

INTENT

To provide written procedures and guidelines for all University at Albany employees who must work at elevated locations, and to prevent injuries due to falls from elevated locations.

SCOPE

This program applies to all employees of the University at Albany's main campus, downtown campus and east campus.

The use of ladders and aerial lifts are not covered in detail within this program. Contact the Office of Environmental Health & Safety for information pertaining to these types of equipment.

POLICY

It is the policy of The University at Albany to take all necessary measures to prevent falls from elevated locations. This Fall Protection Policy prescribes the duty to provide fall protection; sets the criteria and practices for fall protection; and outlines required training and recordkeeping.

This Program has been developed in accordance with the following OSHA standards:

- 29 CFR 1910 Subpart D, "Walking-Working Surfaces"
- 29 CFR 1910 Sub Part F, "Powered Platforms, Man Lifts, and Vehicle-Mounted Work Platforms"
- 29 CFR 1926 Subpart M "Fall Protection"

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3.0 Responsibilities

3.1 Environmental Health and Safety (EH&S) Office:

- 3.1.1 Provide program oversight and assist shop supervisors in implementing the provisions of this program. Advise on fall prevention and fall arrest equipment
- 3.1.2 Provide fall protection training for all employees who will be working at heights greater than 4 feet.
- 3.1.3 Assist supervisors in Identifying Authorized and Competent person(s).
- 3.1.4 Maintain training records in accordance with this document.
- 3.1.5 Periodically audit and update this program as needed.
- 3.1.6 Investigate all accidents relating to falls from elevated work surfaces.

3.2 Shop Supervisors:

- 3.2.1 Be thoroughly informed of the contents of this program and how it relates to their areas of responsibility and authority.
- 3.2.2 Designate and empower employees who will act as authorized and competent person(s).
- 3.2.3 Coordinate implementation of the fall protection program within their work unit.
- 3.2.4 Identify specific fall hazards encountered by their employees.
- 3.2.5 Initiate control measures for fall hazards discovered within their assigned areas.
- 3.2.6 Ensure employee compliance with all provisions of the fall protection program.
- 3.2.7 Investigate all injuries and incidents involving falls from elevated locations within their work unit.
- 3.2.8 Ensure that records are maintained for their work unit in accordance with this document.

- 3.2.9 Ensure that their affected personnel attend fall protection training sessions and are provided with appropriate fall protection equipment.

3.3 Authorized Person

- 3.3.1 Employees working where fall hazards exist must comply with the provisions of this program including the use of personal protective equipment (PPE), fall protection equipment and rescue systems/operations; completion of equipment inspections; training; and reporting of any concerns related to fall protection.

3.4 Competent Person

- 3.4.1 Employees designated as the competent person shall be responsible for the oversight, implementation and management of the fall protection program.
- 3.4.2 The competent person shall:
 - 3.4.2.1 Be knowledgeable through training and experience of applicable fall protection standards and regulations applicable to their operation(s).
 - 3.4.2.2 Conduct fall hazard surveys (job hazard analysis) to identify fall hazards before authorized persons are exposed to fall hazards.
 - 3.4.2.3 Have the authority to stop work immediately, if it is determined unsafe to proceed.
 - 3.4.2.4 Verify the fall protection systems are installed and inspected in compliance with this plan and applicable standards.
 - 3.4.2.5 Verify and ensure all authorized persons working at heights are trained and authorized.
 - 3.4.2.6 Ensure a prompt rescue of authorized persons, can be accomplished through adequate rescue operations.
 - 3.4.2.7 Participate in investigations of all incidents related to falls from elevated work surfaces.

3.4.2.8 Immediately remove from service any fall protection equipment found defective or subjected to forces as a result of a fall from elevated work.

3.4.2.9 Inspect fall protection equipment as recommended by the manufacturer and specified in this plan and ensures inspections by qualified persons are conducted as required.

4.0 Definitions

Anchorage/Anchor point: secure point of attachment for lifelines, lanyards or deceleration devices.

Authorized person: a person assigned by the employer to perform duties at a location where they will be exposed to a fall hazard.

