

Start-Work Check

Working at Height

WHEN TO COMPLETE – Use this inspection prior to starting any working at height activity

All exposed person(s) performing work are to confirm each safeguard below.	How to examples:	Person(s) Performing Work (initial)	Start-Work Verifier
I HAVE CONFIRMED:			
1 The hazards are identified, controlled and it is safe to start	- A task risk assessment has been completed specific to the scope of work - Discuss hazards with the work team prior to the start of work - Check for simultaneous operations that may introduce additional hazards		
2 My fall protection equipment is: • certified • inspected • rated • fit for the task	- Fall protection equipment includes fall arrest and/or fall restraint - Full body harness is load rated to support the weight of the worker - Check every strap, buckle, fitting and/or grommet for signs of wear on fall protection harness - Fall arrest system contains a self-retracting lifeline or shock absorbing lanyard - Fall restraint contains a fixed lifeline configured to prevent the worker from reaching the edge and falling - Fall arrest is shorter than the potential fall distance Note: Stop and notify supervisor if the fall protection equipment has excessive wear/damage/mechanical malfunction or is not fit for the task		
3 The fall protection harness is adjusted to fit	- Only full body harnesses are used - Harness straps are not twisted - Harness body straps are adjusted for close body fit (i.e., no slack) Note: Use of body belts is not allowed		
4 The fall protection harness is adjusted to fit The approved anchor point(s) are in place for 100% tie off	100% tie off can occur outside of protected areas (such as an elevated work area not enclosed by handrails) - The anchor point meets regulatory/company requirements - The position(s) of anchor points allow for 100% tie off - The number of anchor points available allow for 100% tie off - Pull on the connecting device to test if attachment is secure Note: Confirm anyone working at height is 100% tied off at all times (e.g., at least one hook must be anchored at all times)		
5 If a fall occurs, the fall path is clear	- Fall protection is fit for purpose to protect the worker if they fall - Fall arrest distance is shorter than fall distance to first obstruction - If likely to swing, the path is free of obstruction - Mobile obstructions have been removed from fall path		
6 The tools/materials being used at height are secured	- Tools used at heights have securing wire/lanyards/tethers - Materials used at height are secured in storage boxes, pouches, bags etc. - Cover openings to lower levels (e.g., grating, gaps etc.) or use debris nets Note: Follow the site/company dropped object prevention program (e.g., Work at Height tool register)		
7 Barriers and drop/exclusion zones are in place	- Identify drop/exclusion zones - Control access to drop/exclusion zones during work at height (e.g., attendant or physical barriers)		
8 The rescue plan is in place and is ready to be used	- The work crew has discussed the rescue plan, including: - How to start the rescue response - Location of rescue equipment and responders - The rescue crew: - is available - is aware of specific hazards related to this task - can execute the rescue plan		

**Confirm these controls/safeguards are in place and verified prior to starting work.
Stop and seek help if anything changes.**

	Printed Name & Role	Signature	Date
Start-Work Verifier			

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The following information is intended to provide an individual with more detailed inspection criteria that may be useful during the inspection process:

- Inspect all hardware, buckles, D-rings, back pad, and keepers for damage, cracks, and distortion.
- Check for any sharp edges, burrs, worn parts, and corrosion.
- Inspect all webbing for frays, cuts, tears, abrasions, stretching, mold, burns, holes, and discoloration.
- Checked stitching for pulls or cuts and any broken strands. Any signs of broken stitches may indicate the harness has been impact loaded during a fall.
- Inspect grommets for deformities and looseness.
- Ensure that metal keepers are not bent, arched, or deformed.
- Ensure that labels are present and fully legible.
- Ensure that snap hooks work freely and are not deformed in any way. Check springs and locks operation.
- Check all connectors, anchors, carabiners, etc. for deformities, discoloration, and corrosion.
- Ensure that D-rings are in good condition and not deformed or bent.
- Ensure that all spring-loaded latches and gates operate smoothly and easily.

NOTE: This detailed information is provided to assist in completing the required Start Work Check for Working at Height and any questionable items should be checked more closely and removed from service.

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