



TELECOM & TOWER

Pre-Climb Checklist (Tower Work)

Frequency: Before every climb

Date: _____

Job site: _____

Supervisor: _____

Planning

☐	JHA/JSA completed and signed for today's climb
☐	Weather checked: wind, lightning within 10 mi, ice, heat
☐	RF status verified with carrier NOC; power-down confirmed if needed
☐	Rescue plan in place; rescue-trained climbers on site
☐	100% tie-off method agreed for the route

Personal Gear

☐	Harness inspected (see harness checklist)
☐	Twin-leg lanyards / Y-lanyard inspected
☐	Carabiners, positioning lanyard, cable grab inspected
☐	Helmet with chinstrap; RF monitor on and calibrated
☐	Tools tethered or in closed bags

Structure

☐	Climbing facility (ladder/safety climb) inspected from ground
☐	Cable system: no frays, tension correct, top/bottom anchors OK
☐	No visible loose members, corrosion, or ice on route
☐	Base area barricaded; no one under climb path

Communication

☐	Radios/phones checked between climbers and ground
☐	Ground person present and briefed
☐	Emergency numbers & site address posted/known

Inspected by: _____ Signature: _____