CONSTRUCTION & FIELD OPS FALL PROTECTION TEMPLATE

Fall Protection Checklist

Inspect fall hazards, edges, openings, guardrails, covers, harnesses, anchors, lifelines, safety nets, falling-object controls, training, rescue, and corrective actions.

PROJECT / LOCATION	INSPECTION DATE	INSPECTOR	APPROVER

1. Inspection setup, fall-hazard scope, planning, and responsibilities

1 **Confirm the project, work area, inspection date, contractor, supervisor, competent person, fall-protection user group, inspector, and approver.** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Scope the actual fall exposure, not only the equipment being used.

2 **Define the work locations, lower levels, leading edges, floor openings, roofs, platforms, scaffolds, access equipment, and tasks included in the inspection.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Include lower levels and people below as part of the inspection boundary.

3 **Verify the current fall-hazard assessment, work method, permit or authorization, rescue plan, manufacturer instructions, and relevant engineered fall-protection information are available.** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Keep current engineered and manufacturer information available for specialist systems.

4 **Confirm the selected controls follow the project hierarchy by eliminating exposure where practical and using collective protection before relying only on personal fall-arrest systems.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Use collective protection before relying only on personal arrest where practical.

5 **Review previous falls, near misses, damaged systems, dropped-object events, guardrail or cover failures, anchor concerns, rescue issues, and overdue corrective actions.** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Repeat events often identify weak planning, supervision, or system selection.

6 **Capture the inspection start time, location, and approved reference photos showing representative fall hazards and the protection systems in place.** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Take evidence before temporary protection is altered.

2. Walking-working surfaces, unprotected sides, leading edges, and fall exposure

7 **Verify walking-working surfaces have sufficient strength and structural integrity to support workers, equipment, and materials before employees are allowed to work on them.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Under OSHA construction rules, employees may work only on surfaces with adequate strength and structural integrity.

8 **Identify unprotected sides and edges where workers could fall to a lower level and confirm required fall protection is installed before exposure begins.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: For many U.S. construction edge conditions, fall protection is required at 6 ft or more above a lower level.

9 **Identify leading-edge work and verify employees constructing or working near the leading edge are protected using the approved fall-protection method for the task.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Leading-edge work has specific fall-protection requirements.

10 **Check ramps, runways, roofs, formwork, structural steel, temporary decks, wall openings, shafts, pits, and elevated surfaces for changing fall exposures.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Inspect all changing surfaces and elevations, not just the primary workfront.

11 **Confirm danger from falling into or onto hazardous equipment is controlled even where the vertical distance is less than the general edge-protection trigger.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Dangerous equipment can require fall protection at lower heights.

12 **Verify changes to floor layout, temporary works, sequence, access routes, lifting operations, or nearby demolition have not created new uncontrolled fall hazards.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Reassess whenever sequencing or temporary works change the exposure.

3. Floor holes, roof openings, skylights, wall openings, and covers

13 **Identify floor holes, penetrations, shafts, skylights, roof openings, wall openings, ladder openings, and temporary service openings within the active work area.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Openings should never depend on an unsecured loose cover.

14 **Verify each opening is protected by an approved cover, guardrail system, personal fall-arrest system, safety net, or another method permitted for the exact condition.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Select the protection method that matches the opening and work activity.

15 **Inspect opening covers for secure placement, structural adequacy, movement, damage, gaps, trip hazards, and clear identification where required.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Check both structural capacity and physical securement of covers.

16 **Confirm covers in vehicle or equipment travel paths are capable of supporting the expected loads without failure.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Vehicle-area covers require additional load capacity.

17 **Verify ladderway or access openings protected by guardrails use gates or offset arrangements that prevent a person from walking directly into the opening.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Gates or offset arrangements prevent workers from walking directly into ladder openings.

18 **Stop work immediately where a cover has been displaced, damaged, removed, loaded beyond its design, or left unsecured while workers are exposed.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: A missing or displaced cover is an immediate exposure.

4. Guardrail systems, gates, intermediate protection, and edge integrity

19 **Inspect guardrail systems for complete top rails, midrails or equivalent intermediate protection, posts, connections, gates, end protection, and secure attachment.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Inspect every rail component and connection, not only top-rail height.