Body harness: harness that consists of straps which may be secured about the employee in a manner that will distribute the fall arrest forces over at least the thighs, pelvis, waist, chest and shoulders with means for attaching it to other components of a personal fall arrest system.

Competent Person: one who is capable of identifying existing and predictable hazards in the work environment and who has the authority to take prompt corrective measures to eliminate them.

Dangerous equipment: equipment (such as cooling towers, fuel storage tanks, silos, etc.) which, as a result of form or function, may be hazardous to employees who fall onto or into such equipment.

Deceleration device: any mechanism, such as a rope grab, rip-stitch lanyard, specially-woven lanyard, tearing or deforming lanyards, automatic self-retracting lifelines/lanyards, etc., which serves to dissipate a substantial amount of energy during a fall arrest, or otherwise limit the energy imposed on an employee during fall arrest.

Deceleration distance: the additional vertical distance a falling employee travels, excluding lifeline elongation and free fall distance, before stopping, from the point at which the deceleration device begins to operate. It is measured as the distance between the location of an employee's body belt or body harness attachment point at the moment of activation (at the onset of fall arrest forces) of the deceleration device during a fall, and the location of that attachment point after the employee comes to a full stop.

Floor Hole: an opening measuring less than 12 inches but more than 1 inch in its least dimension in any floor, platform, pavement, or yard, through which materials but not a person may fall.

Floor Opening: an opening measuring 12 inches or more in its least dimension in any floor, platform, pavement, or yard through which a person may fall.

Guardrail System: a barrier erected to prevent employees from falling to lower levels. This system includes a toe board, mid-rail and top-rail able to withstand 200lbs of force applied in any direction.

Lanyard: a flexible line of rope, wire rope, or strap which generally has a connector at each end for connecting the body belt or body harness to a deceleration device, lifeline or anchorage.

Leading edge: the edge of a floor, roof, or formwork for a floor or other walking/working surface (such as the deck) which changes location as additional floor, roof, decking, or formwork sections are placed, formed, or constructed. A leading edge is considered to be an "unprotected side and edge" during periods when it is not actively and continuously under construction.

Lifeline: a component consisting of a flexible line for connection to an anchorage at one end to hang vertically (vertical lifeline), or for connection to anchorages at both ends to stretch horizontally (horizontal lifeline), and which serves as a means for connecting other components of a personal fall arrest system to the anchorage.

Low-slope roof: a roof having a slope less than or equal to 4 in 12 (vertical to horizontal).

Lower levels: those areas or surfaces to which an employee can fall. Such areas or surfaces include, but are not limited to, ground levels, floors, platforms, ramps, runways, excavations, pits, tanks, water, equipment, structures, or portions thereof.

Mechanical equipment: all motor or human propelled wheeled equipment used for roofing work, except wheelbarrows and mop carts.

Opening: a gap or void 30 inches (76 cm) or more high and 18 inches (48 cm) or more wide, in a wall or partition, through which employees can fall to a lower level.

Personal fall arrest system: a system used to arrest an employee in a fall from a working level. It consists of an anchorage, connectors, and a body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these. As of January 1, 1998, the use of a body belt for fall arrest is prohibited. Fall arrest systems are engineered to be compatible between the permanent system and the personal protective equipment. Interchanging the components is not permitted.

Personal fall restraint system: fall protection system, which prevents an employee from approaching a fall hazard through the use of a lanyard and body harness.

Positioning device system: a body belt or body harness system rigged to allow an employee to be supported on an elevated vertical surface, such as a wall, and work with both hands free while leaning.

Qualified person: a person with a recognized degree or professional certificate AND with extensive knowledge, training and experience in the fall protection and rescue field, who is capable of designing, analyzing, evaluating and specifying fall protection and rescue systems.

Roof: the exterior surface on the top of a building. This does not include floors or formwork which, because a building has not been completed, temporarily becomes the top surface of a building.

Roofing work: the hoisting, storage, application, and removal of roofing materials and equipment, including related insulation, sheet metal, and vapor barrier work, but not including the construction of the roof deck.

