Fall Protection Checklist

A working-at-height safety check covering guardrails, harnesses, anchors and rescue.

Hazard Assessment and Planning

- [ ] Identify all fall hazards, open edges and floor openings in the work area.
- [ ] Confirm the trigger height and required protection for the task.
- [ ] Select the protection method using the hierarchy of fall protection.
  Prefer guardrails or elimination over personal fall arrest where feasible.
- [ ] Verify a written fall protection plan exists where required.
- [ ] Confirm weather and surface conditions are safe for work at height.
- [ ] Check that the work area below is barricaded against falling objects.

Guardrails and Collective Protection

- [ ] Confirm guardrails are installed at all required open edges.
- [ ] Check top rails, mid rails and toe boards meet height and strength requirements.
- [ ] Verify floor openings and holes are covered, secured and labeled.
- [ ] Confirm safety nets, where used, are rigged and inspected correctly.
  Covers must support loads and be marked 'Hole' or 'Cover'.
- [ ] Check that guardrails are not removed without an equivalent system in place.

Harness and Personal Fall Arrest

- [ ] Inspect the harness webbing, stitching, D-rings and buckles for damage.
- [ ] Check the lanyard, shock absorber and connectors for wear or deployment.
- [ ] Confirm self-retracting lifelines lock and retract correctly.
- [ ] Verify the harness fits snugly and is worn and adjusted correctly.
  A loose harness can cause injury during a fall arrest.
- [ ] Calculate fall clearance to confirm the worker will not strike a lower level.

Anchor Points and Connections

- [ ] Confirm anchor points are rated and selected or designed by a qualified person.
- [ ] Check that anchors are positioned to minimize free-fall distance and swing fall.
- [ ] Verify connectors and snap hooks are compatible and locked.
- [ ] Confirm only one worker is attached per anchor unless rated for more.
- [ ] Check horizontal lifelines, where used, are installed and tensioned correctly.

Inspection and Records

- [ ] Confirm all equipment is inspected before each use.
- [ ] Verify a competent person performs documented periodic inspections.
- [ ] Remove from service any equipment that arrested a fall or shows damage.
  Tag and quarantine damaged gear so it cannot be reused.
- [ ] Check inspection records are dated and retained.

- [ ] Confirm workers are trained to inspect their own equipment.

Rescue and Emergency

- [ ] Confirm a fall rescue plan is documented and understood by the crew.
- [ ] Check that rescue equipment is available and personnel are trained to use it.
- [ ] Verify the plan addresses suspension trauma and prompt retrieval.
- [ ] Confirm emergency contacts and procedures are posted at the work area.
- [ ] Check that the rescue plan has been practiced or briefed before work begins.
- [ ] Important: this is general guidance only and does not replace OSHA regulations, formal training or your employer's safety program; confirm requirements with a qualified or competent person.