
Walking Working Surfaces

Compliance Checklist

Insert Company Name

Walking Working Surfaces Compliance Checklist

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Background

Within the graphic arts industry, employees will often access various work areas to perform their jobs. These work areas are known as “walking and working surfaces”. If these work areas, or the access to these work areas, are not kept in safe conditions, they can cause or contribute to serious injuries. These injuries occur from slip, trips, and falls. By taking measures to ensure safe walking and working surfaces, many of these injuries can be prevented and a safe workplace can be maintained for employees.

OSHA’s definition of a walking-working surface is “any horizontal or vertical surface on or through which an employee walks, works or gains access to a work area or workplace location”. That definition will include, but is not limited to, floors, cat-walks, stairs, lofts, ladders, step surfaces, raised platforms, storerooms, and most any other location, surface or equipment where an employee can access and work. To ensure prevention of the injuries that could occur in these areas, OSHA has developed standards under their regulations for Walking-Working Surfaces (CFR 1910.21-.30, Subpart D).

PIA has developed a compliance form that outlines most of the elements of the Walking-Working Surfaces ruling. This form is aimed to provide an organized and easy-to-read document to ensure your facility complies with OSHA’s overall walking and working surfaces regulation. It is **not** necessary to use this checklist for your periodic inspections, but to confirm that all walking and working surfaces are in a safe condition. **Please note that compliance requirements for ladders are not included in this form and can be found in a separate document on our website.**

It should be noted that several states operate their own OSHA programs (State Plans). The individual state plans can adopt the federal standards as written or they can develop additional requirements beyond the federal standards. Therefore, employers should investigate if their facilities are located in a state that operates an OSHA state plan and research the appropriate standard requirements.

This document does not constitute full compliance and does not cover the entire scope or detailed elements of specific regulations. In order to ensure full compliance, employers are encouraged to seek additional information or assistance if necessary. Please contact the EHS Affairs Department at EHS@printing.org or 1-800-910-4283 ext. 794 with any questions.

Area Completed: _____

Date Completed: _____

Conducted By: _____

General Walking Working Surfaces Requirements	Yes	No	N/A
Are passageways, storerooms, service rooms, and walking-working surfaces maintained in a clean, orderly, and sanitary condition? [29 CFR 1910.22(a)(1)]			
Are floor clean and dry? When wet processes is used, is drainage maintained and are dry standing places provided? [29 CFR 1910.22(a)(2)]			
Are walking-working surfaces free of sharp objects, loose boards, corrosion, leaks, spills, snow, ice, and other hazards? [29 CFR 1910.22(a)(3)]			
Can each walking-working surfaces support the maximum intended load ? [29 CFR 1910.22(b)]			
Do employers ensure that every employee uses a safe means of access and egress to and from walking-working surfaces? [29 CFR 1910.22(c)]			
Are walking-working surfaces inspected regularly and as necessary and maintained in a safe condition? [29 CFR 1910.22(d)(1)]			
Are hazardous conditions on walking-working surfaces guarded and corrected or repaired before use? [29 CFR 1910.22(d)(2)]			
If a correction or repair involves the structural integrity of the walking-working surface, is a qualified person performing or supervising the correction or repair? [29 CFR 1910.22(d)(3)]			

Notes:

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Step Bolt and Manhole Step Requirements	Yes	No	N/A
Step Bolts			
Are step bolts installed on or after 1/17/17 protected against corrosion? [29 CFR 1910.24(a)(1)]			
Are step bolts designed, constructed, and maintained to prevent the employee's foot from slipping off the end of the step bolt? [29 CFR 1910.24(a)(2)]			
Are step bolts uniformly spaced at a vertical distance between 12-18 inches apart, measured center to center? [29 CFR 1910.24(a)(3)]			
Does each step bolt have a minimum clear width of 4.5 inches? [29 CFR 1910.24(a)(4)]			
Is the minimum perpendicular distance between the centerline of each step bolt to the nearest permanent object in the back of the step bolt 7 inches? [29 CFR 1910.24(a)(5)]			
Are step bolts installed before 1/17/17 capable of supporting its maximum intended load ? [29 CFR 1910.24(a)(6)]			
Are step bolts installed on or after 1/17/17 capable of supporting at least four times its maximum intended load ? [29 CFR 1910.24(a)(7)]			
Is each step bolt inspected at the start of the work shift? [29 CFR 1910.24(a)(8)]			
Is any step bolt that is bent more than 15 degrees from the perpendicular (in any direction) removed and replaced? [29 CFR 1910.24(a)(8)]			
Manhole Steps			
Is each manhole step capable of supporting its maximum intended load ? [29 CFR 1910.24(b)(1)]			
Is each manhole step installed on or after 1/17/17 have a surface that minimizes the possibility of slipping? [29 CFR 1910.24(b)(2)(ii)]			
Is each manhole step installed on or after 1/17/17 protected against corrosion? [29 CFR 1910.24(b)(2)(ii)]			
Does each manhole step installed on or after 1/17/17 have a minimum clear step width of 10 inches? [29 CFR 1910.24(b)(2)(iii)]			
Is each manhole step installed on or after 1/17/17 uniformly spaced at a vertical distance less than 16 inches apart, measured center to center between steps? [29 CFR 1910.24(b)(2)(iv)]			
Does each manhole step installed on or after 1/17/17 have a minimum perpendicular distance between the centerline of the manhole step to the nearest permanent object in the back of the step of at least 4.5 inches? [29 CFR 1910.24(b)(2)(v)]			

