

SAFE JOB PROCEDURE

Job Description: Lanyards/Shock Absorbing Lanyards:

Hazards Present: Fall from Heights, strains, impact injuries from falling.

PPE Required: Full Body Harness

Note: Employees who wear fall protection equipment must be trained and deemed competent, must demonstrate operational competency and/or have received approval from their immediate supervisor. Operators must wear the proper PPE as required and be familiar with the location of the use of a fire extinguisher.

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1. Conduct a pre-shift inspection of Lanyards;

- ✓ Check lanyard material for cuts, burns, abrasions, kinks, knots, broken stitches, and excessive wear
- ✓ Inspect the snap hooks for hook, locks, and eye distortion.
- ✓ Check carabineer for excessive wear, distortion, and lock operation.
- ✓ Ensure that all locking mechanisms seat and lock properly.
- ✓ Once locked, locking mechanism should prevent hook from opening.
- ✓ Visually inspect shock absorber for any signs of damage, paying close attention to where the shock absorber attaches to the lanyard.
- ✓ Verify that points where the lanyard attaches to the snap hooks are free of defects.

2. Annual Inspections;

- ✓ A competent person will complete annual inspections of all Lanyards, and proper documentation will be maintained.
- ✓ All lanyards will be stored properly to protect them from damage.
- ✓ All lanyards involved in a fall will be destroyed.