# Harness Inspection Checklist: Full Body Harness and Lanyard

| Frequency | Completed by | Approved by | The checklist |
|---|---|---|---|
| Before each use | Harness user or competent person | Supervisor | 36 checks · 6 sections |

**INSPECTION DETAILS**

Site / area: _____ Harness ID / serial number: _____

Manufacturer and model: _____ Date of manufacture: _____

Last detailed inspection: _____ Lanyard ID (if checked with the harness): _____

Inspection type: _____ Date and time: _____

## Label and records

| | | |
|---|---|---|
| 1. | The harness label is present and legible, showing the manufacturer, model, serial or batch number and date of manufacture CRITICAL<br>A harness without a readable label cannot be matched to its inspection record: withdraw it.<br>Ref.: [5] [2] [6] | ◯ Pass ◯ Fail ◯ N/A |
| 2. | The harness carries the CE marking with the four-digit notified body number<br>Applies in the EU and Türkiye, where fall protection PPE is Category III; instructions for use in the local language must also be available. Mark N/A elsewhere.<br>Ref.: [1] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 3. | A detailed inspection by a competent person is recorded and still within the interval set in the inspection regime CRITICAL<br>HSE recommends at least every 6 months, and at least every 3 months for frequent use in arduous work; follow the manufacturer if stricter. Withdraw a harness with no record of inspection in the last 6 months.<br>Ref.: [5] [1] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 4. | The harness is within the service life set by the manufacturer or your company<br>Compare the date of manufacture on the label with the service-life policy.<br>Ref.: [1] [6] | ◯ Pass ◯ Fail ◯ N/A |

| | | |
|---|---|---|
| 5. | The harness has not arrested a fall, and any fall indicator is intact **CRITICAL**<br>Equipment that has arrested a fall stays out of service until a competent person has inspected it and found it safe.<br>Ref.: [3] [4] [5] [2] [6] | ◯ Pass ◯ Fail ◯ N/A |
| 6. | There are no user modifications: no extra holes, knots or repairs not approved by the manufacturer **CRITICAL**<br>Ref.: [5] [1] [6] | ◯ Pass ◯ Fail ◯ N/A |

## Webbing and stitching

Pass every strap slowly through your hands in good light. Bend it into an inverted U to open up cuts, and check both sides along its full length.

| | | |
|---|---|---|
| 7. | Webbing has no cuts, nicks or tears, including small cuts at the edges **CRITICAL**<br>HSE notes that a 1 mm cut at the edge can reduce strength by 5 to 40% depending on the make.<br>Ref.: [5] [2] [3] | ◯ Pass ◯ Fail ◯ N/A |
| 8. | Webbing has no fraying, broken fibres or abrasion on its face, edges or loops **CRITICAL**<br>Ref.: [5] [2] [6] | ◯ Pass ◯ Fail ◯ N/A |
| 9. | There are no burns, melted, glazed or hardened areas from heat or friction **CRITICAL**<br>Heat-damaged fibres look glazed and feel harder than the webbing around them.<br>Ref.: [5] [2] [6] | ◯ Pass ◯ Fail ◯ N/A |
| 10. | There is no chemical damage: no soft, flaking or discoloured areas **CRITICAL**<br>Ref.: [5] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 11. | There are no signs of UV damage, such as faded colour or a powdery surface **CRITICAL**<br>UV damage is hard to see. If in doubt, withdraw the harness for a detailed inspection.<br>Ref.: [5] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 12. | Webbing is free of mildew, paint, dirt, grit and sand<br>Grit works into the fibres and wears them from inside. Clean as the manufacturer instructs; withdraw heavily contaminated webbing for review.<br>Ref.: [5] [3] [6] | ◯ Pass ◯ Fail ◯ N/A |

| | | |
|---|---|---|
| 13. | Load-bearing stitching is intact, with no pulled, cut, broken or missing stitches **CRITICAL**<br>Check the stitch patterns around the D-rings and where the leg, chest and back straps join.<br>Ref.: [5] [2] [6] | ◯ Pass ◯ Fail ◯ N/A |

## Metal parts

| | | |
|---|---|---|
| 14. | D-rings have no bends, cracks, breaks or sharp or rough edges **CRITICAL**<br>Ref.: [2] [3] [6] | ◯ Pass ◯ Fail ◯ N/A |
| 15. | The back D-ring pivots freely and its back pad is undamaged<br>Ref.: [2] | ◯ Pass ◯ Fail ◯ N/A |
| 16. | Buckles and adjusters are not bent, distorted, cracked or unusually worn **CRITICAL**<br>Ref.: [2] [6] | ◯ Pass ◯ Fail ◯ N/A |
| 17. | Every buckle fastens, locks and holds its strap without slipping **CRITICAL**<br>On tongue buckles, the tongue overlaps the frame and moves freely, and the strap holes (grommets) are undamaged.<br>Ref.: [2] [6] | ◯ Pass ◯ Fail ◯ N/A |
| 18. | Metal parts are free of rust and corrosion **CRITICAL**<br>Ref.: [2] [3] [6] | ◯ Pass ◯ Fail ◯ N/A |

## Lanyard, energy absorber and connectors

Check the lanyard you will use with this harness. Mark N/A if it is inspected on its own form.

