



Navy Helicopter Rope  
Suspension  
Technique/Cast Safety  
Checklist

UPDATED July 2016

Legend: C = No Action Required R = Corrective Action Required  
 NA = Not Applicable to Unit UA = Unable to survey  
 PF = Feedback comments

**SAFETY REVIEW ITEMS - HRST/C Administration**

1. (H\_ADM001) Does the command maintain a current library of HRST/C Master Lesson Training Guides (LTGs) provided by NSWC for qualification and training of personnel?  
 Reference: COMNAVSPECWARCOMINST 3000.3B Appendix. S-7 and Section 1-2 and 1-20 Lesson topics: 3-1, 3-2, 3-4, 3-5, 3-7, 3-9 to 3-13 for school houses; or 3-7, 3-9, 3-11 & 3-13 for commands.  
 Available via SIPRNET at:  
[www.navsoc.socom.smil.mil/cnswc/N3/nswLTG/\\_NSW\\_LE](http://www.navsoc.socom.smil.mil/cnswc/N3/nswLTG/_NSW_LE)

C R NA UA PF  
 Repeat  
 Significant

2. (H\_ADM002) Does the Unit maintain ORM risk assessments (utilizing the risk management matrix) for each specific operation conducted?  
 Reference: OPNAVINST 1500.75C Section 5.b.

C R NA UA PF  
 Repeat  
 Significant

3. (H\_ADM003) Does the Unit maintain a HRST/C log that include copies of all malfunctions and incident reports which are maintained for 5 years?  
 Reference: OPNAVINST 3500.43 Section 5.b.5.

C R NA UA PF  
 Repeat  
 Significant

4. (H\_ADM004) Are all equipment malfunctions or HRST/C incidents reported to the Web Enabled Safety System (WESS) within 5 days?  
 References: OPNAVINST 5102.1D Paragraph 3007, Section 1, OPNAVINST 4630.24 Section 5-5, COMNAVSPECWARCOMINST 3000.3B Section 12-6.

C R NA UA PF  
 Repeat  
 Significant

5. (H\_ADM005) Does the command ensure submission of mishaps resulting in death or hospitalization of 3 or more people to the Naval Safety Center within eight hours?  
 Reference: OPNAVINST 5102.1D Paragraph 1005, Section 8.b.

C R NA UA PF  
 Repeat  
 Significant

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6. (H\_ADM006) Does the Unit track the currency and maintain a HRST/C log of all Basic Ropers and their Designation Letters (LOD)?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 2-1.

C    R    NA    UA    PF  
 Repeat  
 Significant

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7. (H\_ADM007) Does the command maintain a HRST/C Library with the required publication per Appendix S with changes (if applicable)?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 1-2  
<https://www.pmsnsw.org>.

C    R    NA    UA    PF  
 Repeat  
 Significant

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8. (H\_ADM008) Do all identified participants within the command maintain the minimum swim qualification required to conduct HRST/C water operations?  
Reference: OPNAVINST 3500.43 Section 4.k.

C    R    NA    UA    PF  
 Repeat  
 Significant

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9. (H\_ADM009) Do all identified safety swimmers within the command, responsible for supporting deliberate HRST/C water operations, maintain the minimum swim qualification required to support HRST/C water operations?  
Reference: OPNAVINST 3500.43 Section 4.k.

C    R    NA    UA    PF  
 Repeat  
 Significant

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10. (H\_ADM010) Are HRST/C related messages being maintained for action, historical record, and reference?  
Reference: Found at: <https://www.pmsnsw.org>, HRST/C tab, advisories.

C    R    NA    UA    PF  
 Repeat  
 Significant

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11. (H\_ADM011) Does the Air operations department have a verification process (i.e. required reading board) for all HRST related messages?

C R NA UA PF  
 Repeat  
 Significant

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SAFETY REVIEW ITEMS - HRST/C Equipment

12. (H\_EQP001) Are all ropes inspected under tension by checking for gross deviations/indentations before being placed into service?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-4.

C R NA UA PF  
 Repeat  
 Significant

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13. (H\_EQP002) Are all ropes seared, whipped or rubber coated on both ends?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-4.

C R NA UA PF  
 Repeat  
 Significant

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14. (H\_EQP003) Are all ropes a minimum size of 11mm and are static kernmantle rappel ropes for rappel and nylon-laid for dynamic ropes?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-4.

C R NA UA PF  
 Repeat  
 Significant

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15. (H\_EQP004) Is a rappel rope log and a FRIES/Fast rope log maintained?  
Reference: USSOCOM M 350-6 Chapter 5-6.a.7; FM 3-05.210 (respectively) A common Rope Log used is DA Form 5752-R, MAY 89.

