

# PERSONAL FALL PROTECTION CHECKLIST

*Safety at every height.*

**F**all protection equipment is designed to stop you during a fall. In an instant, your harness, lanyard, and anchor may become your life line. Make sure you know when to wear fall protection equipment and how to put it on correctly. Remember to regularly check your equipment for damage.

## Preventing accidents can be easy

Fall protection equipment can help prevent an accident. Here are some times you're required to wear it:

1. If there is an unguarded edge or hole into which you could fall 6 feet or more.
2. If you could land on a hazard.
3. If you are within 6 feet of open edges of roofs, mezzanines, or loft doors.
4. If you are in man lift buckets or on a ledge.

**Construction based on OSHA standards require fall protection equipment at 6 feet.  
General Industry requires fall protection at 4 feet.**

## Checklist

1. Do you inspect the fall protection equipment before using it? Don't use dirty or damaged equipment.
2. Do you check possible anchor points to ensure they can hold the required load?
3. Is there another person available to help adjust the equipment when you put it on?
4. Do you inspect the harness and lanyard for damage after you use them?
5. Do you clean the harness and lanyard and hang them up to dry when you're finished?

If fall protection equipment is used during a fall, destroy and discard the harness and lanyard. Remember to inspect the anchor point for damage.

## Thought Provokers

1. What areas or tasks at our work site require fall protection equipment?
2. Is our fall protection equipment in good condition?
3. Are there any specific points or problems you wish to discuss?