Is each manhole step installed on or after 1/17/17 designed, constructed, and maintained to prevent the employee's foot from slipping or sliding off the end? [29 CFR 1910.24(b)(2)(vi)]			
Is each manhole step inspected at the start of the work shift? [29 CFR 1910.24(b)(3)]			

Notes:

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Stairway Requirements	Yes	No	N/A
Are handrails, stair rail systems, and guardrail systems in accordance with the fall protection standards?			
Is there a vertical clearance of at least 6 feet 8 inches above any stair tread to any overhead obstruction? [29 CFR 1910.25(b)(2)]			
Do stairs have uniform riser heights and tread depths between landings? [29 CFR 1910.25(b)(3)]			
Are stairway landings and platforms at least the width of the stair and at least 30 inches in depth? [29 CFR 1910.25(b)(4)]			
When a door or gate opens directly on a stairway, is a platform provided and the swing of the door/gate does NOT reduce the platform's usable depth to: <ul style="list-style-type: none"> • Less than 20 inches for platforms installed before 1/17/17 • Less than 22 inches for platforms installed after 1/17/17? [29 CFR 1910.25(b)(5)]			
Can each stair support at least five times the normal anticipated live load, but never less than a load of 1,000 pounds? [29 CFR 1910.25(b)(6)]			
Are standard stairs used to provide access from one walking-working surface to another when operations necessitate regular and routine travel between levels? [29 CFR 1910.25(b)(7)]			
Are alternating tread-type stairs used only if the employee can demonstrate that standard stairs are not feasible? [29 CFR 1910.25(b)(8)]			
If alternating tread-type stairs are approved, are they installed, used, and maintained in accordance with the manufacturer's instructions? [29 CFR 1910.25(b)(9)]			
Is each employee exposed to an unprotected side or edge of a stairway landing that is 4 feet or more above a lower level protected by a guardrail or stair rail system? [29 CFR 1910.28(b)(11)(i)]			
Standard Stairs			
Are standard stairs installed at angles between 30 to 50 degrees from the horizontal? [29 CFR 1910.15(c)(1)]			
Do standard stairs have a maximum riser height of 9.5 inches? [29 CFR 1910.15(c)(2)] (This requirement does not apply to standard stairs installed prior to 1/17/17. Please see the Table D-1 below for dimension requirements.)			

Do standard stairs have a minimum tread depth of 9.5 inches? [29 CFR 1910.15(c)(3)] (This requirement does not apply to standard stairs installed prior to 1/17/17)			
Do standard stairs have a minimum width of 22 inches between vertical barriers? [29 CFR 1910.15(c)(4)]			
Does each flight of stairs having at least 3 treads and at least 4 risers equipped with stair rail systems and handrails as indicated by Table D-2? (See below) [29 CFR 1910.28(b)(11)(ii)]			
Spiral Stairs			
Do spiral stairs have a minimum clear width of 26 inches? [29 CFR 1910.25(d)(1)]			
Do spiral stairs have a maximum riser height of 9.5 inches? [29 CFR 1910.25(d)(2)]			
Do spiral stairs have minimum headroom space above spiral stair treads of at least 6 feet and 6 inches, as measured from the leading edge of the tread? [29 CFR 1910.25(d)(3)]			
Do spiral stairs have a minimum tread depth of 7.5 inches, as measured at a point 12 inches from the narrower edge? [29 CFR 1910.25(d)(4)]			
Do spiral stairs have a uniform tread size? [29 CFR 1910.25(d)(5)]			
Alternating Tread-Type Stairs			
Do alternating tread-type stairs have a series of treads installed at a slope of 50 to 70 degrees from the horizontal? [29 CFR 1910.25(f)(1)]			
Do alternating tread-type stairs have a distance of 17 to 24 inches between handrails? [29 CFR 1910.25(f)(2)]			
Do alternating tread-type stairs have a minimum tread depth of 8.5 inches? [29 CFR 1910.25(f)(3)]			
Do alternating tread-type stairs with tread depths less than 9.5 inches have open risers? [29 CFR 1910.25(f)(4)]			
Do alternating tread-type stairs have a minimum tread width of 7 inches, as measured at the leading edge of the tread? [29 CFR 1910.25(f)(5)]			
Is each alternating tread type stairs equipped with handrails on both sides? [29 CFR 1910.28(b)(11)(iii)]			