Safety-monitoring system: a safety system in which a competent person is responsible for recognizing and warning employees of fall hazards.

Self-retracting lifeline/lanyard: a deceleration device containing a drum-wound line which can be slowly extracted from, or retracted onto, the drum under slight tension during normal employee movement, and which, after onset of a fall, automatically locks the drum and arrests the fall.

Shock-absorbing lanyard: a lanyard with energy absorbing capacity.

Snap hook: a connector comprised of a hook-shaped member with a normally closed keeper, or similar arrangement, which may be opened to

permit the hook to receive an object and, when released, automatically closes to retain the object. Snap hooks must be self-closing with a self-locking keeper which remains closed and locked until unlocked and pressed open for connection or disconnection, thus preventing the opportunity for the object to “rollout” of the snap hook.

Standard Railing: railing or safety railing system which meets the requirements for top rail, mid-rail, and toe board specifications.

Toe board: a low protective barrier that will prevent the fall of materials and equipment to lower levels and provide protection from falls for personnel.

Unprotected sides and edges: any side or edge (except at entrances to points of access) of a walking/working surface, e.g., floor, roof, ramp, or runway where there is no wall or guardrail system at least 39 inches high.

Walking/working surface: any surface, whether horizontal or vertical on which an employee walks or works, including, but not limited to, floors, roofs, ramps, bridges, runways, formwork and concrete reinforcing steel but not including ladders, vehicles, or trailers, on which employees must be located in order to perform their job duties.

Warning line system: a barrier erected on a roof to warn employees that they are approaching an unprotected roof side or edge, and which designates an area in which roofing work may take place without the use of guardrail, or body belt, systems to protect employees in the area.

5.0 Fall Hazard Identification & Control Measures

Supervisors are responsible for identifying specific fall hazards encountered by their employees. EH&S is available to assist in the identification and evaluation of fall hazards. The following is a list of potential fall hazards at the University of Albany along with the applicable control measures for each condition:

5.1 Open sided floors, platforms, catwalks and ramps four feet or more in height:

Fall hazards shall be addressed by installation of a standard guardrail on all open sides except where there is entrance to a ramp, stairway, or fixed ladder.

5.2 Open sided floors, platforms, and ramps adjacent to or above hazardous equipment regardless of height:

Fall hazards shall be addressed by installation of a standard guardrail on all open sides except where there is entrance to a ramp, stairway, or fixed ladder.

5.3 Stairways with four or more risers:

5.3.1 Fall hazards shall be addressed by installation of standard stair railings and/or handrails.

5.3.2 Stairways less than 44 inches wide with both sides enclosed shall have a handrail installed on the right descending side.

5.3.3 Stairways less than 44 inches wide shall have standard stair railings installed on each open side.

5.3.4 Stairways between 44 and 88 inches shall have handrails installed on each enclosed side and a standard stair railing installed on each open side.

5.3.5 Stairways more than 88 inches wide shall have a handrail on each enclosed side, a standard stair railing on each open side, and a handrail located at the midpoint of the stair width.

5.3.6 Stairway floor openings shall have a standard railing installed on all exposed sides.

5.3.7 All treads and risers on stairs must be maintained in good condition.

5.4 Loading Docks (Four or more feet in height):

5.4.1 Guardrail systems on the working side of loading docks are not required, where it can be demonstrated that the presence of guardrails would prevent the performance of work (i.e. truck pulling in).

5.4.2 All other sides of loading docks shall be guarded by standard guardrail systems or a removable type of guardrail system.

5.4.3 Dock doors shall remain closed after use to eliminate the fall hazard.

5.5 Floor openings into which personnel could accidentally walk:

5.5.1 Fall hazards shall be addressed by the installation of a standard guardrail on all exposed sides or by a floor hole cover of substantial strength.

5.5.2 When floor hole covers are not in place, the opening shall be constantly attended by a designated employee or protected by a removable standard guardrail.

5.6 Manholes:

5.6.1 Manhole covers shall be placed over manhole openings at all times. If removed, a designated employee must constantly attend the opening or the opening must be protected by a removable standard guardrails.

