



STOP if not clear how to do the work

Fall Protection / Rescue Equipment Checklist



When to use

Important: Attached to completed JSA

Complete daily before first use of fall protection or rescue equipment

Date: 03/21/17	Worker name: Andrew Mergedroyd
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If the equipment below has arrested a fall, the harness, lanyard and life line(s) must be taken out of service and destroyed. Retractable must be inspected before being used again for fall protection

Full body harness info	Rope grab info	Lanyard/Lifeline info	Anchor Point info
Make: TITAN	Make: X	Make: TITAN	Make: X
Model: T4500/UALC	Model: X	Type: <input checked="" type="checkbox"/> Single <input type="checkbox"/> Double	Model: X
Serial Number: 5910217	Serial Number: X	Length: 6ft	
Manufacture Date: 10/30/15	Lifeline size (dia): ?	Shock Absorber: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	

Inspect the Following:	Full body harness		Rope Grab		Lanyard/Lifeline		Anchor Point	
	Ok	Not Ok	Ok	Not Ok	Ok	Not Ok	Ok	Not Ok
Hardware: (includes snap hooks, carabiners, adjusters, keepers, thimbles, D-rings, temporary tie-off's) Look for distortion, sharp edges, burrs, cracks, corrosion and proper operation	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Webbing and Stitching: Inspect for cuts, burns, tears, abrasion frays, excessive soiling, written on, and discoloration. Inspect for pulled or cut stitches Note: writing on webbing, unauthorized modifications, partial deployment of shock absorber are not permitted.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Comments:		<input checked="" type="checkbox"/>	<input type="checkbox"/>	Comments:	
Labels/Equipment information Inspect to ensure all labels are present and held securely in place, all text is legible, directional indicator is visible	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mechanical components: Locking mechanism functioning, all connectors present and functioning, gates open/close, system operates as designed	Comments:		<input type="checkbox"/>	<input type="checkbox"/>	Comments:		<input type="checkbox"/>	<input type="checkbox"/>
Ropes: (includes slings, lifelines and lanyards) Inspect for broken threads, fibers, loose eye connections, excessive abrasions, crushing, stretching	Comments:		Comments:		<input checked="" type="checkbox"/>	<input type="checkbox"/>	Comments:	
Overall Assessment	Ok <input checked="" type="checkbox"/>	Replace <input type="checkbox"/>	Ok <input type="checkbox"/>	Replace <input type="checkbox"/>	Ok <input type="checkbox"/>	Replace <input type="checkbox"/>	Ok <input type="checkbox"/>	Replace <input type="checkbox"/>

Comments:

I have reviewed this Checklist and completed a thorough review of the noted fall protection equipment

Name: A Mergedroyd	Signature:	Date: 03/21/17
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STOP if not clear how to do the work

Working at Heights | Critical Checklist



When to use

Important: Attach to completed JSA

Use before a worker/crew begins an activity where worker's feet are more than 1.8 metres above grade, floor or surface.

Determine if work at height can be avoided through procedural changes or facility modifications.

Preference should be given to use of elevated work platforms vs. ladders or scaffold.

Mobile scaffolds are not permitted for heights >1.8 metres.

For all ladder use:

- Maintain 3 points of contact, use helper if needed
- Do not carry items in hands on ladders

For all working at heights:

- Complete Fall Protection/Rescue Equipment Checklist when harness is used

Work Order Number: 86625

Site Location: PC59552

Contractor: CARNACE Systems.

Date: 03/21/17

Description of work: Relocate Camera.

What could go wrong? Bucket & Truck Failure

BEFORE work begins | Select appropriate equipment and complete the steps for each device

Done General Requirements (for ALL Equipment types)

- 1. Worker is competent and trained in work at height
- 2. Position equipment on a level, stable surface, erect proper barricading if required
- 3. Equipment is in good condition with suitable load rating, made from acceptable material
- 4. Ensure safe distance is maintained from high voltage cables
- 5. A documented Fall/Rescue plan must be included when in Fall Arrest

Done STEP & PLATFORM Ladders – fall protection required

- 1. Extend and lock cross bars and outriggers where applicable
- 2. Wheels on platform ladders must be locked
- 3. Worker will not work off of top two steps on a step ladder
- 4. Duration of task on step ladders will not exceed 30 minutes per day



Done EXTENSION ladder | use only for inspection / access (do not work from ladder)

- 1. Tie off upper part or co-worker holds the ladder
- 2. Top of ladder extends 1 meter above the edge
- 3. Ladder is at a suitable angle (3-4:1 ratio)
- 4. Minimum overlap of 1m for extended sections



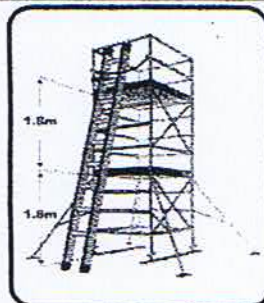
Done POWER ELEVATED PLATFORM (scissor/bucket lift)

- 1. Confirm annual inspection certificate is available and current
- 2. Perform daily inspection of lift equipment prior to use
- 3. In Bucket lift, tie-off at all times to engineered point with lanyard and shock absorber; in other lifts, tie off with a max. 2m lanyard without shock absorber when in motion



Done STATIONARY SCAFFOLDING

- 1. Use fall protection when erecting or dismantling scaffold at heights >1.8 metres
- 2. Install proper top guardrails, midrails & toe boards
- 3. Working platform to be fully decked, properly secured and/or cleated
- 4. Lock each level in place before installing next level
- 5. Install tie-ins when total height to base ratio exceeds 3:1
- 6. Scaffold erected by competent person/company and tagged prior to use
- 7. Access scaffold only via properly installed ladder or stairs
- 8. No work under scaffold and only authorized workers in work area
- 9. Lift and lower equipment by rope, hoist or worker to worker



Done WORK within 2m of an unguarded edge or on a roof with a grade >20%

- 1. Use and inspect the approved safety harness/lanyard/lifeline and suitable anchor point
- 2. Ensure harness is worn by the worker and tied off at all times
- 3. Ensure fully extended lanyard prevents worker from striking the ground – Fall Arrest
- 4. Lanyards may be used to prevent worker from reaching an unguarded edge - Fall Restraint



I have reviewed this Checklist and all other work arrangements with all other workers involved in this work

Authorized Worker: A. Mercedes Signature: _____

Date: 03/21/17