

**APPENDIX III**

# Self-Retracting Lanyard/Lifeline

## Annual Inspection Checklist

Self-Retracting Lanyard/Lifeline Model/Name:

Serial Number:

Lot Number:

Date of Manufacture:

Date of Purchase:

Comments:

### General Factors Accepted/Rejected Supportive Details/Comments

1) **Impact Indicator:** Inspect indicator for activation (rupture of red/yellow stitching, elongated indicator, etc.)

Accepted  Rejected

2) **Screws/Fasteners:** Inspect for damage and make certain all screws and fasteners are tight.

Accepted  Rejected

3) **Housing:** Inspect for distortion, cracks and other damage. Inspect anchoring loop for distortion or damage.

Accepted  Rejected

4) **Lanyard/Lifeline:** Inspect for cuts, burns, tears, abrasions, frays, excessive soiling and discoloration. (See impactor indicator section)

Accepted  Rejected

5) **Locking Action:** Inspect for proper lock-up of brake mechanism.

Accepted  Rejected

6) **Retraction/Extension:** Inspect spring tension by pulling lanyard out fully and allowing to fully retract (lifeline must be taut with no slack).

Accepted  Rejected

7) **Hooks/Carabineers:** Inspect for physical damage, corrosion, proper orientation and markings.

Accepted  Rejected

8) **Labels:** Inspect, making certain all labels are securely held in place and legible.

Accepted  Rejected

9) **Overall Disposition:**

Accepted  Rejected

Inspected By

Date