5.7 Excavations more than six feet deep:

5.7.1 Fall hazards shall be addressed by the installation of guardrail systems, fences, barricades, or covers of substantial strength.

5.7.2 Walkways crossing over excavations must be equipped with standard guardrails, if the walkway is six or more feet above the excavation.

5.8 Building roofs:

5.8.1 Fall hazards shall be addressed as determined by the following hierarchy of controls:

5.8.1.1 Installation of guardrail system.

5.8.1.2 Use of a personal restraint system.

5.8.1.3 Use of a personal fall arrest system.

5.8.1.4 If none of these options are feasible, specialized fall protection systems may be used with EH&S approval.

5.8.2 Existing parapet walls can be used in lieu of standard guardrails if the top of the parapet is at least 39" above the roof surface. If this is not the case, a permanent or temporary guardrail can be installed on the parapet to reach the required height.

5.9 Scaffolds

5.9.1 On scaffolds over 6' high fall hazards shall be addressed by the installation of a standard guardrail on all open sides.

5.10 Scissor Lift:

5.10.1 Fall hazards shall be addressed by maintaining the standard guardrails installed by the equipment manufacturer.

5.10.2 If the manufacturer has installed anchor points, a fall restraint system shall also be used.

5.10.3 Operators must follow manufacturer's recommendations as to which fall protection system to use (restraint or a personal fall arrest system).

5.11 Aerial / boom / bucket trucks and similar types of equipment:

5.11.1 Operators shall be secured to the anchor point provided by the equipment manufacturer by either a self-retracting lanyard or by a lanyard short enough to prevent the employee from being ejected.

5.11.2 Operators must follow manufacturer's recommendations as to which fall protection system to use.

5.12 Any other situation where an individual is exposed to a fall distance of four feet or more:

5.12.1 Fall hazards shall be addressed by the installation of a standard guardrail system. When this is infeasible, other conventional or specialized fall protection systems can be utilized according to the hierarchy of controls listed in the next section.

6.0 Hierarchy of Controls

The hierarchy of controls, or preferred order of controls, shall be used to choose methods to eliminate or control fall hazards. More than one control measure may be used to reduce the risk of a fall and/or control a hazard. A summary of the hierarchy of controls is as follows:

6.0.1 Conventional fall protection systems. Conventional fall protection systems provide the greatest protection against fall hazards and should be utilized before a specialized fall protection can be considered.

Conventional fall protection systems are as follows:

1. Standard guardrail systems
2. Fall restraint systems
3. Personal fall arrest systems

6.0.2 Specialized fall protection systems. If conventional fall protection systems are not practical or feasible the use of a specialized fall protection system including a warning line system or safety monitoring system must be utilized to protect employees from fall hazards

1. Warning Line system
2. Safety Monitor system

6.1 Conventional Fall Protection Systems – Standard guardrail systems

- 6.1.1 Top rails shall have a vertical height of 42 inches when measured from the upper surface of the rail to the working surface.
- 6.1.2 Intermediate rails shall be halfway between the top rail and floor surface.
- 6.1.3 Toe boards shall be provided with a guardrail wherever, beneath the open sides:
 - 4.1.3.1 Persons can pass,
 - 4.1.3.2 There is moving machinery,
 - 4.1.3.3 There is equipment with which falling materials could create a hazard.
- 6.1.4 Refer to OSHA regulation 1910.23 for additional requirements regarding standard guardrail systems: [OSHA Guardrail Regulation - 1910.23\(e\)](#)

6.2 Conventional Fall Protection System - fall restraint system

requirements: This system is used to prevent someone from falling off

the edge of walking/working surface to a lower level. The lanyard must be short enough to prevent a fall from occurring.

