



# Fall Protection: Self-Retracting Lifeline Inspection

All work shall comply with the EH&S Safety Manual. The below is an attempt to summarize a portion of the Safety Manual specific to this topic, but not intended to replace the Safety Manual. A copy of the Safety Manual is available from your supervisor or EH&S.



## 1. Check Housing

Before every use, inspect the unit's housing for loose fasteners and bent, cracked, distorted, worn, malfunctioning or damaged parts.



## 2. Lifeline

Test the lifeline retraction and tension by pulling out several feet of the lifeline and allow it to retract back into the unit. Always maintain a light tension on the lifeline as it retracts.

The lifeline should pull out freely and retract all the way back into the unit. Do not use the unit if the lifeline does not retract. The lifeline must be checked regularly for signs of damage. Inspect for cuts, burns, corrosion, kinks, frays or worn areas. Inspect any sewing (web lifelines) for loose, broken or damaged stitching.



## 3. Braking Mechanism

The braking mechanism can be tested by grasping the lifeline above the load indicator and applying a sharp steady pull downward which will engage the brakes. There should be no slippage of the lifeline while the brakes are engaged. Once tension is released, the brakes will disengage and the unit will return to the retractable mode. Do not use the unit if the brakes do not engage.

Check the hardware as directed in 1A under Lanyard Inspection. The snap hook load indicator is located in the swivel of the snap hook. The swivel eye will elongate and expose a red area when subjected to fall arresting forces. Do not use the unit if the load impact indicator has been activated.



## 4. Snap Hook

Check the snap hook to be sure that it operates freely, locks, and the swivel operates smoothly. Inspect the snap hook for any signs of damage to the keepers and any bent, cracked, or distorted components.



## 5. Anchorage Connection

Make sure the carabiner is properly seated and in the locked position between the attachment swivel/point on the device and the anchor point.

Source Credit: Miller Fall Protection

LET NO PERSON'S GHOST SAY THAT THEIR TRAINING FAILED THEM... ..