



FALL ARREST TECHNIQUES WHEN WORKING AT HEIGHT CHECKLIST

SAQA US 229998 | NQF LEVEL 1 | 2 CREDITS | PRINTABLE WORKPLACE RESOURCE

Swift Skills Academy | 6 Monaco Road, Killarney Gardens, Cape Town

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FREE PRINTABLE RESOURCE FOR WORKERS, SUPERVISORS AND SAFETY TEAMS

Use this checklist to support basic fall arrest work at height under supervision: inspect equipment, confirm safe anchorage, maintain attachment, record defects and improve rescue readiness. It is structured around the practical themes of SAQA Unit Standard 229998.

1 BEFORE WORK AT HEIGHT STARTS

- ☐ Work-at-height task, area and supervisor instructions are confirmed before starting.
- ☐ Fall hazards, edges, openings and access routes have been identified and controlled.
- ☐ The worker is medically fit and authorised for the planned work at height.
- ☐ A suitable fall arrest plan / worksite procedure is available and understood.
- ☐ Rescue arrangements, communication method and emergency contacts are known.
- ☐ Weather, lighting and other site conditions are suitable for the planned task.

2 INSPECT & FIT EQUIPMENT

- ☐ Full-body harness is identified, certificated and shows no cuts, burns, torn stitching or damage.
- ☐ Lanyards, energy absorbers, connectors and hooks show no visible damage or deformation.
- ☐ An activated / deployed energy absorber is removed from service and not reused.
- ☐ Helmet with chinstrap and required PPE are available, fitted and secure.
- ☐ Harness is assembled and fitted correctly in line with manufacturer and worksite requirements.
- ☐ Equipment is compatible, correctly identified and suitable for the planned fall arrest system.

3 ANCHOR, CONNECT & MOVE SAFELY

- ☐ Suitable anchor points are selected in line with the fall arrest plan and worksite procedure.
- ☐ Connectors are fully closed, locked and positioned to avoid damage, side loading or sharp edges.
- ☐ Double-lanyard technique maintains continuous attachment when moving between anchor points.
- ☐ Pre-installed vertical or horizontal lifelines are used only as intended and inspected before use.
- ☐ Potential fall distance, obstacles below and available clearance have been considered.
- ☐ Work remains within the limits of the equipment and under the required supervision.

4 STOP, REPORT & CLOSE OUT

- ☐ Stop work immediately if equipment, anchorage, lifeline or worksite conditions become unsafe.
- ☐ Damaged, suspect or fall-loaded equipment is isolated, labelled and reported.
- ☐ A fall, near miss or unsafe condition is reported to the responsible person without delay.
- ☐ Equipment is cleaned, dried and stored to protect it from damage and contamination.
- ☐ Corrective actions are recorded and checked before work resumes.
- ☐ Lessons, defects and outstanding actions are communicated during handover / close-out.

WORK-AT-HEIGHT / SHIFT SIGN-OFF

Site / Department: _____

Supervisor: _____

Worker / Team: _____

Date / Shift: _____



FALL ARREST EQUIPMENT & READINESS AUDIT

BONUS PAGE | INSPECTION + ACTION TRACKING | PRINT AND REUSE

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1 FALL ARREST READINESS AUDIT

Site / Team: _____ Date: _____

Audit item	Pass	Needs action	Action owner	Due
Work-at-height task / fall hazards reviewed	☐	☐		
Fall arrest plan / site procedure available	☐	☐		
Medical fitness / authorisation confirmed	☐	☐		
Harness / webbing / stitching inspected	☐	☐		
Lanyards / energy absorbers inspected	☐	☐		
Hooks / connectors / hardware inspected	☐	☐		
Anchor points / lifelines suitable for task	☐	☐		
Double-lanyard / continuous attachment planned	☐	☐		
Rescue readiness / communication confirmed	☐	☐		
Defects / training needs / actions reviewed	☐	☐		

2 EQUIPMENT / CORRECTIVE ACTION REGISTER

Date	Equipment / Hazard	Immediate action	Corrective action / owner	Close-out

QUICK EQUIPMENT CHECK

- ☐ Harness webbing / stitching sound
- ☐ Energy absorber intact - not deployed
- ☐ Hooks / connectors close and lock
- ☐ Helmet + chinstrap secure

READINESS REVIEW

Top equipment / task concern: _____

Training / refresher need: _____

Open action / next review: _____



FALL ARREST INCIDENT & EQUIPMENT LOG

BONUS PAGE | RECORD • ASSIGN • FOLLOW UP • CLOSE OUT

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Site / Department:

Supervisor:

Month:

1 INCIDENT / NEAR-MISS / EQUIPMENT DEFECT LOG

Date	Location	Incident / equipment issue	Immediate action	Reported to	Follow-up

5 QUESTIONS BEFORE CLOSING AN ACTION

- ☐ Was the immediate fall risk controlled?
- ☐ Was suspect equipment removed from service?
- ☐ Was the cause / recurring issue considered?
- ☐ Was corrective action checked before work resumed?
- ☐ Was the change communicated to the work team?

NEED WORKING AT HEIGHTS TRAINING?

View the Working at Heights course or enquire about public and on-site employer training.

[VIEW COURSE / ENQUIRE](#)



SCAN TO ENQUIRE

REFERENCE NOTE - SAQA UNIT STANDARD 229998

SAQA lists Unit Standard 229998, 'Explain and perform fall arrest techniques when working at height', at NQF Level 1 with 2 credits. The record has passed its registration end date and shows last enrolment 30 June 2024 and last achievement 30 June 2027. Confirm the current approved training pathway, provider scope and programme availability before enrolment.