C R NA UA PF  
 Repeat  
 Significant

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16. (H\_EQP005) Are ropes that are exposed to oils, gas, solvents, etcetera, downgraded to unserviceable for HRST/C evolutions?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-4.

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 Repeat  
 Significant

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17. (H\_EQP006) Is HRST/C equipment that has been in contact with saltwater rinsed with fresh water within 12 hours of immersion?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 2-10.

C R NA UA PF  
 Repeat  
 Significant

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18. (H\_EQP007) Are unserviceable rappel ropes and hardware removed from service, and permanently and clearly marked as unserviceable ?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-4.

C R NA UA PF  
 Repeat  
 Significant

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19. (H\_EQP008) Are unserviceable fast ropes tagged with the cause, nature of the defect, date of non-serviceability, and signed by the HRST/C Master that put it out of service?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 8-4.

C R NA UA PF  
 Repeat  
 Significant

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20. (H\_EQP009) Is the 5 year service life, or 10 year manufactures date (whichever occurs first) on rappel ropes and fast ropes/FRIES being adhered to?  
Reference: NAVSEA ULSS No. 13482SER089, Rev 1, Appendix A.

C R NA UA PF  
 Repeat  
 Significant

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21. (H\_EQP010) Is the 7 year service life, or 15 year manufactures date (whichever occurs first) on SPIE ropes and harnesses being adhered to?  
References: NAVSEA ULSS No. 13482SER089, Rev 1, Appendix A, COMNAVSPECWARCOMINST 3000.3B Section 9-4.

C R NA UA PF  
 Repeat  
 Significant

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22. (H\_EQP011) Is the 7 year service life, or 15 year manufactures date (whichever occurs first) on all HRST/C slings being adhered to?  
Reference: NAVSEA ULSS No. 13482SER089, Rev 1, Appendix A.

C R NA UA PF  
 Repeat  
 Significant

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23. (H\_EQP012) Is the 6 year service life (unlimited shelf life if in red bag), and 3 year manufacture refurbishment of the Spec Ops ladders being adhered to?

Reference: NAVSEA ULSS No. 13482SER089, Rev 1, Appendix A.

C R NA UA PF  
 Repeat  
 Significant

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24. (H\_EQP013) Is the 10 year service life on caving ladders being adhered to?

Reference: NAVSEA ULSS No. 13482SER089, Rev 1, Appendix A.

C R NA UA PF  
 Repeat  
 Significant

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25. (H\_EQP014) Is the 10 year service life on K-Duck Zodiac Harness Systems being adhered to?

Reference: NAVSEA ULSS No. 13482SER089, Rev 1, Appendix A.

C R NA UA PF  
 Repeat  
 Significant

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26. (H\_EQP015) Are unserviceable carabineers, or carabineers exposed to saltwater removed from service as HRST/C equipment?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-4 Note: Saltwater exposed carabineers can still be used, but must be tagged or marked, and may not be used for rappelling or climbing operations.

C R NA UA PF  
 Repeat  
 Significant

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27. (H\_EQP016) Are only 1/2" double clevis's being used (not 3/8" or 7/16")?

Reference: NAVSEA ULSS No. 13482SER089, Rev 1, Appendix A.

C R NA UA PF  
 Repeat  
 Significant

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SAFETY REVIEW ITEMS - HRST/C Evolution

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28. (H\_EVO001) Have all HRST/C participants' quals been verified for currency by the HRST/C Master and is the HRST/C Master current?  
Reference: COMNAVSPECWARCOMINST 3000.3B Sections 7-1, 7-2, 8-1, and 10-2.

C R NA UA PF  
 Repeat  
 Significant

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29. (H\_EVO002) Was a personnel brief, a safety/ORM brief, a pilots' brief (if applicable) and, if required, a ground-crew/DZ brief conducted within 24 hours of the evolution?  
Reference: COMNAVSPECWARCOMINST 3000.3B Sections 7-3, 8-3, 9-4, and 10-6.

C R NA UA PF  
 Repeat  
 Significant

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30. (H\_EVO003) Was a personnel inspection conducted on the ropers by the HRST/C Master?  
Reference: COMNAVSPECWARCOMINST 3000.3B Ch.7-6, Ch.8-6, Ch.9-6, and Ch.10-7.

C R NA UA PF  
 Repeat  
 Significant

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31. (H\_EVO004) Is there a standing Category III (CAT III) waiver on file at the command if using CAT III gear not specifically identified on the ANU?  
Reference: NAVSEAINST 13482.1 para. 5(c).

C R NA UA PF  
 Repeat  
 Significant

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32. (H\_EVO005) If conducting night operations, has each member conducted the same operation within the past 90 days during the day?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 2-4.

