Fall Protection Harness Inspection Checklist

SHIELD CERTIFICATES
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A pre-use harness inspection checklist for any work requiring fall protection. Inspect before every use — damaged equipment should be removed from service immediately.

Date: _____ **Operator:** _____

Webbing

- ☐ Check for cuts, fraying, or tears
- ☐ Check for burns, chemical damage, or discoloration
- ☐ Check for excessive wear at stitch points and D-rings
- ☐ Confirm no visible stretching or hardening of the material

Hardware (Buckles, D-Rings, Grommets)

- ☐ Check for cracks, sharp edges, or deformation
- ☐ Confirm buckles latch securely and hold under tension
- ☐ Check for rust or corrosion
- ☐ Confirm all rivets are secure and undamaged

Stitching

- ☐ Check for pulled, cut, or broken stitches
- ☐ Confirm no stitching is visibly loose at load-bearing points

Labels & Tags

- ☐ Confirm manufacturer label and inspection tag are present and legible
- ☐ Check that the harness is within its manufacturer-rated service life

Anchor Points & Connecting Devices

- ☐ Confirm the anchor point is rated for fall arrest and properly rigged
- ☐ Inspect the lanyard/self-retracting lifeline for damage, same as the harness webbing above
- ☐ Confirm the shock absorber pack (if equipped) has not previously deployed

Before Use

- ☐ Remove from service immediately if any defect is found — do not use damaged fall protection equipment
- ☐ Confirm the harness fits properly and all straps are adjusted before starting work

This checklist is a quick reference and does not replace formal OSHA training. © Shield Certificates — shieldcerts.com