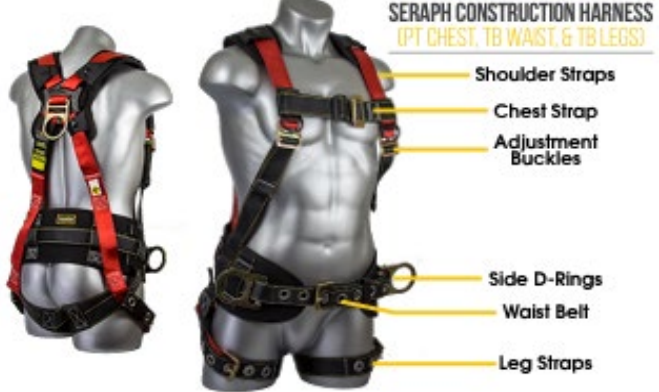



Fall Protection - Appendix F: Pre-Work Body Harness and Lanyard Inspection

Instructions:

- When a supervisor/manager determines as a result of a completed *Form 1: Fall Protection Work Plan* (FPWP) that personal fall restraint or personal fall arrest will be utilized for the work to be performed, then the affected employee needs to perform a pre-work inspection of their equipment
- Using this document as guidance, the affected employee must inspect both their full body harness and lanyard for any defects
- Confirm that a designated **competent person** has completed a six-month inspection and signed off on both labels located on the body harness and lanyard. If needed, a competent person completes *Form 2: Personal Fall Restraint and Personal Fall Arrest System Inspection*.
- If both fall protection equipment components have passed a pre-work inspection and a six-month inspection, then the work can proceed according to procedures developed in the FPWP

Full Body Harness Inspection

Components:	Diagram:
<p>Hardware - Inspect D-rings, buckles, keepers, and back pads for damage, distortion, sharp edges, cracking, and corrosion</p>	 <p>SERAPH CONSTRUCTION HARNESS (PT CHEST, TB WAIST, & TB LEGS)</p> <ul style="list-style-type: none"> Shoulder Straps Chest Strap Adjustment Buckles Side D-Rings Waist Belt Leg Straps
<p>Webbing - Inspect for cuts, burns, tears, any abrasion, fraying, excessive soiling, discoloration due to UV</p>	 <p>VELOCITY HARNESS (PT CHEST & LEGS)</p> <ul style="list-style-type: none"> Dorsal D-Ring Labels Back Strap Impact Indicators
<p>Stitching - Inspect for pulled or cut stitches</p>	
<p>Labels - Inspect to make sure all labels are securely held in place and clearly legible. Confirm that the six-month inspection is current/up to date. Appropriate ANSI/OSHA/CSA markings are present and legible</p>	

Lanyard Inspection

Components:	Diagram:
<p>Hardware - Inspect snap hooks, carabiners, adjusters, keepers, and thimbles for damage, distortion, sharp edges, cracking, and corrosion</p>	<p>The diagram illustrates two types of lanyards. The top section shows a 'SINGLE LEG LANYARD (EXTERNAL SHOCK)' with labels for Connectors, Termination, Shock Absorber, Label, Webbing, and Cable. The bottom section shows a 'DOUBLE LEG LANYARD (INTERNAL SHOCK & NON-SHOCK)' with labels for Connectors, Termination, Label, and Webbing.</p>
<p>Webbing - Inspect for cuts, burns, tears, any abrasion, fraying, excessive soiling, and discoloration due to UV damage</p>	
<p>Stitching - Inspect for pulled or cut stitches</p>	
<p>Labels - Inspect to make sure all labels are securely held in place and clearly legible. Confirm that the six-month inspection is current/up to date. Appropriate ANSI/OSHA/CSA markings are present and legible</p>	
<p>Energy Absorbing Component (if present) - Inspect for elongation, tears, excessive soiling, and discoloration due to UV damage</p>	
<p>Synthetic Rope - Inspect for pulled or cut yarns, burns, abrasion, knots, excessive soiling, and discoloration due to UV damage</p> <p>Or</p> <p>Wire Rope - Inspect for broken wires, corrosion, kinks, and separation of strands</p>	