| **Equipment Component** | **What to inspect** | **OK** | **Remove from service** | **N/A** |
| --- | --- | --- | --- | --- |
| Full body harness | * Lay out harness on a clean surface. Starting on one side use hands to feel every part and visually look for any signs of:   + Cuts   + Breaks   + Swelling   + Discolouration   + Cracks   + Charring   + Obvious signs of chemical or heat damage   + Breaks in the stitching * Inspect D-ring and grommets for distortion, cracks, rust, elongation, rough spots, nicks, gouges * Check fall arrest indicator , if equipped (All Harnesses manufactured after January 2009 must have a fall arrest indicator) * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Steel cable lanyards | * Starting at one end and working towards the other end, check for:   + Broken wires   + Excessive wear   + Kinks   + Crushing   + Cutting   + Reduction in diameter   + Heat damage   + Condition of the Flemish eyes   + Condition of the plastic coating * Note: if more than 3 strands of wire are broken on one twist or 6 strands of wire are broken on the entire cable, remove from service * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Web Lanyards | * Starting at one end and working towards the other end, bending the material over a non abrasive pipe check for the following:   + Cuts   + Breaks   + Swelling   + Discolouration   + Cracks   + Charring   + Obvious signs of chemical or heat damage   + Breaks in the stitching * Check fall arrest indicator, if equipped (All lanyards manufactured after January 2009 must have a fall arrest indicator) * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Rope lanyards | * On a three strand rope, starting at one end and working towards the other end, carefully twist the rope open and look for:   + Cuts   + Breaks   + Swelling   + Discolouration   + Cracks   + Charring   + Obvious signs of chemical or heat damage   + White powder between the strands of the rope indicating untucking of the back splice * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Carabiners | * Only use auto-locking type carabiners for fall protection made of carbon steel or equivalent strength * Inspect for distortion, cracks, rust, elongation, rough spots, nicks, gouges * Verify all mechanical components move freely * Verify all springs have retained their original tension * Check that all locking mechanisms engage correctly * Check for crack and “pinging” * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Personal energy (shock) absorber | * Check energy absorber pouch and overall length before and after each use. If plastic cover seems distorted or stretched, remove from service. * Periodically measure the length of energy absorber and compare to initial length on CSA label or logbook. * Inspect end loops for wear (particularly where steel components and synthetic material meet) * Check for:   + Cuts   + Breaks   + Swelling   + Discolouration   + Cracks   + Charring   + Obvious signs of chemical or heat damage   + Breaks in the stitching   + Hollow spots in pouch if applicable * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Snap hook | * Inspect for distortion, cracks, rust, elongation, rough spots, nicks, gouges * Ensure the snap hook gate latch seats into nose without binding. * Ensure the gate spring firmly closes the gate * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Rope Grab | * All mechanical components must move freely * All springs must have retained their original tension * Check for cracks and missing/loose rivets * Ensure locking mechanism engages correctly by installing the unit on lifeline and drop it to confirm that it locks off immediately * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Vertical Lifeline | * Using both hands grab the rope about 3-4” apart and squeeze hands together causing rope to “fatten”. Inspect for:   + Broken fibres   + Severely worn fibres on the sheath   + Areas where the core shows through   + Area where 50% or more of the square fibre bundles appear to be cut or severed (fuzzy appearance) * Rope must NOT be older than 5 years * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Cable horizontal lifeline | * Inspect all hardware elements for cracks, sharp edges, deformation, corrosion, chemical attack, excessive heating or excessive wear * Inspect steel anchor slings for severe kinking, missing thimbles, broken strands or damaged or defective swages * Inspect carabiners for poor gate operation and obvious deformation * Inspect cable clamp for deformation or missing hardware * Inspect synthetic elements for fraying, abrasion, discolouration, damaged stitching, stiffness, melting, chemical attack or excessive soiling * Inspect entire length of lifeline for kinks, broken stands, damages splices or thimbles. * Inspect energy absorber for elongation * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Anchorage | * Check for visible signs of:   + Cracks   + Rust   + Deterioration * if an eyebolt is used as an anchor, the interior opening of the eye measures at least 38 mm (1 ½ in) * made of stainless steel or other material resistant to corrosion * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn). If it is not engineered, the anchorage must be ‘unquestionably strong’, i.e. capable of suspending 5000lbs (Envision it being able to suspend a pickup truck). |  |  |  |
| Engineered anchorage connectors | * Check for visible signs of:   + Cracks   + Rust   + Deterioration * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |
| Self-retracting device | * Mechanical components must move freely * Check for worn/damaged parts * Check that springs have retained their original tension * All nuts, screws, etc are in place and secure * Verify device retracts fully by pulling out the cable or webbing fully and SLOWLY retracting device. DO NOT let go of retracting device as the line can ‘bird nest’ and result in a much greater free fall. * Check fall arrest indicator * Check the locking pin position * Pull sharply down on lanyard, should lock off almost instantly * Check housing for damage/cracks * Check last re-certification date for CSA Type 2 & 3 (mandatory annual re-certification after second year from date of manufacture) * Check for manufacturers tag/serial number * Must be rated to 5000lbs (22.2 kn) |  |  |  |

**Note: If a defect is found on any of the equipment or if there is evidence that equipment was subjected to fall arresting forces, the equipment must be taken out of service and given to an authorized person in the company. That person must send it back to the manufacturer to destroy it OR destroy every single component themselves so no part can be re-used for anything.**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_