



Fall Protection Inspection Checklist

| Description | Details |
|--|---------------------|
| Location of Job | |
| Brief Description of Work | |
| Date Checklist Prepared or Modified | |
| Checklist Completed By (Designated Competent Person) | Name: Phone: |
| Checklist Supervised By (Designated Qualified Person) | Name: Phone: |

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any needed assistance.**



Fall Protection Inspection Checklist

SAFETY CHECKLIST – Identify and control hazards

| Ladders (General) | N/A | Acceptable | Addressed by Corrective Action(s) |
|--|------------|-------------------|--|
| 1. Ladders are in good repair and free of slippery surfaces | | | |
| 2. Ladders are clean and not painted in a way that hides defects | | | |
| 3. Ladders have UL-approved seal and designed to carry worker weights | | | |
| 4. Ladders are used on a level, stable, and non-slippery surface | | | |
| 5. Ladders are only used for the purpose they were designed for (e.g., not tied together) | | | |
| 6. Only certified, non-conductive ladders are used around power lines or near electrical equipment | | | |
| 7. Ladders are not used near doors or similar hazards | | | |
| 8. Ladders are not used horizontally like a platform | | | |
| 9. Ladders are not moved or shifted while a worker is on it | | | |
| 10. Workers always face the ladder when climbing and working | | | |
| 11. Workers use tool belts or hand lines to keep hands free when climbing ladders | | | |
| 12. Workers travel up and down ladders using 3-point contact always | | | |
| 13. Workers keep their body inside the side rails (do not lean out beyond the side rails) | | | |
| 14. No work is performed during windy conditions | | | |

Corrective Actions

| |
|----------------------------------|
| <p>Corrective Actions</p> |
|----------------------------------|

| Stepladders | N/A | Acceptable | Addressed by Corrective Action(s) |
|--|------------|-------------------|--|
| 15. Stepladders are used fully open with spreaders locked in place | | | |
| 16. The rear is never used for climbing or cross-bracing | | | |
| 17. Workers never stand on the top cap or top step | | | |

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any needed assistance.**



Fall Protection Inspection Checklist

Corrective Actions

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

| Extension Ladders | N/A | Acceptable | Addressed by Corrective Action(s) |
|---|-----|------------|-----------------------------------|
| 18. Extension ladder, used for access, shall have rails extend 3 feet above the landing it rests on | | | |
| 19. The base is positioned away from the wall at least 1/4 (a 1:4 ratio) of the landing height (e.g., for every 4 feet of height the base should be 1 foot out from the wall) | | | |
| 20. The base is not positioned too far away and as close to the above 1:4 ratio | | | |
| 21. For high places and high-activity places where displacement is possible, the ladder is secured at the top | | | |
| 22. Workers never step higher than the third rung from the top | | | |

Corrective Actions

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

| Job-made Ladders | N/A | Acceptable | Addressed by Corrective Action(s) |
|---|-----|------------|-----------------------------------|
| 23. The ladder base and top are properly secured to prevent movement | | | |
| 24. Ladder is placed on a stable and level surface | | | |
| 25. Ladder is built with construction-grade lumber and designed to hold 4 times its intended weight load | | | |
| 26. Ladders are built in accordance with ANSI standards | | | |
| 27. Cleats are spaced 12 inches apart and fastened with 12d common wire nails along the side rails and with filler blocks in place between cleats (rungs) | | | |
| 28. Cleats are 16 to 20 inches wide for travel | | | |
| 29. Wood for cleats is at least 1 x 4 inches and for side rails at least 2 x 6 inch | | | |
| 30. Rails extend 36 inches to 42 inches above the landing as handrails, but cleats do not | | | |
| 31. Job-made ladders are not used as work platforms - only for travel | | | |
| 32. Double-cleated ladders are available for worker numbers in excess of 25 | | | |

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any assistance.**



Fall Protection Inspection Checklist

Corrective Actions

| Scaffolds | N/A | Acceptable | Addressed by Corrective Actions |
|--|-----|------------|---------------------------------|
| 33. Scaffolds were designed by a licensed professional engineer competent in scaffolding | | | |
| 34. Scaffolds were erected under the supervision of a trained and competent person | | | |
| 35. Scaffolds are in good repair and inspected by a competent person prior to use | | | |
| 36. Planking is made of 2 x 10-inch scaffold-grade lumber or metal | | | |
| 37. Planking spans, no more than 10 feet for light trades (25 pounds per square foot, psf), 8 feet for medium trades (50 psf), or 6 feet for heavy trades (75 psf) | | | |
| 38. Planks overhang supports by 6 (minimum) to 12 inches (maximum) | | | |
| 39. Uprights are plumb (vertical) and securely braced to prevent swaying | | | |
| 40. The scaffold is tied off and secured to a stable structure | | | |
| 41. All open sides above 10 feet have 38" – 45" high guardrails with a midrail installed midway between the guardrail top edge and the platform | | | |
| 42. Guardrail supports are no more than 8 feet apart | | | |
| 43. All open sides above 10 feet have a 3.5-inch-high toe-board | | | |
| 44. Ladders for access extend 3 feet above the platform and are securely attached | | | |
| 45. No work is performed during windy conditions | | | |

