

MJR Masonry Inc.

**96 Pleasant Street
St. John's NL A1E 1L4
C: 709-743-7273
O: 709-722-8764
F: 709-722-8763
info@mjrmasonry.com**

Personal Fall Arrest Systems Checklist

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|--|-------------------|
| 1. Is the use of body belts as part of a personal fall arrest system prohibited? | Y N N/A ?? |
| 2. Are connectors on personal fall arrest systems made of drop-forged, pressed, or formed steel; or of equivalent materials? | Y N N/A ?? |
| 3. Are connectors on personal fall arrest systems covered with a corrosion-resistant finish? Are all surfaces and edges smooth to prevent damage to interfacing parts of the system? [29 CFR 1926.502(d)(2)] | Y N N/A ?? |
| 4. Do dee-rings and snaphooks on personal fall arrest systems have a minimum tensile strength of 5,000 pounds? | Y N N/A ?? |
| 5. Have dee-rings and snaphooks on personal fall arrest systems been proof tested to a minimum tensile load of 3,600 pounds without cracking, breaking, or becoming deformed? | Y N N/A ?? |
| 6. Do locking snaphooks prevent disengagement of the snaphook if the connected member contacts the snaphook keeper? | Y N N/A ?? |
| 7. Are locking snaphooks prohibited for the following types of connections (unless designed for that purpose)?
a directly to webbing, rope, or wire rope
b. to each other
c. to a dee-ring to which another snaphook or other connector is attached
d. to a horizontal lifeline
e. to any object that is incompatible with the snaphook such that unintentional disengagement could occur | Y N N/A ?? |

8. Are horizontal lifelines designed, installed, and used (under the supervision of a qualified person) as part of a complete **personal fall arrest system** that maintains a safety factor of at least two? **Y N N/A ??**
9. Do lanyards and vertical lifelines have a minimum breaking strength of 5,000 pounds? **Y N N/A ??**
10. When vertical lifelines are used, is each person attached to a separate lifeline? **Y N N/A ??**
11. Are lifelines protected against being cut or abraded? **Y N N/A ??**
12. Can self retracting lifelines and lanyards that automatically limit free-fall distance to 2 feet or less sustain a tensile load of at least 3,000 pounds (applied to the device with the lifeline or lanyard fully extended)? **Y N N/A ??**
13. Can the following equipment sustain a tensile load of at least 5,000 pounds applied to the device with the lifeline or lanyard fully extended? **Y N N/A ??**
- a. self-retracting lifelines and lanyards that do not limit free-fall distance to 2 feet or less
 - b. ripstitch lanyards
 - c. tearing and deforming lanyards
14. Are only ropes and straps (webbing) made of synthetic fibers used in lanyards, lifelines, and strength components of body belts and body harnesses? **Y N N/A ??**
15. Are anchorages used to attach personal fall arrest equipment separate from any anchorage used to support or suspend platforms? Can they support at least 5,000 pounds per person attached? **Y N N/A ??**
16. When stopping a fall, do **personal fall arrest systems** limit the maximum arresting force on a person to 1,800 pounds when used with a body harness? **Y N N/A ??**

17. When stopping a fall, are **personal fall arrest systems** rigged such that a person can neither free fall more than 6 feet, nor contact any lower level? **Y N N/A ??**

18. When stopping a fall, do **personal fall arrest systems** bring a person to a complete stop and limit maximum deceleration distance to 3.5 feet? **Y N N/A ??**

19. When stopping a fall, can personal fall arrest systems withstand twice the potential impact energy of a person free falling a distance of 6 feet, or the free fall distance permitted by the system (whichever is less)? **Y N N/A ??**

20. Is the attachment point of the body harness located in the center of the wearer's back near shoulder level, or above the wearer's head? **Y N N/A ??**

21. Are body harnesses and components used only for personal protection (as part of a **personal fall arrest systems**) and not to hoist materials? **Y N N/A ??**

22. Are **personal fall arrest systems** and components that are subjected to impact loading immediately removed from service and not used again for protection until inspected by a **competent person** and determined to be undamaged and suitable for reuse? **Y N N/A ??**

23. Are **personal fall arrest systems** inspected before each use for wear and damage? Are defective components removed from service? **Y N N/A ??**

24. Is attaching **personal fall arrest systems** to guardrail systems or hoists prohibited? **Y N N/A ??**