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Never miss crucial checkpoints of safety harness inspections and have more time to focus on your tasks. A safety harness inspection is ideally conducted every time a harness is going to be used by a worker who will be working at heights. Also known as a fall protection harness inspection, safety harness inspection helps keep workers safe as it involves checking if the labeling, webbing, stitching, D-rings, lanyards, and snap hook-ends of a harness are in good condition. Occupational health and safety regulators around the world, such as the US Occupational Safety and Health Administration (OSHA), the UK Health and Safety Executive (HSE), and Safe Work Australia, require regular inspection and proper maintenance or storage of fall protection equipment. For this reason, having a safety harness inspection checklist and other fall protection checklists have become essential. Regular inspections of safety harnesses ensure the integrity of safety harnesses and reduce the risk of falling. It can also help extend their lifespan, saving money in the long run. Harness inspections can detect wear and tear, corrosion, and other issues that, if left unattended, would lead to premature harness failure. By catching these problems early, you can ensure that your harnesses remain effective for an extended period. Laws and Standards for Proper Use and Inspection Practices Different countries have different legal regulations and standards to follow for the use and inspection of safety harnesses. Here are some of the most well-known standards around the world: Work at Height Regulations 2005 This regulation from the UK mandates that all safety harnesses exposed to strenuous physical, chemical, and weather elements at work be subject to regular and ad hoc inspections in order to ensure that they are safe for use. This regulation also details other safety standards for other fall protection equipment. The Personal Protective Equipment (PPE) at Work Regulations 1992 This UK law requires employers to cover the costs of PPE maintenance and repairs for all workers required to use them. This also puts responsibility on employers to ensure that workers are wearing the appropriate PPEs for any work being performed. OSHA 1910.140 – Personal Fall Protection Systems This OSHA regulation details the rules and regulations needed for all US states to follow when using, maintaining, and inspecting safety harnesses and other personal fall protection equipment. This also lists down the different gears needed for different tasks. EN 361:2002 This regulation provides the necessary details and guidelines for the use of full-body harnesses when working at heights. Along with EN 358 and EN 355, EN 361 is one of the major regulations European countries refer to when ensuring safety for workers at heights. What Should a Safety Harness Inspection Checklist Include? A typical safety harness inspection checklist contains fields for the following: Date and time the inspection is being performed Inspector name Description of why a safety harness is necessary for the task Task to be done Photos of the equipment and safety harnesses to be used Presence and condition of safety harness tags and their written model, date of manufacture, name of manufacturer, limitations, and warnings Status of burn marks, damage, cuts, holes, cracks, deformities, and other issues on the harness, if applicable Condition of hooks Description of the type of lanyard used and its condition Condition of lifelines Recommendations Signature for sign-off and validity Here is a sample report from a safety harness inspection checklist for reference: 5 Safety Harness Inspection Tips Inspect the following for fall prevention. Inspect labels and tags – Always check to ensure product labeling and tagging is legible and attached to the lanyard Webbing and stitching – Webbing should be free from cuts, broken fibers, and other damage. Visually check for damage across the entire length of the equipment Inspect all D-rings and metal parts – D-rings, buckles, rivets, and grommets should be free from cracks and deformities. Visually and physically check for sharp edges and distortions. Inspect snap hook ends – Snap Hooks should have no hook and eye distortions. Check for evidence of corrosion or other damage. Check lanyards – Lanyards should be able to carry standard bodyweight. Inspect rope lanyards for broken strands. Discard lanyards with broken strands. Create a custom checklist template instantly with AI A full-body harness is an important piece of personal protective equipment (PPE) used to protect workers from falls in various industries. Regular inspections of the harness are necessary to ensure its effectiveness and the safety of the wearer. Here's a checklist for inspecting a full-body harness:General Inspection:Check for any visible signs of damage, such as cuts, tears, fraying, or abrasions, on the straps and stitching.Ensure all buckles, D-rings, and other hardware are in good working condition and securely fastened.Look for any signs of chemical or heat damage, such as discoloration or melting of the material.Webbing Straps:Inspect each webbing strap for wear, damage, or signs of degradation.Pay attention to the areas near the attachment points, buckles, and adjustment points.Check that the webbing is not twisted or tangled.Stitching and Thread:Examine all stitching and thread for signs of wear, fraying, or loose threads.Ensure that all stitches are secure and intact without any skipped stitches or excessive thread breaks.Hardware and Buckles:Inspect all buckles, D-rings, and other hardware for damage, deformities, or signs of stress.Check that all hardware operates smoothly and securely latches or locks into place.Verify that any movable parts, such as adjusters or buckles, move freely and can be properly secured.Labels and Markings:Ensure that the full-body harness has a legible and valid inspection tag or label, indicating its inspection history and expiration date.Check for manufacturer's labels, including model, date of manufacture, and other relevant information.Verify that any required markings or certifications are present and visible.Cleaning and Storage:Assess the overall cleanliness of the harness and remove any dirt, debris, or contaminants.Follow the manufacturer's guidelines for cleaning and storage, if provided.Inspect storage areas for potential damage to the harness, such as exposure to sunlight, chemicals, or excessive moisture.Retractable Lanyards or Energy Absorbers (if applicable):If your full-body harness includes retractable lanyards or energy absorbers, inspect these components separately, following the manufacturer's instructions.Pay special attention to the condition of the lanyard, housing, and energy-absorbing elements.It's essential to conduct a thorough inspection before each use and also have a periodic formal inspection by a qualified person, as required by safety regulations. If you identify any defects, damage, or concerns during the inspection, remove the full-body harness from service immediately and replace it or consult with a qualified professional for repair or further guidance. Harnesses are arguably the most important safety devices on any work site, as they are the last line of defence and the difference between life and death in most situations where they are required. When a worker is using and relying on a fall protection system - in this case a full body harness - every component of the system makes an important contribution to the efficacy of the system. This is especially true for a full body harness, which is designed to hold an entire person's weight, and can also be of noticeable discomfort when not used properly too. The most important element of the full body harness is that it is safe and reliable, and one of the tools which companies and workers use to ensure the harness is in good and safe working order is an inspection checklist. This full body harness inspection checklist template comes pre-built with a number of check items and checklist questions which combine to create a reliable procedure and set of requirements before anyone uses their full body harness. You can also add your own questions, remove questions or edit fields as well, as the checklist framework is completely customisable. Other helpful elements of this specific full body harness inspection checklist is that it can be completed directly on site with a mobile or tablet, which reduces the chance of an inspection getting missed, forgotten or the tick and flick. Improve how you manage every critical harness inspection and all of your inspection records using this proven and user friendly template.