

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.