Notes:

Table D-1 – Stairway Rise and Tread Dimensions

Angle to horizontal	Rise (in inches)	Tread run (in inches)
30 deg. 35'	6 1/2	11
32 deg. 08'	6 3/4	10 3/4
33 deg. 41'	7	10 1/2
35 deg. 16'	7 1/4	10 1/4
36 deg. 52'	7 1/2	10
38 deg. 29'	7 3/4	9 3/4
40 deg. 08'	8	9 1/2
41 deg. 44'	8 1/4	9 1/4
43 deg. 22'	8 1/2	9
45 deg. 00'	8 3/4	8 3/4
46 deg. 38'	9	8 1/2
48 deg. 16'	9 1/4	8 1/4
49 deg. 54'	9 1/2	8

Table D-2 – Stairway Handrail Requirements

Stair width	Enclosed	One open side	Two open sides	With earth built up on both sides
Less than 44 inches (1.1 m).	At least one handrail	One stair rail system with handrail on open side.	One stair rail system each open side.	
44 inches (1.1 m) to 88 inches (2.2 m).	One handrail on each enclosed side	One Stair rail system with handrail on open side and one handrail on enclosed side.	One stair rail system with handrail on each open side.	
Greater than 88 inches (2.2 m).	One handrail on each enclosed side and one intermediate handrail located in the middle of the stair	One stair rail system with handrail on open side, one handrail on enclosed side, and one intermediate handrail located in the middle of the stair.	One stair rail system with handrail on each open side and one intermediate handrail located in the middle of the stair.	
Exterior stairs less than 4.4 inches (1.1 m).				One handrail on least one side.

Note to table: The width of the stair must be clear of all obstructions except handrails.

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Dockboard Requirements	Yes	No	N/A
Are dockboards capable of supporting the maximum intended load ? [29 CFR 1910.26(a)]			
Are dockboards that were put into initial service on or after 1/17/17 designed, constructed, and maintained to prevent transfer vehicles from running off the dockboard edge? [29 CFR 1910.26(b)(1)] Note: If an employer can demonstrate there is no hazard of transfer vehicles running off the dockboard edge, the employer may use dockboards that do not have run-off protection.			
Are portable dockboards secured to prevent dockboard from moving out of a safe position? [29 CFR 1910.26(c)]			
If securing a dockboard is proven to be infeasible, is there sufficient contact between the dockboard and the surface to prevent the dockboard from moving out of a safe position? [29 CFR 1910.26(c)]			
Are measures used to prevent the transport vehicle on which a dockboard is placed from moving while employees are on the dockboard? [29 CFR 1910.26(d)]			
Are portable dockboards equipped with handholds or other means to permit safe handling? [29 CFR 1910.26]			
Is each employee on a dockboard protected from falling 4 feet or more to a lower level by a guardrail system or handrails? [29 CFR 1910.28(b)(4)(i)] *Note: Guardrail system or handrails are not required under the specifications under [29 CFR 1910.28(b)(4)(ii)]			

Notes:

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Scaffold	Yes	No	N/A
Scaffolds			
Is it ensured that all scaffolds comply with the requirements in 29 CFR part 1926, subpart L (Scaffolds)?			

