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Fall Prevention Checklist

This checklist is for increasing general workplace safety awareness. It should not to be used in place of a consultation with a qualified safety professional.

SECTION 1: Is Fall Protection Required?	YES	NO	N/A	COMMENTS / CONCERNS
Is fall protection being provided for heights of 6 feet or more?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

SECTION 2: LADDERS	YES	NO	N/A	COMMENTS / CONCERNS
Did a competent person inspect the ladder before use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the proper type of ladder being used for the job?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the ladder free of oil, grease, and obvious defects?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the ladder secure, level, and on stable footing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are workers following the three-point-contact rule?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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SECTION 3: SCAFFOLDS	YES	NO	N/A	COMMENTS / CONCERNS
Did a competent person inspect scaffolding before use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are scaffolds fully planked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is the scaffold on stable footing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are scaffolds plumb and level?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are scaffolds overloaded?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are all scaffold guardrails complete and sturdy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

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SECTION 4: HOLES	YES	NO	N/A	COMMENTS / CONCERNS
Before work started: Did a competent person survey the site for holes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
After work started: Has a competent person been continuously auditing the job site for holes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are all holes guarded and covered?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are hole covers sturdy enough to effectively support two times the weight of employees, equipment, and materials that may be present at any one time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

SECTION 5: PERSONAL FALL ARREST SYSTEMS	YES	NO	N/A	COMMENTS / CONCERNS
Was the fall arrest system equipment inspected before use?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Are harnesses securely anchored, fitted, and worn properly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	