



FULL BODY HARNESS INSPECTION CHECKLIST

Harnesses must be inspected by a competent person every six months. Space has been provided to record the dates of the inspections on the harness label and in the user instruction manual. Prior to each use the user must visually inspect the harness for any of the following: missing labels, fall indicators, cuts, cracks, tears, abrasion, loose or damaged stitching, fraying, excessive stretching, mildew, distorted or damaged connectors, exposure to chemical, heat or other degradation. Any harness that fails inspection must be removed at once. **Any harness that has been subjected to a fall arrest must be removed from field service and replaced.** Below is a list of common components to be inspected and to determine if there are any potential unsatisfactory conditions or faults.

FULL BODY HARNESS INSPECTION	PASS/FAIL	COMMENTS
Webbing: Inspect for cuts or tears; abrasion damage especially where there is contact with hardware; excessive stretching; damage due to contact with heat, corrosives, or solvents; deterioration due to rotting, mildew, or ultraviolet exposure; and activation of fall indicator(s)	YES/NO	
Snap hooks and carabiners: Inspect for distortion of hook or latch; cracks, forging folds, dents, or mechanical damage; wear at inside bearing point of hook or carabiner, swivels, and latch pivot pin; open rollers; free movement of the latch over its full travel; broken, weak, or misplaced latch springs (compare if possible with a new snap hook or carabiner); corrosion (rust); and free from dirt, other obstructions.	YES/NO	
D-rings: Inspect for distortion of D-ring; cracks, forging folds, dents, or mechanical damage; wear at inside bearing point of D-ring; and corrosion.	YES/NO	
Buckles and adjusters: Inspect for distortion or other physical damage; cracks, forging folds, dents, or mechanical damage; corrosion; bent tongues; open rollers; and grommets, damaged or missing; strap keepers, damaged or missing.	YES/NO	
Sewing: Inspect for broken, cut, or worn threads; damage or weakening of threads due to contact with heat, corrosives, solvents, or mildew; cuts; abrasion or fraying; stretching; and deterioration due to ultraviolet light or mildew.	YES/NO	
Synthetic fiber ropes: Inspect for broken, cut, or worn fibers; damage or weakening of fibers due to contact with heat, corrosives, solvents, or mildew, and other environmental conditions; cuts; abrasion or fraying; stretching; and deterioration due to ultraviolet light or mildew.	YES/NO	
Labels: Inspect for missing labels and appropriate standards listed.	YES/NO	
Fall Arrest Indicator: Inspect fall arrest indicator for signs of activation. Most harnesses have two indicators on the back webbing straps, some have one load indicator. If activated remove from service.	YES/NO	

INSPECTION SIGN-OFF	PASS/FAIL	INSPECTED BY: DATE INSPECTED:
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