



Pre-Use Inspection Checklist

Before working at height, did you...

- I. Inspect your harness?
 - a. Fall indicators
 - b. Metal Components – buckles, connectors, rings
 - c. Webbing and Straps
 - d. Labels
 - e. Label
 - II. Adjust your harness so it fits properly?
 - a. Size selection
 - b. Proper order of adjustment
 - i. Overall size and dorsal ring placement
 - ii. Legs
 - iii. Chest strap last
 - c. Proper fit
 - iv. Dorsal ring centered on shoulder blades
 - v. Leg straps snug but not constricting
 - vi. Chest strap at nipple line
 - vii. Sub-pelvic strap in correct position
 - viii. No slack on straps
 - III. Inspect your self-retracting lifelines?
 - a. Fall indicator/energy absorber
 - b. Condition of shell
 - c. Metal Components – hooks, rings, connectors, carabiners
 - d. Webbing
 - IV. Check to make sure your SRL is working properly?
 - a. Function test
 - b. Never use with line pulled out
 - c. Must connect so webbing is in tension
 - V. Inspect the lifeline(s) you will be using (if applicable)?
 - a. End connection
 - b. Energy absorber
 - c. User rings
 - d. D-Ring extenders
 - e. Line condition
 - VI. Complete, review, and sign the Fall Hazard Analysis for the area in which you will be working?
 - VII. Review the rescue plan for the area in which you will be working?
- If you answered YES to **all** these items, you are ready to work. If not, attend to the items you missed before working at height.