</i>		
	<i>Knots – (in rope lanyard)</i>		
Rope Grab		Yes	No
	<i>Fails – (hand test)</i>		
	<i>Springs – (broken, missing)</i>		
	<i>Gate – (can't close fully)</i>		
	<i>Locking Pins – (not working)</i>		
	<i>Safety Latch – (broken)</i>		
	<i>Knots – (in rope lanyard)</i>		
Life Line		Yes	No
	<i>Diameter – (match that of rope grab)</i>		
	<i>Polypropylene – (or equivalent)</i>		
	<i>Length – (reaches the ground)</i>		
	<i>Rope – (frayed, cut, rotted, weak by knots)</i>		
	<i>Discolouration – (from sun, chemicals)</i>		
	<i>Attachments – (to anchor)</i>		
	<i>Stretching – (from shock load)</i>		
	<i>Protection – (when runs over roof edge)</i>		
Anchor		Yes	No
	<i>One Anchor – (per lifeline)</i>		
	<i>Signs – (damage, wear)</i>		