C R NA UA PF  
 Repeat  
 Significant

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33. (H\_EVO006) If conducting night operations, is/are the rope(s) properly marked with chemlites that are a different color than the marking chemlites of the ropers and, if applicable, the signalling chemlites used by the belayman?  
Reference: COMNAVSPECWARCOMINST 3000.3B Ch.7-21, Ch.8-18, Ch.9-11.

C R NA UA PF  
 Repeat  
 Significant

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34. (H\_EVO007) If conducting operations over or in water, is proper flotation worn at all times, and are non-locking carabiners used if conducting S.P.I.E. operations?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 3-2.

C R NA UA PF  
 Repeat  
 Significant

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35. (H\_EVO008) Was there a proper visual and/or radio communication plan established prior to, or during, the abovementioned briefs?  
Reference: COMNAVSPECWARCOMINST 3000.3B Ch.7-22, Ch.8-19, Ch.9-14, and Ch.10-5.

C R NA UA PF  
 Repeat  
 Significant

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#### SAFETY REVIEW ITEMS - HRST/C Facilities

36. (H\_FAC001) Is the facility adequate for the security, storage, and maintenance of HRST/C equipment?  
Reference: NAVAIR 13-1-17 Chapter 2 & 5.

C R NA UA PF  
 Repeat  
 Significant

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37. (H\_FAC002) Is the HRST/C locker identified as "restricted access" and limit access to essential personnel only?  
Reference: OPNAVINST 3500.43 Section 5.b.2.

C R NA UA PF  
 Repeat  
 Significant

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38. (H\_FAC003) Is a humidity and temperature monitor used in the HRST/C locker?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 2-11.

C R NA UA PF  
 Repeat  
 Significant

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39. (H\_FAC004) Are all ropes dry prior to being stored?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 2-10.

C R NA UA PF  
 Repeat  
 Significant

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40. (H\_FAC005) When SPIE ropes are stored in parachute bags on shelves, are they stored with the bag open and 4 inches or more from the bulkhead and 12 inches or more from the deck?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 9-5.

C R NA UA PF  
 Repeat  
 Significant

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41. (H\_FAC006) Is non-RFI gear, and unserviceable equipment/gear that has been removed from service, stored in a separate location from RFI gear?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 2-11.

C R NA UA PF  
 Repeat  
 Significant

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42. (H\_FAC007) Is all HRST/C equipment stored separately from airdrop/aerial delivery parachutes and cargo air drop equipment?  
Reference: OPNAVINST 3500.43 Section 4.h.3.

C R NA UA PF  
 Repeat  
 Significant

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43. (H\_FAC008) Does the facility have a work request control log or record for tracking of building maintenance and historical purposes?

C R NA UA PF  
 Repeat  
 Significant

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44. (H\_HRM001) Does the Unit maintain a HRST/C log that includes HRST/C Master qualifications, permissive orders, duty assignment letters and certification letters which are maintained for 3 years?

Reference: OPNAVINST 3500.43 Section 5.b.5.

C R NA UA PF  
 Repeat  
 Significant

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45. (H\_HRM002) Have qualified HRST/C Masters been assigned in writing by the Commanding Officer?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 1-2.

C R NA UA PF  
 Repeat  
 Significant

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46. (H\_HRM003) Have HRST/C Master certification, refresher training, and recertification entries been made in the individuals quals tracker/training record?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 2-1.

C R NA UA PF  
 Repeat  
 Significant

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47. (H\_HRM004) Does the command track the currency of all HRST/C Masters in Rappel, Fast rope, SPIE, and cast/recovery operations (conducted these operations within the last 12 months)?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-2.

C R NA UA PF  
 Repeat  
 Significant

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48. (H\_HRM005) Do non-current HRST/C Masters attend refresher training conducted by a current HRST/C Master in order to become recertified?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-2.

C R NA UA PF  
 Repeat  
 Significant

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SAFETY REVIEW ITEMS - HRST/C Individual Equipment

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49. (H\_IEQ001) Are rappel harnesses replaced after 10 years from the manufactures date, or 5 years of in-service life (whichever occurs first)?

Reference: NAVSEA ULSS No. 13482SER089, Rev 1, Appendix A.

C R NA UA PF  
 Repeat  
 Significant

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50. (H\_IEQ002) During water evolutions requiring combat equipment, are all participants using TFSS (water wings) for flotation vice the UDT vest?

Reference: NAVSEA ULSS No. 13482SER089, Rev 1, B-11.

C R NA UA PF  
 Repeat  
 Significant

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51. (H\_IEQ003) Does a currently certified HRST/C Master maintain the HRST/C storage locker?

Reference: OPNAVINST 3500.43 Section 4.h.3.