Notes:

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Duty to Have Fall Protection and Falling Object Protection Requirements	Yes	No	N/A
Protection from Fall Hazards			
Are walking-working surfaces with an unprotected side or edge, 4 feet or more above a lower level, protected from falling by: guardrail systems, safety net systems, or personal fall protection systems? [29 CFR 1910.28(b)(1)(i)]			
If the employer has demonstrated that using any of the above is not feasible or creates a greater hazard, have they instead developed and implemented a fall protection plan? [29 CFR 1910.28(b)(1)(ii)]			
For employers who have demonstrated that using a fall protection system is not feasible of the working side of a platform used at a loading rack, loading dock, or teeming platform: Have the following requirements been met? <ul style="list-style-type: none">• The work operation for which fall protection is infeasible is in process• Access to the platform is limited to authorized employees• The authorized employees are trained in accordance to 1910.30 [20 CFR 1910.28(b)(1)(iii)]			
Hoist Areas			
Is each employee in a hoist area protected from falling 4 feet or more to a lower level by a guardrail system, personal fall arrest system, or travel restraint system? [29 CFR 1910.28(b)(2)(i)]			
When any portion of a guardrail system, gate or chains is removed and an employee must lean through or over the edge of the access opening to facilitate hoisting, is the employee protected from falling by a personal fall arrest system? [29 CFR 1910.28(b)(2)(ii)]			
Is a removable guardrail section, consisting of a top rail AND midrail, placed across the access opening between guardrail sections when employees are not performing hoisting operations? [29 CFR 1910.29(b)(10)]			
Holes (Those larger than 2 inches in its least dimension)			
Is each employee protected from holes that are 4 feet or more above a lower level by one or more of the following: covers, guardrail systems, travel restraint systems, or personal fall arrest systems? [29 CFR 1910.28(b)(3)(i)] *Note: See Duty to Have Fall Protection and Falling Object Protection Requirements checklist below for cover requirements			
Is each employee protected from tripping into or stepping into or through any hole that is less than 4 feet above a lower level by covers or guardrail systems? [29 CFR 1910.28(b)(3)(ii)]			
When guardrail systems are used around holes, are they installed on all unprotected sides or edges of the hole? [29 CFR 1910.29(b)(11)]			
For guardrail systems used around holes through which materials may be passed: <ul style="list-style-type: none">• Are no more than two sides of the guardrail system removed when materials are being passed through the hole? AND• Is the hole guarded or covered when materials are NOT being passed through the hole?			

[29 CFR 1910.29(b)(12)]			
When guardrail systems are used around holes that serve as points of access: <ul style="list-style-type: none"> • Does the guardrail system opening have a self-closing gate that slides or swings away from the hole and equipped with a top rail AND midrail (or equivalent)? or • Is the opening offset to prevent an employee from walking or falling into the hole? 			
[29 CFR 1910.29(b)(12)]			
Is each employee protected from falling into a stairway floor hole by a fixed guardrail system on all exposed sides, except at the stairway entrance? [29 CFR 1910.28(b)(3)(iii)]			
Is each employee protected from falling into a ladder way floor hole or ladder way platform hole by a guardrail system AND toe boards erected on all exposed sides, except at the entrance to the hole, where a self-closing gate or an offset is used? [29 CFR 1910.28(b)(3)(iv)]			
Is each employee protected from falling through a hatchway and chute floor hole by one of the following? <ul style="list-style-type: none"> • A hinged floor-hole cover and a fixed guardrail system that leaves only one exposed side • A removable guardrail system and toe boards on not more than two sides of the hole, or • A guardrail system or a travel restraint system when work operation necessitates passing material through a hatchway or chute floor hole 			
[29 CFR 1910.28(b)(3)(v)]			
Runways and Similar Walkway Requirements			
Is each employee on a runway or similar walkway protected from falling 4 feet or more to a lower level by a guardrail system? [29 CFR 1910.28(b)(5)(i)]			
Are guardrail systems on ramps and runways installed along each unprotected side or edge? [29 CFR 1910.29(b)(14)]			
If it is not feasible to have guardrails on both sides of a runway, has the employer ensured the following to omit the guardrail on one side: <ul style="list-style-type: none"> • The runway is at least 18 inches wide, and • Each employee is provided with and uses a personal fall arrest system or travel restraint system? 			
[29 CFR 1910.28(b)(5)(ii)]			
Dangerous Equipment Requirements			
Is each employee that is less than 4 feet above dangerous equipment protecting from falling by a guardrail system or travel restraint system, unless the equipment is covered or guarded to eliminate the hazard? [29 CFR 1910.28(b)(6)(i)]			
Is each employee that is 4 feet or more above dangerous equipment protected from falling by one of the following? <ul style="list-style-type: none"> • Guardrail systems • Safety net systems • Travel restraint systems • Personal fall arrest systems? 			
[29 CFR 1910.28(b)(6)(ii)]			

