

Fall Protection: Personal Fall Arrest Systems (Construction)

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 check one answer for each question. 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” or “Construction.”

	Questions	OSHA Regulation	Yes	No	N/A
	Fall Protection: Personal Fall Arrest Systems				
1)	Are body harnesses and components used only for personal protection (as part of a personal fall arrest systems) and not to hoist materials?	1926.502(d)(18)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2)	Are connectors on personal fall arrest systems made of drop-forged, pressed, or formed steel; or of equivalent materials?	1926.502(d)(1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3)	Are lifelines protected against being cut or abraded?	1926.502(d)(11)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4)	Are personal fall arrest systems inspected before each use for wear and damage?	1926.502(d)(21)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5)	Do dee-rings and snaphooks on personal fall arrest systems have a minimum tensile strength of 5,000 pounds?	1926.502(d)(3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6)	Do lanyards and vertical lifelines have a minimum breaking strength of 5,000 pounds?	1926.502(d)(9)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7)	Is attaching personal fall arrest systems to guard-rail systems or hoists prohibited?	1926.502(d)(23)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8)	Is the attachment point of the body harness located in the center of the wearer’s back near shoulder level, or above the wearer’s head?	1926.502(d)(17)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9)	Is the use of body belts as part of a personal fall arrest system prohibited?	1926.502(d)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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10)	When stopping a fall, are personal fall arrest systems rigged such that a person can neither free fall more than 6 feet, nor contact any lower level?	1926.502(d)(16)(iii)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11)	When stopping a fall, do personal fall arrest systems bring a person to a complete stop and limit maximum deceleration distance to 3.5 feet?	1926.502(d)(16)(iv)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12)	When stopping a fall, do personal fall arrest systems limit the maximum arresting force on a person to 1,800 pounds when used with a body harness?	1926.502(d)(16)(ii)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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