- 6.2.1 The anchor point must be capable of supporting 3000 pounds or twice the maximum expected force that is needed to restrain the person from exposure to the fall hazard. When determining this, consideration must be given to forces generated by a person walking, leaning, or sliding down a work surface.
- 6.2.2 Full body harnesses must be used as part of a fall restraint system. Body belts are not permitted.
- 6.2.3 Restraint lines must connect the harness directly to the anchorage independently of any other lines.
- 6.2.4 Knots shall not be made in lanyards or lifelines.
- 6.2.5 Fall restraint equipment shall only be used for employee protection and not to hoist equipment or tools.
- 6.2.6 Restraint lines must be protected against cutting and abrasion.
- 6.2.7 Padding or webbing straps shall be used as needed when restraint lines must pass over or around sharp surfaces.
- 6.2.8 Fall protection equipment shall be stored in clean, dry areas that are free from exposure to fumes, corrosive elements, and temperature extremes.

6.3 Conventional Fall Protection System - Personal fall arrest system requirements:

If a fall occurs, this system stops the persons fall before they reach the next lower level (see Appendix B for further information)

- 6.3.1 Only commercially manufactured equipment specifically designed for fall protection may be used. The equipment must comply with the ANSI Z359 Fall Protection Code.
- 6.3.2 Only locking type snap hooks shall be used. Snap hooks shall be sized to be compatible with the member to which they are connected to prevent unintentional disengagement of the snap hook.

- 6.3.3 The attachment point of the body harness shall be located in the center of the wearer's back, near shoulder level.
- 6.3.4 Body belts may not be used as part of a fall arrest system. Only body harnesses may be used for this purpose.
- 6.3.5 Lifelines shall be protected against cutting and abrasion. Padding or webbing straps shall be used as needed when lifelines must pass over or around sharp surfaces.
- 6.3.6 Knots shall not be made in lanyards or lifelines.
- 6.3.7 Lanyards are not permitted to be attached to each other in an attempt to increase length.
- 6.3.8 Fall arrest devices shall be connected in a manner, preferably above head level, that minimizes the free fall distance and prevents any contact with lower levels in the event of a fall (see Appendix B for further information).
- 6.3.9 The maximum potential free fall distance is six feet (see Appendix B for further information).
- 6.3.10 The maximum permissible deceleration distance is 3.5 feet (see Appendix B for further information).
- 6.3.11 Horizontal lifelines shall be designed, installed, and used under the supervision of a qualified person as part of a complete fall arrest system which maintains a safety factor of at least two times the intended load.
- 6.3.12 Separate lifelines shall be provided for each employee when vertical lifelines are used.
- 6.3.13 Fall arrest equipment shall only be used for employee protection and not to hoist equipment or tools.
- 6.3.14 Anchorages used for attachment of fall protection equipment shall be independent of any anchorage being used to suspend platforms.
- 6.3.15 Anchorages shall be capable of supporting at least 5000 pounds per individual attached or shall be designed, installed, and used under the supervision of a qualified person as part of

a fall arrest system which maintains a safety factor of at least two times the intended load.

6.3.16 Fall arrest systems and components subject to a fall shall be immediately removed from service. Such equipment must be destroyed prior to disposal.

6.3.17 Fall arrest systems shall not be attached to:

- Standard railings,
- Standard guardrails,
- Ladders/rungs,
- Scaffolding,
- Light fixtures,
- Conduit or plumbing
- Wiring harnesses
- Other lanyards
- Roof stacks, vents, or pipes

6.4 Specialized Fall Protection - Warning line system: A warning line system is a barrier erected on a roof to warn employees that they are approaching an unprotected roof side or edge. A warning line system shall be erected around all open sides of the roof work area not less than 6' from the roof edge. The line shall be flagged every 6' with high visibility flags and must be capable of withstanding a force of at least 16lbs applied horizontally. The rope, chain, or wire should have a minimum tensile strength of 500lbs. A warning line is only permitted for roof work on low slope roofs in combination with a guardrail system, safety net system, personal fall arrest system, or safety monitoring system. Consult with EH&S if this type of fall prevention is being considered.