Openings		
Is each employee on a walking-working surface near an opening where the inside bottom edge of the opening is less than 39 inches above that walking-working surface and the outside bottom edge of the opening is 4 feet or more above a lower level protected from falling by one of the following?		
<ul style="list-style-type: none"> • Guardrail system • Safety net system • Travel restraint system, or • Personal fall arrest system <p>[29 CFR 1910.28(b)(7)]</p>		
Pits		
For repair pits, service pits, or assembly pits less than 10 feet deep, has the employer ensured all of the following in order to forego the use of a fall protection system?		
<ul style="list-style-type: none"> • Limits access within 6 feet of the edge of the pit to authorized and trained employees • Applies one of the following on the floor: (1) floor markings at least 6 feet from the edge of the pit in colors that contrast the surrounding area, (2) warning line at least 6 feet from the edge of the pit and stanchions capable of resisting a force of at least 16 pounds applied horizontally at a height of 30 inches, or (3) a combination of floor markings and warning lines at least 6 feet from the edge of the pit • Posts readily visible caution signs and state "Caution-Open Pit" <p>[29 CFR 1910.28(b)(8)]</p>		
Low-Slope Roofs		
<p>Low-slope roof means a roof that has a slope less than or equal to a ratio of 4 in 12 (vertical to horizontal)</p>		
For work performed less than 6 feet from the roof edge, is the employee protected from falling by a guardrail system, safety net system, travel restraint system, or personal fall arrest system? [29 CFR 1910.28(b)(13)(i)]		
For work performed between 6-15 feet from the roof edge, is the employee protected from falling by a guardrail system, safety net system, travel restraint system, or personal fall arrest system? *Note: the employer may use a designated area if work is both infrequent and temporary [29 CFR 1910.28(b)(13)(ii)]		
For work performed 15 feet or more from the roof edge, is the employee protected from failing by a guardrail system, safety net system, travel restraint system or personal fall arrest system or a designated area (see Duty to Have Fall Protection and Falling Object Protection Requirements checklist below for designated area requirements)? *Note: the employer may opt to forego using any fall protection if the work is both infrequent and temporary [29 CFR 1910.28(b)(13)(iii)(A)]		
For work performed 15 feet or more from the roof edge, has the employer implemented and enforced a work rule prohibiting employees from going within 15 feet of the roof edge without using fall protection? [29 CFR 1910.28(b)(13)(iii)(B)]		

Notes:

Area Completed: _____

Date Completed: _____

Conducted By: _____

Fall Protection Systems and Falling Object Protection Requirements	Yes	No	N/A
Guardrail Systems			
Is the top edge height of top rails 42 inches (\pm 3 inches) above the walking working surface? [29 CFR 1910.29(b)(1)]			
When there is NOT a wall or parapet that is at least 21 inches high, are midrails, screens, mesh, intermediate vertical members, solid panels, or equivalent intermediate members installed between the walking working surface and the top edge of the guardrail system as follows: <ul style="list-style-type: none">• Midrails are installed at a height midway between the top edge of the guardrail system and the walking working surface• Screens and mesh extend from the walking working surface to the top rail and along the entire opening between top rail supports• Intermediate vertical members are installed no more than 19 inches apart, and• Other equivalent intermediate members are installed so that the openings are not more than 19 inches wide? [29 CFR 1910.29(b)(2)]			
Are guardrail systems capable of withstanding a force of at least 200 pounds in a downward or outward direction within 2 inches of the top edge? [29 CFR 1910.29(b)(3)] After the test, the guardrail system must not deflect to a height of less than 39 inches above the walking working surface. [29 CFR 1910.29(b)(4)]			
Are midrails, screens, mesh, intermediate vertical members, solid panels, and other equivalent intermediate members capable of withstanding a force of at least 150 pounds applied in any downward or outward direction? [29 CFR 1910.29(b)(5)]			
Are guardrail systems smooth-surfaced? [29 CFR 1910.29(b)(6)]			
Is it ensured that the ends of top rails and midrails do NOT overhang the terminal posts? [29 CFR 1910.29(b)(7)]			
Are steel banding and plastic banding NOT used for top rails or midrails? [29 CFR 1910.29(b)(8)]			
Are top rails and midrails at least 0.25 inches in diameter or thickness? [29 CFR 1910.29(b)(9)]			
If manila or synthetic rope is used for top rails or midrails, are they inspected as necessary to ensure that the rope continues to meet the strength requirements? [29 CFR 1910.29(b)(15)]			
Designated Areas			
(A designated area is working surface delineated by a warning line in which work may be performed without additional fall protection.)			
Is it ensured employees remain within the designated area while work operations are underway? [29 CFR 1910.29(d)(1)(i)]			

