Fall Prevention Safety Checklist



Harness and Lanyards are the integral components of Personal Fall Arrest Systems (PFAs)

As with any type of PPE, harnesses and lanyards must be a last resort for fall protection. It must first be determined if the fall hazard can be eliminated by removing the need to work at heights or near the unprotected hazard. If this is infeasible, what engineering controls can be put in place? For example, can you install guard rails, cover the opening block or restrict access to unprotected areas, use as scissor lift instead of a ladder, or install a personal fall restraint system? If none of these are feasible, or are used and additional fall protection is necessary, then personal fall arrest system must be used.

OSHA requires employers to provide for fall protection according the list mentioned above. All hazards are to be addressed using the hierarchy of controls.

1. Eliminate the hazards
2. Substitution
3. Engineering controls
4. Administrative Controls, and
5. Personal Protective Equipment – Fall arrest system

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