| | | |
|---|---|---|
| 19. | The lanyard webbing or rope has no cuts, abrasion, damaged stitching or knots **CRITICAL**<br>Pass the whole lanyard through your hands, as for the harness. Its label must also be legible.<br>Ref.: [5] [3] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 20. | The energy absorber cover is intact and the absorber has not started to deploy **CRITICAL**<br>Look for tear webbing pulled out of the pack, or a damaged or displaced cover.<br>Ref.: [5] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 21. | Snaphooks and karabiners are not bent, cracked, deformed or corroded **CRITICAL**<br>Ref.: [5] [3] | ◯ Pass ◯ Fail ◯ N/A |

| | | |
|---|---|---|
| 22. | Connector gates close and lock by themselves and need two separate actions to open **CRITICAL**<br>Ref.: [3] [4] [5] | ◯ Pass ◯ Fail ◯ N/A |
| 23. | The lanyard and connectors are compatible with the harness attachment point and the anchor **CRITICAL**<br>A snaphook must be sized for the part it connects to.<br>Ref.: [3] [4] | ◯ Pass ◯ Fail ◯ N/A |

## Fit and connection (before work)

Mark N/A during a detailed inspection away from the work position.

| | | |
|---|---|---|
| 24. | A full body harness is used for fall arrest, not a body belt **CRITICAL**<br>Ref.: [3] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 25. | The harness is the right size and adjusted to fit the wearer snugly<br>Ref.: [1] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 26. | Both leg straps are fastened and tightened **CRITICAL**<br>Ref.: [2] | ◯ Pass ◯ Fail ◯ N/A |
| 27. | The chest strap is fastened across the middle of the chest<br>Ref.: [2] | ◯ Pass ◯ Fail ◯ N/A |
| 28. | The back D-ring sits between the shoulder blades, near shoulder level<br>Ref.: [3] [4] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 29. | Loose strap ends are tucked in and not left hanging<br>Ref.: [2] | ◯ Pass ◯ Fail ◯ N/A |
| 30. | The lanyard is connected to an anchor suitable for fall arrest, not to a guardrail or scaffold member **CRITICAL**<br>OSHA: 5,000 lb (22.2 kN) per person attached, or designed by a qualified person with a safety factor of at least two.<br>Ref.: [3] [2] | ◯ Pass ◯ Fail ◯ N/A |
| 31. | There is enough clear distance below the worker for the lanyard, energy absorber and harness stretch **CRITICAL**<br>ÇSGB guide: with a lanyard and energy absorber, allow 2 × lanyard length (including the absorber) + 1.75 m + 1 m safety margin, plus harness stretch. OSHA limits free fall to 6 ft (1.8 m).<br>Ref.: [2] [3] | ◯ Pass ◯ Fail ◯ N/A |
| 32. | A rescue plan is in place to reach a worker suspended in the harness promptly **CRITICAL**<br>The ÇSGB guide also asks that a worker using fall arrest is watched or accompanied by another worker.<br>Ref.: [3] [4] [2] | ◯ Pass ◯ Fail ◯ N/A |

## Result

| | | |
|---|---|---|
| 33. | If a critical check failed, the harness is labelled "Do not use", taken out of service and passed to a competent person CRITICAL<br>Ref.: [5] [3] [1] | ◯ Yes ◯ No ◯ N/A |
| 34. | Every defect found has been reported to the supervisor<br>Ref.: [1] [6] | ◯ Yes ◯ No ◯ N/A |
| 35. | The result is entered in the harness's inspection record<br>Ref.: [5] [2] | ◯ Yes ◯ No ◯ N/A |
| 36. | Notes and defects found | Note: _____ |

Critical check: if it fails, stop and correct it before work continues.

### SIGN-OFF

| Inspected by (user or competent person) | | Supervisor | |
|---|---|---|---|
| Name: | ..... | Name: | ..... |
| Signature: | ..... | Signature: | ..... |
| Date: | ..... | Date: | ..... |

### Legal basis and references


[1] Türkiye: Kişisel Koruyucu Donanımların İşyerlerinde Kullanılması Hakkında Yönetmelik (Resmî Gazete, 02.07.2013, 28695) — Art. 6(1)(a) fit, CE marking and Turkish instructions; 6(1)(c) period of use; 6(1)(e) maintenance and periodic checks per the manufacturer's instructions; 7(2)(b) modifications; 8(3) report defects, check before every use.

[2] Türkiye: ÇSGB, Yapı İşlerinde Yüksekte Çalışmalarda İş Sağlığı ve Güvenliği Uygulama Rehberi (2018) — 3.3.4 personal fall arrest systems (pre-use check, anchors, after a fall, clearance); Annex 1: harness inspection (webbing, D-rings, buckles, labels), donning, lanyards and energy absorbers.

[3] United States: OSHA 29 CFR 1910.140, Personal fall protection systems — (c)(1)–(2) connectors; (c)(9) locking connectors; (c)(13) anchorages; (c)(17) impact loading; (c)(18) inspection before initial use each workshift; (c)(19) compatibility; (c)(21) rescue; (c)(22) attachment point; (d)(2)(ii) free fall; (d)(3) body belts prohibited.

[4] United States: OSHA 29 CFR 1926.502, Fall protection systems criteria and practices — (d)(5) locking snaphooks sized for the connection; (d)(17) attachment point; (d)(19) impact loading; (d)(20) rescue; (d)(21) inspection before each use.

[5] United Kingdom: HSE INDG367, Inspecting fall arrest equipment made from webbing or rope — Pre-use checks, detailed and interim inspections, examples of defects, withdrawal from use; cites the BS EN 365 twelve-monthly examination.

[6] United States: Miller (Protective Industrial Products), Harness End-User Pre-Use Inspection Guide + Daily Checklist (2026) — Manufacturer guidance: label and service life, fall indicator, webbing, stitching and hardware stop-use criteria.



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