Is the perimeter of the designated area marked with a warning line consisting of a rope, wire, tape, or chain? [29 CFR 1910.29(d)(1)(ii)]			
Do warning lines have a minimum breaking strength of 200 pounds? [29 CFR 1910.29(d)(2)(i)]			
Are warning lines installed so its lowest point (including sag) is between 34-39 inches above the walking-working surface? [29 CFR 1910.29(d)(2)(ii)]			
Are warning lines supported so that pulling on one section of the line will not result in slack being taken up in adjacent sections causing the line to fall below the limits specified above? [29 CFR 1910.29(d)(2)(iii)]			
Are warning lines clearly visible from a distance of 25 feet away and anywhere within the designated area? [29 CFR 1910.29(d)(2)(iv)]			
Are warning lines erected no less than 6 feet from the roof or no less than 15 feet for other work? [29 CFR 1910.29(d)(2)(vi)]			
When mobile mechanical equipment is used to perform work that is both temporary and infrequent in a designated area, has the employer ensured the following? <ul style="list-style-type: none"> • The warning line is erected no less than 6 feet from the unprotected side/edge that is parallel to the direction in which the mechanical equipment is operated • The warning line is erected no less than 10 feet from the unprotected side/edge that is perpendicular to the direction in which the equipment is operated [29 CFR 1910.29(d)(3)]			
Covers			
Is each cover for a hole in a walking-working surface capable of supporting at least twice the maximum intended load ? [29 CFR 1910.29(e)(1)]			
Is each cover for a hole secured to prevent accidental displacement? [29 CFR 1910.29(e)(2)]			
Handrail and Stair Rail Systems			
Are handrails between 30 – 38 inches? [29 CFR 1910.29(f)(1)(i)]			
Is the height of stair rail systems installed before 1/17/17 not less than 30 inches? [29 CFR 1910.29(f)(1)(ii)(A)]			
Is the height of stair rail systems installed on or after 1/17/17 not less than 42 inches? [29 CFR 1910.29(f)(1)(ii)(B)]			
Is the top of a stair rail system used as a handrail ONLY when: <ul style="list-style-type: none"> • The height of the stair rail system is between 36 – 38 inches, and • The top rail meets the other handrail requirements in this section? [29 CFR 1910.29(f)(1)(iii)]			
Is the minimum clearance between handrails and any other object at least 2.25 inches? [29 CFR 1910.29(f)(2)]			
Are handrails and stair rail systems smooth-surfaced [29 CFR 1910.29(f)(3)] and do the ends present NO projection hazards [29 CFR 1910.29(f)(6)]?			
Is it ensured that no opening in stair rail systems exceed 19 inches at its least dimension? [29 CFR 1910.29(f)(4)]			
Do handrails have the shape and dimension necessary so that employees can grasp the handrail firmly? [29 CFR 1910.29(f)(5)]			
Are handrails and the top rails of stair rail systems capable of withstanding a force of at least 200 pounds applied in any downward or outward direction? [29 CFR 1910.29(f)(7)]			

Protection from Falling Objects		
If an employee is exposed to falling objects, has the employer ensured that each employee wears head protection? [29 CFR 1910.28(c)]		
Is it ensured that employees are protected from falling objects by one or more of the following? <ul style="list-style-type: none"> • Erecting toeboards, screens, or guardrail systems • Erecting canopy structures and keeping potential falling objects far enough from an edge, hole, or opening to prevent them from falling, or • Barricading the area into which objects could fall, prohibiting employees from entering the barricaded area, and keeping objects far enough from an edge or opening to prevent them from falling to a lower level [29 CFR 1910.28(c)]		
Are toeboards erected along the exposed edge of the overhead walking working surface for a length that is sufficient to protect employees below? [29 CFR 1910.29(k)(1)(i)]		
Do toeboards have a minimum vertical height of 3.5 inches? [29 CFR 1910.29(k)(1)(ii)]		
Is it ensured toeboards do NOT have more than a 0.25 inch clearance or opening above the walking working surface? [29 CFR 1910.29(k)(1)(iii)]		
Are toeboards solid or do NOT have any openings that exceeds 1 inch? [29 CFR 1910.29(k)(1)(iv)]		
Do toeboards have a minimum height of 2.5 inches when used around vehicle repair, service, or assembly pits? [29 CFR 1910.29(k)(1)(v)]		
Are toeboards capable of withstanding a force of at least 50 pounds applied in any downward or outward direction? [29 CFR 1910.29(k)(1)(vi)]		
If tools, equipment, or materials are piled higher than the top of the toeboard, is paneling or screening installed from the toeboard to the midrail of the guardrail system and for a length that is sufficient to protect employees below?		
If items are piled higher than the midrail, are paneling or screening installed to the top rail? [29 CFR 1910.29(k)(2)(i)]		
Are all openings in guardrail systems small enough to prevent objects from falling through the opening? [29 CFR 1910.29(k)(2)(ii)]		
Are canopies used for falling object protection strong enough to prevent collapse and to prevent penetration by falling objects? [29 CFR 1910.29(k)(3)]		
Grab Handles		
Is it ensured that grab handles not less than 12 inches long? [29 CFR 1910.29(l)(1)]		
Are grab handles mounted to provide at least 2 inches of clearance from the framing or opening? [29 CFR 1910.29(l)(2)]		

