

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)			
2)	Are connectors on personal fall arrest systems made of drop-forged, pressed, or formed steel; or of equivalent materials?	1926.502(d)(1)			
3)	Are lifelines protected against being cut or abraded?	1926.502(d)(11)			
4)	Are personal fall arrest systems inspected before each use for wear and damage?	1926.502(d)(21)			
5)	Do dee-rings and snaphooks on personal fall arrest systems have a minimum tensile strength of 5,000 pounds?	1926.502(d)(3)			
6)	Do lanyards and vertical lifelines have a minimum breaking strength of 5,000 pounds?	1926.502(d)(9)			
7)	Is attaching personal fall arrest systems to guard-rail systems or hoists prohibited?	1926.502(d)(23)			
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)			
9)	Is the use of body belts as part of a personal fall arrest system prohibited?	1926.502(d)			

Fall Protection: Personal Fall Arrest Systems (Construction)

	Questions	OSHA Regulation	Yes	No	N/A
	Fall Protection: Personal Fall Arrest Systems				
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)			
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)			
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)			

Safety Checklist Disclaimer: This safety checklist (the "Material") is made available to the user or other receiver of the Material for general informational purposes only. The Material has been developed with consideration of various factors relevant to the subject area, including federal laws and regulations in effect at the time the Information was created and/or certain good management practices relevant to the subject area. Because every industry and/or workplace presents unique circumstances, the Material does not constitute and is not intended to provide specific advice, assurances, or guarantees concerning any user's compliance with particular regulatory requirements (e.g., OSHA) or other applicable safety and/or health requirements or good management practices. The Material does not constitute training and does not replace the need to properly train all employees nor is the Material a substitute for an assessment of any safety or health hazards present at your facility by a health or safety professional or expert. Users are advised to consult with a legal or other professional advisor concerning specific regulatory compliance requirements applicable to their workplaces and appropriate use of the Material. Users and receivers of the Material are subject in all respects to the terms and conditions set forth www.grainger.com, including those provisions relating to limitation of liability. Users and receivers of the Material assume all responsibility and risk arising from any and all use of and/or reliance upon the Material, including any modifications made thereto. W.W. Grainger, Inc. makes no warranty, express or implied, that the Material is current, accurate, appropriate or complete for any particular facility or requirements applicable to a particular facility.