



Personal Fall Arrest System Inspection

Part	What to inspect.....
Webbing	The entire surface of webbing must be inspected for damage. Beginning at one end, bend the webbing in an inverted "U." Holding the body side of the belt toward you, grasp the belt with your hands six to eight inches apart. This surface tension makes the damaged fibers or cuts easier to see. Watch for frayed edges, broken fibers, pulled stitches, cuts, burns and chemical damage. Check the tongue for loose, distorted or broken grommets. The webbing cannot have any additional punched holes.
D-Rings/Back Pads	D-rings will be checked for distortion, cracks, breaks, and rough or sharp edges. The D-ring should pivot freely. D-ring back pads should also be inspected for damage.
Buckles	Buckles will be inspected to identify any unusual wear, frayed or cut fibers or distortion. Buckle tongues must be free of distortion in shape and motion. They should overlap the buckle frame and move freely back and forth in their socket. The roller should turn freely on the frame. Friction and mating buckles must be inspected to ensure the outer bars and center bars are straight. Pay special attention to corners and attachment points of the center bar.
Snaps	Must be inspected closely for hook-and-eye distortions, cracks, corrosion, or pitted surfaces. The keeper (latch) should seat into the nose with binding and should not be distorted or obstructed. The keeper spring should exert sufficient force to firmly close the keeper. Keeler locks must prevent the keeper from opening when the keeper closes.
Thimbles	The thimble must be firmly seated in the eye of the splice and the splice should have no loose or cut strands. The edges of the thimble must be free of sharp edges, distortion or cracks.
Web Lanyard	Inspect the lanyard by bending the webbing over a curved surface, such as a pipe, observing each side of the webbed lanyard for any cuts or breaks. Examine the webbing for swelling, discoloration, cracks or burns. Check closely for any breaks in the stitching.
Rope Lanyard	Rotate the rope lanyard while inspecting from end to end. This will make any fuzzy, worn, broken or cut fibers more apparent. The rope diameter should be uniform throughout, following a short break-in period. Weakened areas from extreme loads will appear as a noticeable change from the original diameter. Make sure the rope has no knots tied in it. Knots can reduce the strength of the rope by up to 60 percent.
Shock-Absorbing Lanyard	Shock-absorbing lanyards should be examined similarly to a web lanyard. However, also look for signs of deployment. If the lanyard shows signs of having been put under load (e.g. torn out stitching), remove it from service.
Self-Retracting Lanyard/Lifeline	The lanyard housing must be inspected to ensure that casing bolts are tight and that there are no loose fasteners, missing parts, cracks or excessive wear or corrosion. Webbing must be inspected for cuts, nicks or tears as well as for any broken fibers, stitching or fraying. Steel lanyards will be inspected for cuts, fraying, broken wires, overall deterioration and excessive wear. Check fittings for wear or cracks and obvious damage. Employees will follow manufacturer's recommendations for additional inspection tasks and for any requirements that the unit be sent in to the manufacturer for periodic inspection.