C R NA UA PF  
 Repeat  
 Significant

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52. (H\_IEQ004) Does each roper have the following equipment IAW the ANU list and are they government owned vice privately owned? (helmet, long pants and shirt, full finger gloves, figure eight, harness, carabineer, knife)

References: COMNAVSPECWARCOMINST 3000.3B Section 7-4, 8-4, NAVSEAINST 13482.1.

C R NA UA PF  
 Repeat  
 Significant

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#### SAFETY REVIEW ITEMS - HRST/C Medical

53. (H\_MED001) Is there an emergency MEDEVAC plan to include phone numbers and directions to the appropriate medical facility on hand for each training site?

Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

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54. (H\_MED002) Have all emergency numbers for MEDEVAC been validated within the last 12 months?

C R NA UA PF  
 Repeat  
 Significant

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55. (H\_MED003) Is a fracture pack and/or splinting material with a traction device on hand?

Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

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56. (H\_MED004) Is oxygen with an Airway Maintenance Bag Unit (AMBU) on hand?

Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

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57. (H\_MED005) Is there a trauma kit with intravenous fluids, bandages, tape, etc. on hand?

Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

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58. (H\_MED006) Is there potable water on hand?

Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

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59. (H\_MED007) For water or cold weather operations, are there blankets on hand?

Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

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60. (H\_MED008) Is a Cervical Collar on hand?  
 Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

61. (H\_MED009) Is a backboard with straps and/or a stretcher/litter on hand?  
 Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

62. (H\_MED010) Is there a safety vehicle and driver present during all training evolutions?  
 Reference: COMNAVSPECWARCOMINST 3000.3B Appendix T-2.

C R NA UA PF  
 Repeat  
 Significant

**SAFETY REVIEW ITEMS - HRST/C Training**

63. (H\_TRN001) Are all HRST/C operations conducted and supervised by a qualified HRST/C Master and a qualified belay person?  
 Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-1.

C R NA UA PF  
 Repeat  
 Significant

64. (H\_TRN002) Are qualified medical support personnel present during all HRST/C operations?  
 Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-1.

C R NA UA PF  
 Repeat  
 Significant

65. (H\_TRN003) Is there an assigned Safety Officer, who is an E-4 or above and basic roper qualified, for all helicopter HRST/C training?  
 Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-1.

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 Repeat  
 Significant

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66. (H\_TRN004) Is an evolution and medical brief conducted by the HRST/C Master and Corpsman before the evolution starts using Appendix O or P of the COMNAVSPECWARCOMINST 3000.3B?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-3, 8-3, & 9-4.

C R NA UA PF  
 Repeat  
 Significant

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67. (H\_TRN005) Do individuals who haven't rappelled or fast roped from a helicopter within the last 12 months required to attend refresher training?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-5.

C R NA UA PF  
 Repeat  
 Significant

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68. (H\_TRN006) Does the HRST/C Master inspect personnel prior to the evolution beginning?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-5.

C R NA UA PF  
 Repeat  
 Significant

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69. (H\_TRN007) If applicable, are personnel working near rope stations wearing approved harness and restraint techniques?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-5.

C R NA UA PF  
 Repeat  
 Significant

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70. (H\_TRN008) Is the HRST/C Masters responsible for hooking up the rappellers?  
Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-5.

C R NA UA PF  
 Repeat  
 Significant

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71. (H\_TRN009) Is there one belay man per rope station?  
Reference: USSOCOM M 350-6 Chapter 5-3.b.1.b.

C R NA UA PF  
 Repeat  
 Significant

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72. (H\_TRN010) Are seats out waivers being adhered to per Appendix G of USSOCOM M 350-6?

Reference: USSOCOM M 350-6 Appendix G.

C    R    NA    UA    PF  
 Repeat  
 Significant

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73. (H\_TRN011) When combat equipment is used, is it rigged in a manner not to interfere with the rappeller's brake side when rappelling?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-20.

C    R    NA    UA    PF  
 Repeat  
 Significant

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74. (H\_TRN012) Are weapons slung over the shoulder and retained with the muzzle pointed down?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-20.

C    R    NA    UA    PF  
 Repeat  
 Significant

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#### SAFETY REVIEW ITEMS - HRST/C Tower

75. (H\_TWR001) Is the tower certified periodically by a qualified engineer and kept on file (the certification should cover the load test ratings of the existing anchor points and next recertification date)?

Reference: OPNAVINST 3500.43 Section 5.d.

C    R    NA    UA    PF  
 Repeat  
 Significant

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76. (H\_TWR002) Does the HRST/C Master personally inspect all aspects of the tower prior to each evolution?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-5.

C    R    NA    UA    PF  
 Repeat  
 Significant

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77. (H\_TWR003) Is tower use prohibited during thunderstorms, rainstorms,  
high winds or icy conditions?

Reference: COMNAVSPECWARCOMINST 3000.3B Section 7-5.

C R NA UA PF

Repeat

Significant

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