ISLAND ACOUSTICS
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Job#_____Job Name _____ Date 7/22/2021

Personal Fall Protection Inspection and Maintenance

When working from heights that are not protected by handrails or safety nets, a personal fall protection system must be used. Also use a personal fall protection system when you are working on a float or scaffold or on suspended scaffolds having only one or two suspension points.

What Is a Personal Fall Protection System?

Personal fall protection system means a system (including all components) an employer uses to provide protection from falling or to safely arrest an employee's fall if one occurs. Examples of personal fall protection systems include personal fall arrest systems, positioning systems, and travel restraint systems.

Users of fall protection systems shall, at a minimum, comply with the manufacturer's instructions regarding the inspection, maintenance and storage of the equipment. The user's organization shall retain the manufacturer's instructions and make them readily available to all users.

Inspect All Components Before Every Use

To get maximum protection from personal fall protective equipment, inspect all components carefully each day, before each use, to be sure there are no defects. Follow the device manufacturer's inspection guidelines. Areas to inspect include:

- Defects or damage to hardware elements: cracks, sharp edges, deformation, corrosion, chemical attack, excessive heating, alteration and excessive wear.
- Defects or damage to fiber or wire straps, wire rope, or ropes: fraying, crushing, unsplicing, unlaying, kinking, knotting, roping, broken or pulled stitches, broken or pulled wires or multiple broken wires, excessive elongation, chemical attack, ultraviolet light exposure degradation, excessive soiling, abrasion, alteration, needed or excessive lubrication, excessive age or wear.
- Check the harness for frays, cuts or other damage. If you do welding, check for burns from spatter or sparks.
- Inspect the tongue end of the harness for wear as a result of buckling and unbuckling. If the belt has grommets, check for wear and confirm all grommets are attached. Check for wear or damage where the buckles are attached to the harness.
- Look for buckle distortion. The buckle tongue must move freely and overlap the buckle frame. Check the roller for distortion and sharp edges; it should turn freely on the buckle frame.
- Make sure D-rings are free of breaks, cracks or rough edges and that they move freely. Check rivets for cracks and burrs. A bent rivet may fail under stress.
- Lanyards should be nylon or rope or equivalent with a minimum of one-half inch diameter and 5,400-poundbreaking strength. Lanyards should be inspected from end-to-end before each use. Look for burns and for worn, broken or cut fibers.

Care and Maintenance

Personal fall arrest systems and components subjected to impact loading should be immediately removed from service and should not be used again for employee protection until inspected and determined by a competent person to be undamaged and suitable for reuse. Do not allow acids, caustics or other corrosive materials to come in contact with the fall protection device, lanyard or lifeline. Avoid dropping the device on the ground and keep it away from sharp tools or objects. Do not cut or rough-punch extra holes in the device. This can weaken it, as well as void the manufacturer's warranty. Never use gasoline or other drying solvents on any harness. Instead, lightly coat leather products with neat's-foot oil or saddle soap. For fabric harnesses, use only the special dressing recommended by the manufacturer.

Store all harnesses in separate, dry compartments, or hang them up so they will not be damaged.

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OSHA SAFETY TRAINING CERTIFICATION FORM
Toolbox Topic Covered: Personal Fall Protection Inspection and Maintenance

Supervisor Talk Record
How the topic applies to this job:
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_____
Additional topics covered:_____

Print Name	Signature

Travelers Webinar: Slip, Trip and Fall Prevention:
https://2344561.mediaspace.kaltura.com/media/t/1_jjykhney

OSHA Personal Fall Protection Systems:
https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.140

How To Inspect/Use and Don a Full Body Harness:
https://youtu.be/seuWV6qTl4k

Supervisor/Foreman Signature:_____