

SAFETY Checklist

Completed By:

Location:

Date Completed:

Walking and Working Surfaces:

Personal Protective Equipment Personal Fall Protection Systems: Personal Fall Arrest Systems - System Performance and Use Criteria (General Industry)

Instructions: This checklist is intended to help you identify potential hazards in your workplace. The questions are based on applicable Federal OSHA standards. Keep in mind that additional state and local regulations may apply, depending upon your location. Please select one answer for each question. You can click in the box if completing this form on your computer or mobile device. If you select “no,” you should investigate further to determine what corrective action may be needed to address the hazard. You can review the specific OSHA Standards outlined below at www.osha.gov/law-regs.html. Choose “General Industry.”

1910.28 Duty to have fall protection and falling object protection ... (P) personal fall protection systems required by this section meet the criteria of 29 CFR 1910.140

	Questions	OSHA Regulation	Yes	No	N/A
1	Do personal fall arrest systems limit the maximum arresting force on the employee to 1,800 pounds?	1910.140(d)(1)(i)			
2	Do personal fall arrest systems bring the employee to a complete stop and limit the maximum deceleration distance the employee travels to 3.5 feet?	1910.140(d)(1)(ii)			
3	Do personal fall arrest systems have sufficient strength to withstand twice the potential impact energy of the employee free falling a distance of 6 feet, or the free fall distance permitted by the system?	1910.140(d)(1)(iii)			
4	Do personal fall arrest systems sustain the employee within the system/strap configuration without making contact with the employee's neck and chin area?	1910.140(d)(1)(iv)			
5	On any horizontal lifeline that may become a vertical lifeline, is the device used to connect to the horizontal lifeline capable of locking in both directions on the lifeline?	1910.140(d)(2)(i)			
6	Are personal fall arrest systems rigged in such a manner that the employee cannot free fall more than 6 feet or contact a lower level? NOTE: A free fall may be more than 6 feet provided the employer can demonstrate the manufacturer designed the system to allow a free fall of more than 6 feet and tested the system to ensure a maximum arresting force of 1,800 pounds is not exceeded.	1910.140(d)(2)(ii)			

Questions		OSHA Regulation	Yes	No	N/A
7	Are body belts prohibited as part of a personal fall arrest system?	1910.140(d)(3)			

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