Are grab handles capable of withstanding a **maximum horizontal pull-out force** equal to two times the maximum intended load OR 200 pounds? [29 CFR 1910.29(l)(3)]

Notes:

Area Completed: _____

Date Completed: _____

Conducted By: _____

Personal Fall Protection System Requirements	Yes	No	N/A
General			
Are connectors drop forged, pressed or formed steel, or made of equivalent materials? [29 CFR 1910.140(c)(1)]			
Do connectors have a corrosion resistant finish with all surfaces and edges smoothed to prevent damage? [29 CFR 1910.140(c)(2)]			
Do lanyards and vertical lifelines have a minimum breaking strength of 5,000 pounds? [29 CFR 1910.140(c)(4)]			
Do self-refracting lifelines and lanyards that automatically limit free fall distance to 2 feet or less have components capable of sustaining a minimum tensile load of 3,000 pounds? [29 CFR 1910.140(c)(5)]			
Has a qualified person inspected each knot in a lanyard or vertical lifeline before usage? [29 CFR 1910.140(c)(6)]			
Are d-rings, snap hooks, and carabiners capable of sustaining a minimum tensile load of 5,000 pounds? [29 CFR 1910.140(c)(7)]			
Are d-rings, snap hooks, and carabiners proof tested to a minimum tensile load of 3,600 pounds without deformation? [29 CFR 1910.140(c)(8)]			
Are automatic locking type snap hooks and carabiners that require at least two separate, consecutive movements to open used? [29 CFR 1910.140(c)(9)]			
Is it ensured that snap hooks and carabiners not connected to any of the following, unless designed for such connections: directly to webbing, rope, or wire rope; to each other; to a d-ring to which another snap hook, carabiner, or connector is attached; to a horizontal life line; to any object that is incompatibly shaped or dimensioned? [29 CFR 1910.140(c)(10)]			
Is each horizontal lifeline designed, installed, and used under the supervision of a qualified person and is part of a complete fall arrest system that maintains a safety factor of at least two? [29 CFR 1910.140(c)(11)]			
Are anchorages that are used to attach to personal fall protection equipment independent of any anchorage used to suspend employees or platforms on which employees work?			

Are anchorages used to attach to personal fall protection equipment on mobile work platforms on powered industrial trucks attached to an overhead member of the platform? [29 CFR 1910.140(c)(12)]			
<p>Are anchorages:</p> <ul style="list-style-type: none"> • Capable of supporting at least 5,000 pounds for each employee attached, or • Designed, installed, and used (under the supervision of a qualified person), as part of a complete personal fall protection system that maintains a safety factor of at least two? <p>[29 CFR 1910.140(c)(13)]</p>			
Are travel resistant lines capable of sustaining a tensile load of at least 5,000 pounds? [29 CFR 1910.140(c)(14)]			
Confirm that lifelines are NOT made of natural fiber rope? Does polypropylene rope contain an ultraviolet light inhibitor? [29 CFR 1910.140(c)(15)]			
Are personal fall protection systems only used for their intended purpose? [29 CFR 1910.140(c)(16)]			
Are personal fall protection systems or its components that are subjected to impact loading removed for service immediately and NOT used again until a competent person inspects the system and determines it is safe for usage? [29 CFR 1910.140(c)(17)]			
Are personal fall protection systems inspected before initial use during each work shift for mildew, wear, damage, and other deterioration? [29 CFR 1910.140(c)(18)]			
Are ropes, belts, lanyards, and harnesses compatible with all connectors [29 CFR 1910.140(c)(19)] and protected from being cut, abraded, melted, or otherwise damaged? [29 CFR 1910.140(c)(20)]?			
Has the employer provided a method for a prompt rescue of each employee in the event of a fall? [29 CFR 1910.140(c)(21)]			
Is the attachment point of the body harness located in the center of the employee's back near shoulder level? [29 CFR 1910.140(c)(22)]			
Personal Fall Arrest Systems			
Do personal fall arrest systems limit maximum arresting force on the employee to 1,800 pounds? [29 CFR 1910.140(d)(1)(i)]			
Do personal fall arrest systems bring the employee to a complete stop and limit the maximum deceleration distance the employee travels to 3.5 feet? [29 CFR 1910.140(d)(1)(ii)]			
Do personal fall arrest systems have sufficient strength to withstand twice the potential impact energy of the employee free falling a distance of 6 feet? [29 CFR 1910.140(d)(1)(iii)]			
Do personal fall arrest systems sustain the employee without making contact with the employee's neck and chin area? [29 CFR 1910.140(d)(1)(iv)]			
Does the personal fall arrest system, that follows the above criteria, have a combined body and tool weight less than 310 pounds? [29 CFR 1910.140(d)(1)(v)]			
For any horizontal lifeline that may become a vertical lifeline, is the device used to connect to the horizontal lifeline capable of locking in both directions? [29 CFR 1910.140(d)(2)(i)]			