6.5 Specialized Fall Protection - Safety monitoring system: A safety monitoring system is one in which a competent person is designated to monitor work activities in a control zone to ensure that employees are aware of fall hazards as they are working. A safety monitoring system can only be utilized during low-sloped roof work and should be considered a last resort for protecting employees. If the roof is 50-feet or less in width the use of a safety monitoring system alone is permitted. Consult with EH&S if this type of fall prevention is being considered

7.0 Protection from falling objects

When elevated work is taking place and there is the potential for falling objects to create a hazard to persons on lower levels to an elevated work surface, precaution must be taken to ensure injuries do not occur.

7.1 Where the work site is restricted to employees and the public is not allowed access, and the employees are exposed to falling object hazards one of the following precautions should be implemented.

7.1.1 Employees shall wear a hard hat at all times.

7.1.2 Toe boards, screens or guardrail systems are placed on the elevated work surface to prevent objects from falling.

7.1.3 The area to which objects can fall is barricaded and access to the area is not authorized any time work is being done on an elevated work surface.

7.2 When the elevated work area creates a potential fall hazard where the public may be exposed to falling objects one of the following precautions should be implemented.

7.2.1 Redirect public traffic through a barrier system to ensure they do not enter areas where falling object hazards exist.

7.2.2 Erect a structure capable of withstanding impact from a fallen object under which the public may travel.

8.0 Training

8.1 Fall protection training shall be provided to all personnel who use fall protection devices at the University of Albany. Such training shall be provided before working in elevated locations. This includes such tasks as roof work, aerial/boom/scissor lift operation, etc.

8.2 Fall protection trainers need to have fall protection competent person certification.

8.3 Fall protection training includes:

- Enabling employees to recognize fall hazards and understand the associated risks.
- Familiarize employees with the procedures and equipment used for minimizing these hazards.

- The use, operation, and limitations of the fall protection systems.
- Inspection procedures for fall protection equipment.

8.4 Supervisors are responsible for ensuring that their employees receive fall protection training when required by their job duties before they are exposed to a fall hazard.

8.5 The Office of Environmental Health and Safety is responsible for maintaining records of fall protection training.

8.6 Re-training shall be provided to employees under the following circumstances:

8.6.1 Changes in the workplace which render the previous training obsolete

8.6.2 Changes in the type of fall protection systems or equipment used which render the previous training obsolete

8.6.3 Inadequacies in an affected employee's knowledge or use of fall protection systems or equipment indicate that the employee has not retained the requisite understanding or skills

9.0 Inspection

9.1 Pre-Use Inspections

9.1.1 Fall protection equipment shall be visually inspected prior to each use by the employee who uses the equipment for wear, damage, and other deterioration.

9.1.2 Defective equipment shall be immediately removed from service and destroyed.

9.2 Annual Inspections

9.2.1 An annual inspection of all fall protection equipment shall be made by a competent person who has been trained to conduct such inspections.

9.2.2 Annual inspection results shall be documented using Appendix A or an equivalent manufacturer's inspection checklist.

9.2.3 Defective equipment shall be immediately removed from service and destroyed.

10.0 Record keeping

- 10.1** The Office of Environmental Health and Safety is responsible for maintaining records of all fall protection training and annual equipment inspections.
- 10.2** Individual shops are responsible for maintaining records for all fall protection equipment, including harnesses, lanyards, anchor points, temporary horizontal lifelines and temporary guardrail systems. (See Appendix A)
- 10.3** The Office of Facilities Management is responsible for maintaining records of inspections on all permanently installed fall protection systems.

11.0 Contractors

- 11.1** Contractors engaged in activities that require working at heights shall comply with all applicable OSHA regulations regarding fall protection.
- 11.2** Contractors are responsible to have their own written fall protection plan and provide their own fall protection equipment.

