



# FALL PROTECTION PFAS KIT INSPECTION

Vanguard Training Group · One worker · Complete personal fall arrest system · ABCs of Fall Protection

VTG-FP-INSP-001

Rev. October 2026

Worker / Assigned To \_\_\_\_\_ Inspector (name) \_\_\_\_\_

Company / Site \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Kit # / Type \_\_\_\_\_ Dept / Crew \_\_\_\_\_ In-Service Date \_\_\_\_\_

Last competent-person insp. (date) \_\_\_\_\_ Next competent-person insp. due \_\_\_\_\_

Inspection Type: ☐ Pre-Use (before each use) ☐ Periodic (competent person, ≥ annual, Z359.2) ☐ Post-Fall (remove until cleared)

| COMPONENT DATA — Manufacturer, Model, Serial Number & Manufacture Date |                      |                    |           | Z359 labels |
|------------------------------------------------------------------------|----------------------|--------------------|-----------|-------------|
| Component                                                              | Manufacturer / Model | Serial Number / ID | Mfr. Date | Qty         |
| Full-Body Harness (Z359.11)                                            |                      |                    |           |             |
| Shock-Absorbing Lanyard, single or twin (Z359.13)                      |                      |                    |           |             |
| Self-Retracting Lifeline / SRD (Z359.14)                               |                      |                    |           |             |
| Fall Restraint Lanyard / Device                                        |                      |                    |           |             |
| Work Positioning Lanyard / Device                                      |                      |                    |           |             |
| Anchor / Anchorage Connector (Z359.18)                                 |                      |                    |           |             |
| Lifeline / Rope Grab (Z359.15)                                         |                      |                    |           |             |
| Other / Accessory (carabiner, snaphook: Z359.12)                       |                      |                    |           |             |

| A · ANCHOR (Anchors & Anchor Points) |                                                                                            | 1910.140(c)(12), (c)(13)   1926.502(d)(15) | P                        | F                        | N/A                      |
|--------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------|--------------------------|--------------------------|--------------------------|
| A1                                   | Anchor point / structure free of cracks, corrosion, deformation, or compromised integrity  | 1910.140(c)(13); Z359.18                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A2                                   | Anchorage connector webbing / cable free of cuts, frays, burns, chemical or UV damage      | Z359.18; mfr.                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A3                                   | Hardware (rings, clamps, bolts) free of cracks, distortion, corrosion, sharp edges, wear   | Z359.18; mfr.                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A4                                   | Labels / capacity ratings present, legible, and correct for the intended application       | Z359.18; mfr.                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A5                                   | Installation / orientation correct per manufacturer IFU (load direction, edge clearance)   | manufacturer IFU                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A6                                   | No makeshift / unrated anchors; 5,000 lb per worker or 2x safety factor (qualified person) | 1910.140(c)(13); 1926.502(d)(15)           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| B · BODY SUPPORT (Full-Body Harness) |                                                                                        | 1910.140(c)(18), (d)(3)   1926.502(d)(16) | P                        | F                        | N/A                      |
|--------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------|--------------------------|--------------------------|--------------------------|
| B1                                   | Webbing free of cuts, frays, burns, chemicals, UV glazing, or broken fibers            | 1910.140(c)(18); Z359.11                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B2                                   | Stitching intact (no pulled, broken, or missing threads at stress points)              | Z359.11; mfr.                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B3                                   | D-rings: no cracks, distortion, corrosion; dorsal D-ring used for arrest; no body belt | 1910.140(d)(3); Z359.11                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B4                                   | Buckles & adjusters operate freely and engage fully; all fit components present        | Z359.11; mfr.                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B5                                   | Labels present and legible; impact / fall indicators not deployed                      | 1910.140(c)(17); Z359.11                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| C · CONNECTORS (Lanyards · SRLs · Restraint · Positioning · Hooks) |                                                                                                   | 1910.140(c)   1926.502(d)      | P                        | F                        | N/A                      |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------|--------------------------|--------------------------|--------------------------|
| C1                                                                 | Lanyard webbing / cable (5,000 lb) free of cuts, kinks, bird-caging, abrasion, corrosion          | 1910.140(c)(4); Z359.13        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C2                                                                 | Energy absorber pack intact (cover not torn; no signs of deployment or elongation)                | 1910.140(c)(17); Z359.13       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C3                                                                 | SRL housing undamaged; line retracts smoothly full length; lock-up functions properly             | Z359.14; mfr.                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C4                                                                 | SRL Class 1 / Class 2 (or LE) rating verified for the planned application                         | Z359.14                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C5                                                                 | Snap hooks / carabiners self-locking; gate closes & locks; no wear, deformation, side-load damage | 1910.140(c)(9); 1926.502(d)(5) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C6                                                                 | No knots / makeshift repairs; compatible A + B + C; not clipped to webbing or each other          | 1910.140(c)(10), (19)          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Overall kit result: ☐ PASS — return to service ☐ OOS — destroy / quarantine ☐ Rescue plan + clearance checked ☐ FAIL — tag out failed item(s)

| Role                           | Signature | Role             | Signature |
|--------------------------------|-----------|------------------|-----------|
| Worker                         |           | Inspector        |           |
| Competent person (if required) |           | Failed serial(s) |           |

REFERENCES: 29 CFR 1910.140; 1926.502, .503; ANSI/ASSP Z359.1, Z359.2 (competent person), Z359.11, .12, .13, .14, .15, .18; manufacturer IFU.