Is the personal fall arrest system rigged so that the employee CANNOT free fall more than 6 feet or contact a lower level? [29 CFR 1910.140(d)(2)(ii)]			
Are body belts NOT used as a part of a personal fall arrest system? [29 CFR 1910.140(d)(3)]			
Positioning Systems			
Are all positioning systems capable of withstanding, without failure, a drop test consisting of a 4 foot drop of a 250 pound weight? [29 CFR 1910.140(e)(1)(i)]			

Notes:

Area Completed: _____

Date Completed: _____

Conducted By: _____

Training Requirements	Yes	No	N/A
General			
Have employees been instructed to inspect walking-working surfaces regularly and as necessary and to maintain them in a safe condition? [29 CFR 1910.22(d)(1)]			
Has the employer provided information and training to each employee in a manner that the employee understands? [29 CFR 1910.30(d)]			
Fall Hazards			
Are employees trained on the nature of the fall hazards in the work area and how to recognize them? [29 CFR 1910.30(a)(3)(i)]			
Are employees trained on the procedures to be followed to minimize hazards? [29 CFR 1910.30(a)(3)(ii)]			
Manhole Steps			
Have employees been instructed to inspect manhole steps at the start of the work shift? [29 CFR 1910.24(b)(3)]			
Stairways			
Have employees been instructed to use and maintain alternating tread-type stairs are in accordance with the manufacturer's instructions? [29 CFR 1910.25(b)(9)]			
Designated Areas (For Low Slope Roofs)			
Are employees trained in the proper set-up and use of the area? [29 CFR 1910.30(b)(4)]			
Have employees been instructed to remain within the designated area while work operations are underway? [29 CFR 1910.29(d)(1)(i)]			
Personal Fall Protection Systems			
Is employee training provided for each employee who uses personal fall system before using the systems? [29 CFR 1910.30(a)(1)]			
Are employees trained by a qualified person? [29 CFR 1910.30(a)(2)]			

Are employees provided training on the correct procedures for installing, inspecting, operating, maintaining, and disassembling the personal fall protection systems? [29 CFR 1910.30(a)(3)(iii)]			
Are employees provided training on the correct use of personal fall protection systems and equipment including proper hook-up, anchoring, and tie-off techniques, and methods of equipment inspection and storage? [29 CFR 1910.30(a)(3)(iv)]			
Have employees been instructed to not use any personal fall protection system until a qualified person has inspected each knot in a lanyard or vertical lifeline? [29 CFR 1910.140(c)(6)]			
Have employees been instructed to only use personal fall protection for their intended purpose? [29 CFR 1910.140(c)(16)]			
Have employees been instructed to inspect personal fall protection systems during each work shift for mildew, wear, damage, etc.? [29 CFR 1910.140(c)(18)]			
Are employees provided training on the proper care, inspection, storage, and use of fall protection equipment? [29 CFR 1910.30(b)(1)]			
Has the employer communicated a rescue plan to their employees in the event of a fall? [29 CFR 1910.140(c)(21)]			
Dockboards			
Are employees provided training on proper and secure dockboard placement? [29 CFR 1910.30(b)(2)]			
Retraining			
Is employee re-training conducted anytime the employee fails to have the understanding and skill required for use of fall protection systems or equipment? [29 CFR 1910.30(c)]			
Is employee re-training provided when changes in the workplace render previous training obsolete or inadequate or when there are changes in the types of fall protection systems or equipment used? [29 CFR 1910.30(c)(30)]			

Notes: