

Fall Protection Checklist:

Are fall hazards present? Yes ___ No ___

If yes, what form of Fall Protection will be used?

Guardrails:

Job Built or Manufactured? _____

Mobile or Permanent? _____

Do they meet OSHA standards? Yes ___ No ___

Key requirements to remember:

Height:

Top rail must be approximately 42 inches above the walking/working surface, with a tolerance of ± 3 inches in an outward or downward direction. The top rail must withstand at least 200 pounds of force applied in any outward or downward direction.

Mid-rail:

An intermediate rail must be installed approximately halfway between the top rail and the walking working surface and withstand 150 pounds of force.

Toe-boards:

Required to prevent falling objects, extending at least 3.5 inches high from the walking working surface with and must withstand 50 pounds of force.

Skylights and Hole Covers:

Are Skylights and Roof Holes guarded or covered? Yes ___ No ___

Do the covers or cages meet OSHA standards? Yes ___ No ___

Key requirements to remember:

Covers:

Must withstand a minimum of 2 times the intended load.

They must be color coded or marked with "Hole" or "Caution" in a language that everyone on the roof can understand and "Fastened Securely" to prevent displacement.

"Warning lines and safety monitors" cannot be used to barricade a skylight, it must either be a guardrail encompassing all sides, a cage or cover secured in place with the appropriate fasteners.

Holes 2 inches or more in diameter must be covered.



Fall Arrest Systems:

Are all components of a Fall Arrest System on site? Yes ____ No ____

Have all the components been inspected? Yes ____ No ____

Key requirements to remember:



Fall arrest components—anchorage, body harness, and connectors (ABC)—must meet strict safety standards to limit maximum arresting forces to 1,800lbs and prevent free falls exceeding 6 feet.

Anchorage (A): Must be independent of worker support, capable of supporting at least 5,000lbs per employee attached, or designed by a qualified person with a safety factor of two.

Body Harness (B): Full-body harnesses are mandatory to distribute fall forces across the thighs and buttocks, keeping the user upright. They must include dorsal (back) D-rings and, where necessary, front/side D-rings for specific tasks.

Connectors (C): These include lanyards, deceleration devices, or lifelines.

Requirements: Must have automatic locking gates to prevent accidental disengagement.

Compatibility: Snap hooks must be compatible with the anchorage to prevent "bursting" (gate failure).

Deceleration: Shock-absorbing lanyards or self-retracting lifelines (SRLs) must limit maximum deceleration distance to 3.5 feet.



Fall Restraint Systems:

Are all components of a Fall Restraint System on site? Yes ____ No ____

Have all the components been inspected? Yes ____ No ____

Key Requirements to remember:

A fall restraint system (or travel restraint) is a proactive safety mechanism designed to prevent workers from reaching a fall hazard, such as an edge, roof opening, or dangerous elevation. **It acts as a "leash" keeping workers in a safe zone by using a fixed-length or adjustable lanyard, anchor, and harness.**

Purpose: It physically restricts a worker's movement so they cannot get too close to an unprotected edge or fall hazard, preventing a fall from ever occurring.

Components: A typical system includes a full-body harness, a fixed-length or adjustable lanyard (non-shock absorbing), and a secure anchorage point.

Functionality: Unlike fall arrest which stops a worker during a fall, a restraint system ensures the worker remains on the working surface.

Training: **Workers must be trained to adjust the lanyard length correctly to ensure they cannot reach the edge.**

Safety Nets:

Have Fall Protection Safety Nets been installed? Yes ____ No ____

Have all components been inspected? Yes ____ No ____

Key requirements to remember:

Installation Height: Nets must be placed as close as practicable under the work surface, and never more than 30 feet below.

Horizontal Extension: The net must extend outward from the edge of the work surface based on the vertical fall distance:

- Up to 5 ft: 8 ft extension.
- 5 ft to 10 ft: 10 ft extension.
- More than 10 ft: 13 ft extension.

Clearance: There must be sufficient clearance underneath to prevent a falling person from hitting surfaces or structures.

Strength and Mesh:

- **Border Ropes:** Must have a minimum breaking strength of 5,000 lbs.
- **Mesh Opening:** Maximum mesh opening size is 6 inches by 6 inches.
- **Mesh Crossings:** Must be secured to prevent enlargement.
- **Impact Resistance:** New nets must withstand a minimum of 17,500 foot-pounds of impact.

Inspection and Maintenance:

- **Frequency:** Inspected weekly for damage.
- **Removal of Debris:** Tools, equipment, and material must be removed as soon as possible, at least before the next work shift.

Warning Lines:

Are Warning Lines being used at an unprotected side or edge?

Yes ____ No ____

Do they meet OSHA requirements? Yes ____ No ____

Key requirements to remember:

Flagging: High-visibility material must flag the line at no more than 6-foot intervals.

Height: The line must be between 34 inches (lowest point) and 39 inches (highest point) from the walking/working surface.

Strength: The rope, wire, or chain must have a minimum tensile strength of 500lbs

Stanchions: Must withstand a 16lb horizontal force applied 30 inches above the surface without tipping.

Location: When no mechanical equipment is used, the line is placed at least 6 feet from the edge.

When mechanical equipment is used, the line must be 10 feet from the edge when traveling perpendicular and 6 feet in when travelling parallel.

Access Path: Points of access, materials handling areas, and storage areas must be connected to the work area by a path formed by two warning lines.



Safety Monitor:

Has a Safety Monitor been assigned to watch workers on an unprotected side or edge? Yes ___ No ___

Is the assigned worker a Competent Person? Yes ___ No ___



Key requirements to remember :

Competence: The monitor must be a competent person capable of recognizing fall hazards and authorized by the employer to take prompt corrective measures if needed.

Proximity: The monitor must be on the same walking/working surface as the employees and within visual and hearing distance.

Communication: The monitor must be close enough to communicate orally with all employees in a language they can understand.

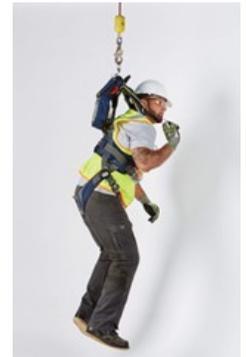
Duties: The monitor shall not have other responsibilities that could take attention away from the fall monitoring function.

Restrictions: No mechanical equipment can be used or stored in areas where a monitor is the sole method of protection.

Scope: Safety monitors are only allowed for roofing work on low-slope roofs (4 in 12 or less).

Combining Methods:

“Warning lines are often used in combination with safety monitoring systems. When a warning line is used, the monitor must be positioned inside the warning line”.



Rescue Systems:

Is Rescue Equipment available on site? Yes ___ No ___

Has the Crew been Trained and Authorized in its use? Yes ___ No ___

OSHA regulations require employers to provide prompt, written, and site-specific rescue plans for suspended workers, as suspension trauma can become fatal in minutes. Rescue plans must outline procedures for self-rescue or assisted rescue, identify specialized equipment (e.g. rescue ladders, winches) and mandate training for all personnel.

Key requirements to remember:

Prompt Rescue: Plans must ensure rapid rescue to prevent suspension trauma.

Written Plan: A site-specific rescue plan is mandatory for any work at height requiring fall arrest systems.

Equipment Identification: The plan must detail the specific rescue equipment to be used, such as specialized kits, ladders, or aerial lifts.

Qualified Rescuers: Personnel must be trained in both self-rescue and assisted rescue techniques, including the use of rescue equipment, with refresher training at least every two years.

Anchorage Points: Specific, tested rescue anchor points must be identified.

For more information on Fall Protection systems or the 2026 Fall StandDown campaign:

- [#StandDown4Safety](#)
- [Osha.gov/PreventFalls](https://www.osha.gov/PreventFalls)
- stopconstructionfalls.com

