

Detailed check checklist

This checklist is designed to help you conduct a detailed check of the key components of your working at height PPE.

Before you begin, ensure you're in a clean, well-lit area away from contaminants such as grit, mud or oil. You should perform these checks with your bare hands to feel for small imperfections in the material.

1. Initial check

Inspection point	Yes	No
Are any of the labels or markings missing or illegible? Can you see the Date of Manufacture? Is the equipment outside of its recommended lifespan?		
Does the equipment have obvious chemical smells or visible stains?		
Does the equipment have any modifications that alter it from its 'as-manufactured' state, including custom attachment points, ties, knots or writing on the webbing?		

2. Harness inspection

Inspection point	Yes	No
Webbing		
Are there any cuts, nicks, tears, fraying or broken fibres, no matter how small?		
Can you see any discolouration, mould or mildew?		
Can you feel any hard spots or glazing where the material has melted from heat or hot sparks?		
Are there any areas where the webbing is stiff or rigid?		
Can you feel any other changes in texture, such as thinning or furring?		
Stitching		
Does any of the contrast stitching have loose, pulled or broken threads?		
Is there any asymmetrical or missing stitching?		

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2. Harness inspection

Inspection point	Yes	No
Hardware (D-Rings, buckles and adjusters)		
Is there any sticking or grittiness when opening and closing the buckles? Do they fail to stay shut or pop open after being closed?		
Does the webbing slip or slide through the adjusters when pulled?		
Are there any cracks, dents, sharp edges, pitting or corrosion?		
Can you see any distortion or wear on moving parts?		
Are there any incompatible buckles where they've been replaced with a non-matching part?		

3. Lanyard inspection

Inspection point	Yes	No
Is the tear indicator on the shock absorber pack snapped? Does the pack look opened or stretched?		
Can you see any core exposure on the rope?		
Are there any cuts, nicks, fraying, broken fibres or mould on the rope?		
Can you feel any flat spots or see glazing where the material has melted from heat or hot sparks?		
Do the scaffold hook and carabiner gates fail to close and lock automatically when released? Can the gate be forced open while it's locked?		
Is there any deformation, cracks, dents, sharp edges or signs of corrosion on the metal?		

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4. Helmet inspection

Inspection point	Yes	No
Are there any cracks, dents or stress fractures in the shell?		
Is there any change in the shell's colour, indicating that an impact has occurred?		
Is there any damage or contamination to the straps or padding inside the helmet?		
Can you see any fraying, tears or discolouration on the Y-configuration strap?		
Do the buckles and adjusters fail to click or hold securely?		

If no damage was found, the equipment is ready to be used or returned to its designated storage area.

If you answered yes to any of the above points, or are otherwise unsure about the equipment's safety, you must:

1. Quarantine the item immediately to prevent accidental use.
2. Report the issue to your supervisor or the designated competent person for a formal inspection.