

Full Body Harness Inspection Checklist

Pre-use and periodic inspection record. One sheet per harness.

Harness ID / serial no.		Manufacturer / model	
Date of manufacture		Assigned to	
Inspected by		Inspection date	

Inspection points

Part	Check for	Pass	Fail	Remarks
Webbing	No cuts, fraying, burns, chemical damage, UV fading or hard spots			
Stitching	No broken, pulled or cut stitches; indicator stitching intact			
D-rings	No cracks, deformation, sharp edges or corrosion			
Buckles and adjusters	Work smoothly, lock correctly, no distortion			
Fall indicator	Not deployed; harness not exposed to a fall			
Label	Legible: manufacturer, standard, serial no., date of manufacture			
Lanyard / energy absorber	Pack sealed, no deployment; hooks lock and close fully			
Connectors / karabiners	Gate closes and locks automatically; no corrosion or wear			

Result

Outcome (tick one)	Signature
Fit for use / Remove from service and tag	

Users should check their harness before every use. A competent person should carry out a detailed, recorded inspection at the interval set by the manufacturer. Any harness that has arrested a fall must be removed from service.