

PRE-OPERATIONAL CHECKLIST FOR A

# Fall arrest equipment



NAME  DATE  Equipment No

All the items in the "ITEMS TO BE CHECKED" column must be checked by operators before operating equipment.

Indicate whether each item is in a serviceable condition (using a tick) or not (using a cross). If irrelevant, write n/a. If defects are found, a new checklist then needs to be filled in and retained indicating that all parts are serviceable.

FULL BODY HARNESS			
<b>SHOULDER STRAPS</b>			
CLEAN		NO CHEMICAL / UV ATTACK / DISCOLOURATION	
WEBBING NOT CUT / FRAYED; NO HOLES		NO CUT / PULLED STITCHING	
<b>CHEST STRAPS</b>			
CLEAN		NO CHEMICAL / UV ATTACK / DISCOLOURATION	
WEBBING NOT CUT / FRAYED; NO HOLES		NO CUT / PULLED STITCHING	
<b>LEG STRAPS</b>			
CLEAN		NO CHEMICAL / UV ATTACK / DISCOLOURATION	
WEBBING NOT CUT / FRAYED; NO HOLES		NO CUT / PULLED STITCHING	
<b>BACK STRAPS</b>			
CLEAN		NO CHEMICAL / UV ATTACK / DISCOLOURATION	
WEBBING NOT CUT / FRAYED; NO HOLES		NO CUT / PULLED STITCHING	
<b>SIDE D-RINGS</b>			
NO SHARP EDGES / BURRS / CRACKS		NO RUST / CORROSION	
NO BENDING / DISTORTION			
<b>BACK D-RING</b>			
NO SHARP EDGES / BURRS / CRACKS		NO RUST / CORROSION	
NO BENDING / DISTORTION			
<b>FRONT D-RING (IF PRESENT)</b>			
NO SHARP EDGES / BURRS / CRACKS		NO RUST / CORROSION	
NO BENDING / DISTORTION			
<b>BUCKLES</b>			
NO SHARP EDGES / BURRS / CRACKS		NO RUST / CORROSION	
NO BENDING / DISTORTION			
<b>GROMMETS</b>			
NO SHARP EDGES / BURRS / CRACKS		NO RUST / CORROSION	
NO BENDING / DISTORTION			
<b>LABELS &amp; TAGS</b>			
HAVE APPROPRIATE OSHA & SABS MARKINGS		SECURE	
LEGIBLE			

LANYARDS			
DEPLOYED LENGTH SUITABLE		ATTACHING KARABINER IN GOOD CONDITION	
<b>STRAPS</b>			
CLEAN		NO CHEMICAL / UV ATTACK / DISCOLOURATION	
WEBBING NOT CUT / FRAYED; NO HOLES		NO CUT / PULLED STITCHING	
<b>SHOCK ABSORBER</b>			
SHOWS DEPLOYMENT LENGTH		NO PART ALREADY PARTLY DEPLOYED	
COVERING NOT DAMAGED		OSHA & SABS MARKINGS	
<b>SNAP HOOKS</b>			
NO SHARP EDGES / BURRS / CRACKS		LOCKS & UNLOCKS CORRECTLY	
NO BENDING / DISTORTION		NO CRACKS ON CONNECTION POINTS	
NO RUST / CORROSION		SECURE	
<b>SELF-RETRACTING LIFELINE</b>			
CASING IN GOOD CONDITION		ATTACHING KARABINER IN GOOD CONDITION	
STRAP / STEEL WIRE IN GOOD CONDITION		SNAP HOOK IN GOOD CONDITION	

OPERATOR SIGNATURE  DATE