



WORKING AT HEIGHT

Harness & Lanyard Inspection Checklist

Frequency: Before each use

Date: _____

Job site: _____

Supervisor: _____

Webbing & Stitching

☐	No cuts, frays, burns, or chemical damage on webbing
☐	Stitching intact — no pulled or broken threads
☐	No mold, UV fading, or stiff/brittle sections
☐	Labels present and legible (capacity, date, standard)

Hardware

☐	D-rings free of cracks, distortion, sharp edges, corrosion
☐	Buckles and adjusters work smoothly and lock securely
☐	Grommets tight, not torn or elongated

Lanyard / SRL

☐	Lanyard rope/webbing free of cuts, kinks, burns
☐	Snap hooks & carabiners: gates close and lock automatically
☐	Energy absorber pack intact — NOT deployed or stretched
☐	SRL: extracts and retracts smoothly, locks when jerked sharply
☐	Impact indicator not activated

Final

☐	Harness fits: chest strap mid-chest, D-ring between shoulder blades
☐	Date of manufacture within service life per manufacturer
☐	ANY defect found → tag "DO NOT USE" and remove from service

Inspected by: _____ Signature: _____