20 **Verify top-edge height, intermediate-member position, strength, openings, and configuration meet the applicable fall-protection criteria for the work location.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: OSHA construction guardrail top edges are generally 42 in plus or minus 3 in.

21 **Check rails and components for cuts, sharp projections, snag hazards, corrosion, loose fittings, missing fasteners, damaged posts, or makeshift repairs.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Sharp edges and snag hazards can injure workers or damage fall-protection equipment.

22 **Confirm wire-rope guardrails are maintained at the required height and are clearly flagged at suitable intervals where required.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Wire-rope rails require visible marking at prescribed intervals.

23 **Inspect hoisting areas, access points, ramps, runways, floor holes, and temporary openings to confirm guardrail gaps are controlled whenever active access is not required.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Hoisting and access openings must be closed or guarded when not actively in use.

24 **Verify guardrails have not been used as personal fall-arrest anchors unless specifically designed and approved for that purpose.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Do not assume a guardrail is a suitable fall-arrest anchorage.

5. Harnesses, lanyards, connectors, energy absorbers, and personal fall arrest

25 **Inspect full-body harness webbing, stitching, D-rings, buckles, adjusters, labels, padding, and attachment points for wear, cuts, burns, contamination, distortion, broken fibers, or unauthorized alteration.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Flex webbing and inspect stitching under good lighting.

26 **Inspect lanyards, shock absorbers, self-retracting devices, rope grabs, vertical lifelines, connectors, snaphooks, and carabiners for damage, wear, corrosion, impact indicators, malfunction, or incompatibility.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Check SRLs and connectors for smooth, reliable function.

27 **Verify locking connectors fully close and lock and cannot unintentionally disengage from the selected D-ring, lifeline, anchor connector, or structural attachment.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Compatibility prevents rollout and unintended disengagement.

28 **Confirm the body-harness attachment point used for fall arrest is located as required and that harnesses or fall-arrest components are not being used to hoist materials.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Use body harnesses for fall arrest; components are for worker protection, not material lifting.

29 **Verify personal fall-arrest systems are inspected before each use and any component showing wear, damage, or deterioration is removed from service.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: OSHA requires personal fall-arrest systems to be inspected before each use.

30 **Immediately remove impact-loaded fall-arrest systems from service until inspected and determined by a competent person to be undamaged and suitable for reuse.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Impact-loaded components require competent-person review before any reuse.

6. Anchors, horizontal lifelines, vertical lifelines, SRLs, clearance, and compatibility

31 **Verify personal fall-arrest anchorages are independent of platform-support or suspension anchorages and meet the approved strength or qualified-person system design criteria.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: OSHA anchorages must meet the required strength or qualified-person design alternative.

32 **Confirm horizontal lifelines are designed, installed, and used under the supervision of a qualified person as part of a complete personal fall-arrest system.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Horizontal lifelines require qualified-person supervision as part of the complete system.

33 **Inspect vertical lifelines, rope grabs, anchor connectors, self-retracting lifelines, cable systems, and temporary lifelines for correct installation, condition, routing, and protection from cutting or abrasion.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Protect lifelines from cutting and abrasion at edges.

34 **Calculate or verify available fall clearance, free-fall distance, deceleration distance, worker height, connector length, system stretch, D-ring shift, and safety margin before work starts.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Clearance calculations must include every component that adds arrest distance.

35 **Check the system limits swing-fall exposure and prevents the worker from striking lower levels, structures, equipment, sharp edges, or other hazards during arrest.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: A strong system can still fail if swing fall sends the worker into structure.

36 **Verify all system components are compatible, correctly oriented, within manufacturer limitations, and approved for the number of users connected to the system.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Check user capacity and component compatibility before connection.

7. Safety net systems, warning lines, controlled access, and alternative methods

37 **Where safety nets are used, confirm they are installed as close as practicable below the working level and within the maximum vertical distance allowed by the applicable standard.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: OSHA requires safety nets to be as close as practicable and no more than 30 ft below the work level.

38 **Verify safety nets extend far enough beyond the work surface, have sufficient clearance beneath them, and have been drop-tested or certified as permitted before use.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Net layout, drop testing or certification, and clearance must be verified before use.

39 **Inspect safety nets at the required frequency and after events that could affect integrity, and remove defective net components from service.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Under OSHA, safety nets are inspected at least weekly and after integrity-affecting events.