Corrective Actions

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any assistance.**



Fall Protection Inspection Checklist

| Stairways | N/A | Acceptable | Addressed by Corrective Actions |
|--|-----|------------|---------------------------------|
| 46. Stairways with at least 3 treads (steps) and at least 4 risers, or rising more than 30 inches, whichever is less, are equipped with stair rails or handrails | | | |
| 47. Stairways are at least 22 inches wide | | | |
| 48. Steps are uniform from top to bottom | | | |
| 49. Steps are slip resistant | | | |
| 50. Landing platforms are at least 30 inches in the direction of travel | | | |
| 51. Landing platforms provide at least 20 inches of space beyond an open door | | | |
| 52. Landings are the same width as stairs | | | |
| 53. The vertical distance between landings does not exceed 12 feet | | | |
| 54. Handrails are 30-37 inches above the stair treads | | | |
| 55. Handrails have at least 3 inches of open space from a wall and/or other objects | | | |
| 56. Handrails can withstand a load of 200 pounds within 2 inches of the top edge | | | |
| 57. Stair exits that open into vehicle traffic have barriers and warning signs | | | |

Corrective Actions

| Guardrails | N/A | Acceptable | Addressed by Corrective Action(s) |
|--|-----|------------|-----------------------------------|
| 58. Guardrails are at least 42 inches above the working surface with a 21-inch midrail (For normal openings the measurements can be within plus or minus 3 inches) | | | |
| 59. Guardrails can withstand a load of 200 pounds within 2 inches of the top edge | | | |
| 60. Midrails and added structures can withstand a load of 150 pounds | | | |
| 61. Top rails and midrails must be at least 1/4 inch in diameter | | | |
| 62. If wire rope is used, then it is flagged every 6 feet with a high-visibility material | | | |

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any assistance.**



Fall Protection Inspection Checklist

| | | | |
|---|--|--|--|
| 63. Toeboards, at least 3.5 inches high and capable of withstanding a force of 50 pounds applied in any direction, shall be provided when employees below could be exposed to falling objects | | | |
| 64. Intermediate members are installed no more than 19 inches apart, and other structural members are installed so that openings are no more than 19 inches wide | | | |
| 65. Gates are used at access points | | | |

Corrective Actions

Safety Net – If a safety net is intended to be used, please contact the Occupational Safety and Health office at (301) 405-3960 or your Dept. rep.

| Holes and Skylights | N/A | Acceptable | Addressed by Corrective Action(s) |
|---|-----|------------|-----------------------------------|
| 66. Holes and skylights near work are protected by a cover and labeled as "Hole" | | | |
| 67. A guardrail system is erected around the hole or skylight (a personal fall arrest system is an alternative) | | | |

Corrective Actions

| Work on Steep Roofs (greater than 4 in 12 vertical to horizontal) | N/A | Acceptable | Addressed by Corrective Action(s) |
|---|-----|------------|-----------------------------------|
| 68. Workers are protected by one of the following: a guardrail system with toeboards; a safety net system or personal fall arrest systems | | | |

Corrective Actions

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any assistance.**



Fall Protection Inspection Checklist

| Aerial Lifts | N/A | Acceptable | Addressed by Corrective Action(s) |
|---|-----|------------|-----------------------------------|
| 69. Aerial lifts are operated by a trained and qualified person in accordance with the manufacturer's instructions | | | |
| 70. Aerial lifts are in good repair and inspected by a competent person prior to use | | | |
| 71. All open sides have a guardrail with a midrail or full enclosure | | | |
| 72. Operators use a body harness with lanyard attached to the boom or basket (Note: this is recommended with scissor lifts as well) | | | |
| 73. Lift is not moved with a worker elevated (unless permitted by the manufacturer) | | | |
| 74. Aerial lifts are properly stabilized on firm, level surfaces and away from hazards | | | |
| 75. Lifts are operated at least 10 feet away from energized overhead power lines | | | |
| 76. Brakes are set, and wheels chocked when on an incline | | | |
| 77. Outriggers are used, if provided | | | |
| 78. Load limits are not exceeded | | | |
| 79. No work is performed during windy conditions (e.g., winds above 27 mph) | | | |

