Personal Fall Arrest System - Pre-use Inspection

All parts of the Personal Fall Arrest System (PFAS) need to be inspected prior to each use in accordance with manufacturer’s recommendations. Read the product insert to learn of any specific inspection requirements or guidelines. The PFAS should be inspected for wear, damage, and other deterioration. Defective components should be removed from service.

Inspect all new harnesses, lanyards, and other connectors prior to their first use on the jobsite. There may be defects that would require replacement.

Remember the ABC’S for PFAS Inspection

**Anchor Point**
- Capable of supporting 5,000 pounds per worker.
- Should be above your head to avoid swinging in the case of a fall.
- The shorter the tie-off, the shorter the fall distance.
- Never anchor to a handrail, conduit, or other weak component.
- Inspect pre-engineered systems in accordance with manufacturer’s recommendations.

**Body Harness**
- Inspect all buckles and connections for wear and proper function.
- Inspect fabric and nylon parts of the harness for burns, wear, tears, and rips.
- Wear the harness with the D-ring centered on the back between the shoulder blades.
- Make sure the chest strap is in the mid-chest area well below the neck.
- Fasten the leg straps so that they fit snugly.

**Connectors**
- Shock absorbing lanyards with double-locking snap hooks.
- Retractable lanyards with double locking snap hooks
- Never make snap hook to snap hook connections
- Tie-off to a beam clamp, strap, or sling unless the lanyard is designed to hook back onto itself and is marked stating its use.

Ask the Competent Person if you have any questions about the condition of an anchor point, body harness, or connector. If a harness, lanyard, or self-retracting lifeline has been involved in a fall, it must be removed from service and inspected or replaced per manufacturer’s recommendations. PFAS components subject to impact loading should be immediately removed from service and not used again for employee protection until they are inspected and determined by a Competent Person to be undamaged and suitable for use.
TOPIC: PERSONAL FALL ARREST SYSTEM - PRE-USE INSPECTION

Foreman: ____________________________________________________________

Project: ____________________________________________________________

Date: ________________________________________________________________

Meeting Attendance: Please print your name, attach additional sheets if needed.

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