40 **Remove materials, scrap, tools, or equipment that fall into safety nets as soon as practical and at least before the next work shift.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Remove fallen material from nets before it creates additional hazards.

41 **Where warning lines, controlled access zones, or safety monitoring are permitted, verify layout, distances, access paths, competent roles, and work limitations match the exact task and applicable rules.**

CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Alternative systems are task-specific and should not be treated as general substitutes.

42 **Confirm alternative fall-protection plans are used only where permitted and supported by the required documented justification, supervision, and site-specific controls.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Use a fall-protection plan only when the applicable rule permits it.

8. Falling-object prevention, toeboards, tool control, and exclusion zones

43 **Identify elevated work where tools, fasteners, debris, materials, equipment, or components could fall onto workers, public areas, plant, or lower work levels.** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Falling-object control protects both workers at height and people below.

44 **Verify toeboards, screens, mesh, guardrails, canopies, debris nets, tool tethering, secured containers, or other controls are installed where required.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Toeboards, screens, nets, and containment should match the object size and trajectory.

45 **Check tools and small components used near open edges are secured or contained so accidental movement cannot send them to lower levels.** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Tool tethering is especially useful where small items can pass through guardrails.

46 **Confirm materials and equipment are kept back from roof or platform edges where required and stacked so they remain stable and self-supporting.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Keep stored materials stable and away from exposed edges where required.

47 **Verify barricaded drop zones and exclusion areas prevent people from entering the potential falling-object path during elevated work.** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Barricades need to cover the actual drop zone, not only the point directly below.

48 **Confirm hard hats and other required head protection are being used by employees exposed to falling-object hazards.** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: OSHA requires hard hats plus additional falling-object controls where employees are exposed.

9. Inspection status, worker training, rescue readiness, and stop-work criteria

49 **Verify employees exposed to fall hazards have been trained to recognize the fall hazards in their work area and the procedures used to minimize those hazards.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Training should match the fall hazards and systems workers actually use.

50 **Confirm training covers the correct procedures for erecting, maintaining, disassembling, inspecting, and using the fall-protection systems assigned to the workers.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Workers need to know how systems are inspected and maintained, not only how to wear them.

51 **Check fall-protection equipment inspection tags, formal inspection records, competent-person or qualified-person approvals, and manufacturer-required service information are current where applicable.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Use inspection records to identify overdue specialist equipment.

52 **Verify rescue planning provides for prompt rescue after a fall or confirms that workers can safely rescue themselves under the planned scenario.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: OSHA requires prompt rescue or assured self-rescue after a fall.

53 **Confirm rescue equipment, communication, access, trained responders, lowering or retrieval methods, and casualty-handling arrangements match the actual work location.** CRITICAL FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Rescue equipment should be immediately usable at the real work location.

54 **Verify workers and supervisors understand immediate stop-work triggers such as missing edge protection, defective PFAS components, unapproved anchors, insufficient clearance, changing weather, or invalidated** FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Stop-work criteria should be understood before exposure begins.

10. Findings, corrective actions, reinspection, trends, and sign-off

55 **Summarize the fall-protection result, including critical edge hazards, opening failures, guardrail defects, damaged PFAS components, anchor concerns, dropped-object gaps, and rescue issues.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Separate immediate exposure control from the permanent corrective action.

56 **Create immediate access restriction or work stoppage for every critical fall hazard before exposed workers continue the affected activity.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Critical fall hazards require restriction before work resumes.

57 **Assign each finding an owner, priority, due date, competent-person or qualified-person review need, corrective action, reinspection method, and closure evidence requirement.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Some findings need qualified-person or competent-person review before closure.

58 **Verify corrective actions physically at the workfront, including restored guardrails, secured covers, approved anchors, replaced equipment, corrected clearance, or updated rescue arrangements.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Close actions only after checking the restored physical control.

59 **Trend recurring findings by project, contractor, workfront, fall-protection system, equipment type, root cause, repeat event, response time, and closure performance.**

CRITICAL | FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Trend repeated failures to improve design, procurement, training, and supervision.

60 **Record the final inspection decision, remaining restrictions, equipment removed from service, rescue readiness, next review date, inspector, supervisor, approver, date, time, and sign-off.**

FALL CHECK

Compliant | Needs attention | Stop work | N/A

Execution tip: Record any restriction that remains at final sign-off.