Corrective Actions

| |
|--|
| |
|--|

| Personal Fall Restraint Systems (Including Positioning Systems) | N/A | Acceptable | Addressed by Corrective Action(s) |
|--|-----|------------|-----------------------------------|
| 80. Workers are trained on the proper use and care of fall restraint systems | | | |
| 81. Workers are using an approved safety harness and equipment that have been inspected for wear, damage, and deterioration prior to use | | | |
| 82. Defective components are removed from service | | | |
| 83. The anchorage or connection point and lanyard and/or lifeline are approved and capable of withstanding at least 3,000 pounds per attached worker | | | |
| 84. The fall restraint system will prevent the worker from falling downward | | | |
| 85. Positioning devices are set up so a worker cannot free fall more than 2 feet | | | |

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any assistance.**



Fall Protection Inspection Checklist

Corrective Actions

| |
|----------------------------------|
| <p>Corrective Actions</p> |
|----------------------------------|

| Personal Fall Arrest Systems | N/A | Acceptable | Addressed by Corrective Action(s) |
|--|-----|------------|-----------------------------------|
| 86. Workers are trained on the proper use and care of fall arrest systems | | | |
| 87. Workers are using an approved safety harness and equipment inspected for wear, damage & deterioration prior to use. Defective components are removed from service. | | | |
| 88. The anchorage or connection point and lanyard and/or lifeline are approved and capable of withstanding at least 5,000 pounds per attached worker | | | |
| 89. The fall arrest system will limit the maximum arresting force to 1,800 pounds | | | |
| 90. The system is rigged so a worker cannot fall more than 6 feet nor contact a lower level or hazard | | | |
| 91. Anchorages are designed, installed & used under the supervision of a qualified person | | | |
| 92. Horizontal and vertical lifelines are designed, installed, and used under the supervision of a qualified person | | | |
| 93. Vertical lifelines can be locked in both directions & are protected from cuts or abrasion | | | |
| 94. Self-retracting lifelines or lanyards that limit free falls to 2 feet or less are designed to withstand a force of 3,000 pounds, fully extended | | | |
| 95. Lanyards, lifelines, and harnesses are made of synthetic fibers (ropes/straps) | | | |
| 96. Snap hooks are locking types designed to prevent disengagement | | | |

Corrective Actions

| |
|----------------------------------|
| <p>Corrective Actions</p> |
|----------------------------------|

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any assistance.**



Fall Protection Inspection Checklist

| Fall Arrest Rescue Equipment | N/A | Acceptable | Addressed by Corrective Actions |
|---|-----|------------|---------------------------------------|
| 97. Fall arrest rescue equipment and procedures are in place when fall arrest equipment is used | | | |
| 98. Workers using fall arrest equipment are monitored | | | |
| 99. Adequately trained personnel, rescue equipment, and plans are available and in place to rescue a worker within 6 minutes of a fall arrest | | | |
| 100. First aid equipment is available onsite | | | |

Corrective Actions

| Warning Line Systems (A Last Resort) | N/A | Acceptable | Addressed by Corrective Action(s) |
|--|-----|------------|---|
| 101. Before considering the use of a warning line system, all four priority fall protection controls 1 to 4 were evaluated and deemed not feasible by a qualified person | | | |
| 102. The warning line is erected around all sides of roof work areas, 6 feet from the roof edge (with mechanical equipment use the perpendicular distance is 10 feet) | | | |
| 103. The warning line is installed parallel to the leading edge | | | |
| 104. The rope, wire, or chain is within 34 to 39 inches from the walking surface and is flagged at 6-foot intervals with a highly visible material | | | |
| 105. The rope, wire, or chain has a tensile strength of at least 500 pounds | | | |
| 106. Stanchions are capable of resisting 16 pounds of horizontal, outward force at the top | | | |
| 107. The line is erected in such a way that pulling on one section will not result in slack being taken up in adjacent sections before the stanchion tips over. | | | |

Corrective Actions

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any assistance.**



Fall Protection Inspection Checklist

| Controlled Access Zones (A Last Resort) | N/A | Acceptable | Addressed by Corrective Action(s) |
|---|------------|-------------------|--|
| 108. Before considering the use of a controlled access zone, all four priority fall protection controls 1 to 4 were evaluated and deemed not feasible by a qualified person | | | |
| 109. The control line is erected around all sides of roof work areas, at least 6 to 25 feet from the roof edge (the exception is 60 feet for precast concrete erection) | | | |
| 110. The control line is installed parallel to the leading edge | | | |
| 111. The line is within 39 to 45 inches (50 inches for overhand bricklaying) from the walking surface and is flagged at 6-foot intervals with a highly visible material | | | |
| 112. The line has a tensile strength of at least 200 pounds | | | |
| 113. For overhand bricklaying, the control line is 10 to 15 feet from the working edge, with only bricklayers permitted within the enclosed area(s) | | | |
| 114. When a guardrail must be removed for overhand bricklaying, only that portion of the guardrail necessary for that day of work is removed | | | |
| Corrective Actions | | | |
| | | | |

***Contact ESSR OSH @ (301) 405-3960 or your Department representative for any assistance.**