

**FALL PROTECTION
CHECKLIST**

According to OSHA, slips, trips and falls constitute the majority of general industry accidents. They cause 15% of all accidental deaths, and are second only to motor vehicle accidents as a cause of fatalities. This checklist can help you evaluate your working environment for potentially dangerous situations before they result in serious injury.

Please note that this checklist should only be used in conjunction with OSHA's guidelines and regulations. It does not imply full compliance with all OSHA standards.

1. Are floors clean and dry? 1910.22(a)(1) & (2)
2. Are permanent aisles and passageways appropriately marked and kept clear?
1910.22(b)(1) & 1910.176(a)
3. Are load limit weights posted in the storage areas? 1910.22(d)(1)
4. Is adequate lighting provided in all work areas? (*recommended practice*)
5. Is every open-sided floor or platform 4 feet or more above adjacent floor or ground level guarded by a standard guardrail or the equivalent? 1910.23(c)(1)
6. Are all hatchway and floor openings guarded? 1910.23(a)(3)
7. Are floor holes into which people can accidentally walk guarded? 1910.23(a)(8)
8. Are covers or guardrails provided to prevent people from falling into drainage ditches, open pits, vats, tanks, etc.? 1910.22(c) or 1910.176(g)
9. Are all fixed industrial stairways at least 22 inches wide? 1910.24(d)
10. Are all fixed industrial stairways provided with a stair railing on all open sides? 1910.24(h)
11. Are closed stairways provided with a railing on at least one side? 1910.23(d)(1)(i) or 1910.24(h)
12. Are all fixed stairways with a width in excess of 88 inches provided with a center stair railing?
1910.23(d)(1)(v)
13. Is a 7-foot vertical clearance maintained above any stair tread? 1910.24(l)
14. Are guardrails and toeboards provided on all open sides and ends of scaffolds more than 10 feet above the ground or floor? 1910.28(a)(3)
15. Are scaffolds and their components capable of supporting, without failure, at least four times the maximum intended load? 1910.28(a)(4)
16. Do all scaffold planks extend over end supports not less than 6 inches nor more than 18 inches? 1910.28(a)(13)
17. Are scaffolds properly braced so that the scaffold is always plumb, square and rigid?
1910.28(d)(3)
18. Are broken, bent, excessively rusted, altered or otherwise structurally damaged scaffold frames or accessories removed from service? 1910.28(d)(13)