



# WORKING AT HEIGHTS MONITORING CHECKLIST



*The 1 Solution to keep your people safe  
so you can grow your business.*

# WORKING AT HEIGHTS MONITORING CHECKLIST



What Are You Observing?	YES	Acceptable	NO	Evaluator Comments/Notes
<b>General Fall Protection Observations</b>				
Is a site-specific fall protection plan (FPP) in place?				
Are there SWP's developed for specific types of FP?				
Are workers trained on FPP by competent person?				
Are workers trained on company specific SWP?				
Are fall hazards being identified?				
Are workers trained in the use of FP PPE?				
Is fall protection equipment being inspected daily?				
Does all FP equipment meet MB Regulations?				
Is FP equipment stored to prohibit deterioration?				
Are the correct FP systems being used for the work?				
Is defective PPE being locked out?				
Are harnesses properly fitted to each worker?				
Is there a site-specific rescue plan developed?				
Are the workers trained in the rescue plan?				
Are FP SWP's being enforced?				
Is FP being utilized for work <3m when needed?				
Is FP utilized when working over hazards as needed?				
Are all FP components clear of any sharp edges?				
If must pass over sharp edges padding is in place?				
FP components protected from heat/flame?				
FP components protected from abrasives materials?				
FP components protected from corrosive materials?				
Safety belts not used as part of personal FP system.				
<b>Guardrails</b>				
Are guardrails at least 900mm high?				
Are they less than 1060mm high?				
Is there an intermediate rail between 450-530mm?				
Can the guardrail withstand 900N of force?				
Is there a toe board installed?				
Is it at least 125mm high?				
If guardrails are removed if FP being used?				

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What Are You Observing?	YES	Acceptable	NO	Evaluator Comments/Notes
<b>Wooden Guardrails</b>				
Guardrail is free of splinters and nails?				
Top and mid rails are at least 38mm H 89mm?				
Posts are at least 38mm H 89mm?				
Posts are spaced not more than 2.4m apart?				
<b>Anchor Points (Permanent)</b>				
Anchor points certified & stamped by engineer?				
Capacity $\geq$ 22.2kN for each worker attached?				
<b>Anchor Points (Temporary)</b>				
Each component can withstand 8kN? (no shock)				
Each component can withstand 6kN? (shock)				
Each component can withstand 2kN? (restraint)				
<b>Lifelines (Vertical)</b>				
Suitable for conditions?				
Free of imperfections, knots and splices?				
Lower end extends to ground or landing?				
Lower end protected from impact?				
Fastened to secure anchor point(s)?				
<b>Lifelines (Horizontal)</b>				
Suitable for conditions?				
Free of imperfections, knots and splices?				
Specs are on site and available to workers?				
Specs address all regulated issues?				
Lifeline is certified by manufacturer or engineer?				
Fastened to secure anchor point(s)?				
<b>Travel Restraint Systems</b>				
Workers are using full body harnesses?				
Lifeline/lanyard is attached to fixed support?				
Lifeline/lanyard restricts worker to 1m from edge?				
<b>Fall Arrest Systems</b>				
Workers are using full body harnesses?				

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What Are You Observing?	YES	Acceptable	NO	Evaluator Comments/Notes
Lifeline/lanyard is attached to fixed support?				
Freefall distance is less than 1.2m?				
Arranged so worker does not bottom out?				
Arranged so worker does not swing in to hazards?				
FP on PME is attached according to PME specs?				
Rope grabs move smoothly along lifeline?				
<b>Safety Nets</b>				
Safety net inspected/tested by engineer/manuf.?				
No less than 7.7m below work area?				
Extends at least 2.5m on all sides?				
<b>NOTES:</b>				

Completed by: Print Name: \_\_\_\_\_ Sign Name: \_\_\_\_\_ Date: \_\_\_\_\_

Reviewed by: Print Name: \_\_\_\_\_ Sign Name: \_\_\_\_\_ Date: \_\_\_\_\_

# SAFETY IS IN YOUR HANDS



## There's a Better Way to Monitor Workplace Safety!

Convert all your paper safety standards and monitoring checklists to digital quick and easy.

Make them accessible to every worker in the palm of their hand via mobile app.

Now you can coach and monitor safety performance in REAL TIME.

NEVER AGAIN will supervisors miss notification of required corrective actions.

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Or **CONTACT US** for a complimentary consult and demo.