Worker Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scope of Work: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weather Conditions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Validation Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_/\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_/\_\_\_\_\_\_\_

**Inspection Procedure:**

Use the Fall Arrest Checklist before wearing fall protection systems to inspect anchorage points, horizontal lifelines, fall arresters, lanyards, retractable lifelines, snap hooks, body harness, and free fall distances. See Fall Protection Guide for additional information.

**Potential Fall Hazards:**

*
*
*
*
*

**Tools Required:**

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*
*
*

**Fall Protection System to be used:**

 ⃞ Railings

 ⃞ Cage

 ⃞ Personal Fall Arrest System

 ⃞ Personal Safety Net

 ⃞ Travel Restraint System

 ⃞ Temporary Flooring

**Anchors to be used:**

 ⃞ Temporary fixed

 ⃞ Existing structural features or equipment

**Clearance:**

Lanyard Length + Shock Absorber extension + D-ring Slip + Height of Worker + 2 feet = Clearance needed

Clearance = \_\_\_\_\_\_\_\_\_\_\_\_\_

⃞ Safe Surface or Water ⃞ Cause injury to person on contact ⃞ Exposed Hazardous material

**Rescue Plan:**

1. Use of a platform to collect fallen worker, disconnect system, and bring to ground.
2. Use of a ladder to support fallen worker, disconnect system, and guide down the ladder, if conscious.
3. Pull fallen worker through a window, only where the rescuer will not be at risk of injuring themselves.
4. Haul fallen worker back up to the level from which they fell, and disconnect system.

**\*All workers suffering a fall from height must seek medical attention as soon as reasonably possible.**

|  |  |  |
| --- | --- | --- |
| Print Name | Signature | Trained in the Safe Use of Fall Protection Equipment. (Yes or No) |
|  |  |  |
|  |  |  |
|  |  |  |

 ⃞ Fall Arrest checklist for each system used, completed and attached.