



Front Cover



Harness
Safety
Check Book

STARTED

COMPLETED

5 1325

Instructions Sheet
(Inside Front Cover)
Fall Arrest Harness Checks

- Paperwork:

Record sheet available, showing make, model & serial no. Valid detailed inspection.
- Webbing:

Check thoroughly.
- Shoulder straps:
- Chest straps:

No evidence of cuts, piercing, excessive fraying, tears, burn marks, heat or chemical exposure (discolouration), mould/mildew or rotting. No evidence of abrasion damage or excessive stretching – especially by hardware.
- Leg straps:
- Waist belt:
- Sub-pelvic strap:
- Other:

Padding, gear loops etc.
- Stitching:

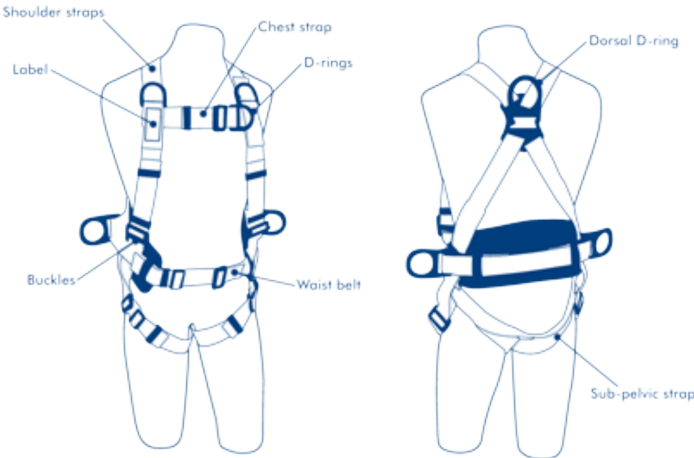
Examine stitch pattern. No evidence of broken stitches, loosening, pulling or cuts.
- Labels:

Securely held in place and legible.
- Hardware:

Visually check for defects.
- Buckles:

Free from cracks, distortion, rust or damage, excessive loss of cross-section due to wear.
- D-Rings:
- Karabiners & snap hooks:

No distortion of hook/eye or latch, cracks or forging folds, wear at swivels & latch pivots, dirt/rust or obstruction. Open rollers, free movement of latch over its full length, lubricated moving parts. No broken, weak or misplaced latch springs. Test locking mechanism.



Please ensure a pre-use inspection of associated equipment is also carried out (ropes, lanyards, arrester blocks, rope grabs, etc.).



Checklist

Harness safety checklist

Inspection Date:

Time:

Inspector:

Harness ID:

Harness info:

Date of Manufacture:

Inspection type:

Pre-use

☐

3 month

☐

6 month

☐

Other

☐

	✓	✗	Comments
Paperwork			
Shoulder straps			
Chest straps			
Leg straps			
Sub-pelvic strap			
Waist belt			
Other webbing			
Stitching			
Labels			
Buckles			
D-rings			
Karabiners & snap hooks			
Within product lifetime			
Good to Go Safety Pod			
Inspector notes:			

DO NOT USE

GOOD TO GO

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