12.0 Rescue

- 12.1** In the event an employee working at height falls while wearing a personal fall arrest system, it is critical that a rescue be undertaken as quickly as possible (target of less than five minutes) to ensure that suspension trauma to the fallen employee does not occur.
- 12.2** If the fallen employee is conscious they should attempt to self-rescue if possible. If the fallen employee cannot self-rescue, while awaiting rescue they must take immediate action to relieve the harness pressure on his/her legs. If the harness is equipped with suspension trauma straps they should be taken out and deployed so the worker can “stand” to relieve harness pressure
- 12.3** The shop supervisor shall immediately call 911 (from a campus phone) or 442-3131 from a cell phone to report the emergency. They should state that there is an employee suspended in a full body harness

APPENDIX A
UNIVERSITY OF ALBANY

FALL PROTECTION EQUIPMENT ANNUAL INSPECTION FORM

Type of Equipment	<input type="radio"/> Harness	<input type="radio"/> Lanyard	<input type="radio"/> Anchor Point
	<input type="radio"/> Self Retracting Lifeline	<input type="radio"/> Horizontal life Line	<input type="radio"/> Other (specify) _____

MAKE:	MODEL
SERIAL#	MFG DATE:

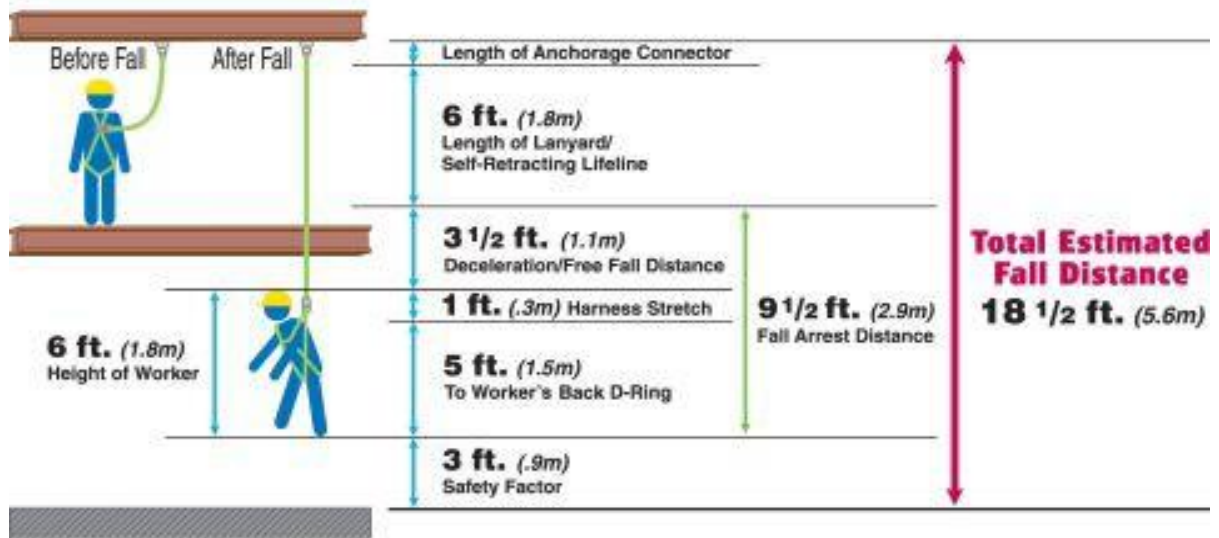
PART	CRITERIA	PASS	FAIL	N/A	COMMENTS
LABEL	LABEL PRESENT & LEGIBLE				
FABRIC	CUT TORN HOLES FRAYING HEAT OR CHEMICAL DAMAGE ANY USER ALTERATIONS				
HARDWARE	CORRODED/RUSTED BENT CRACKED ANY USER ALTERATIONS				
D-RING	CRACKED BENT CORRODED/RUSTED				
SNAPHOOK	DOES IT LOCK CORRODED/RUSTED BENT				
SHOCK ABSORBER	INDICATION OF SHOCK LOAD				
SELF- RETRACTING LIFELINE	HOUSING INTACT NO MISSING NUTS BOLTS RIVETS BREAKING MECHANISM WORKS CHECK ENTIRE LENGTH OF CABLE FOR DAMAGE				

INSPECTION DATE: _____

NAME OF COMPETENT PERSON PREFORMING INSPECTION: _____

Appendix B

Diagram showing total fall distance



Picture obtained from Millerfallprotection.com

