

OSHA Inspection Survival Guide 2026 – Free Checklist & Audit Tool

This checklist and audit tool is designed to help U.S. construction companies prepare for OSHA inspections in 2026. Use it to evaluate compliance, identify gaps, and be inspection-ready at all times.

Category	Checklist Item	Status (Yes/No)	Notes
Hazard Identification	Conduct Job Hazard Analyses (JHAs) for all tasks		
Hazard Identification	Inspect scaffolds, ladders, and elevated work surfaces weekly		
Heat Illness Prevention	Implement written Heat Illness Prevention Plan		
Heat Illness Prevention	Provide shade, hydration, and rest breaks in hot conditions		
PPE Compliance	Ensure PPE fits all workers properly (per 2025 PPE rule)		
PPE Compliance	Maintain logs of PPE inspections, replacements, and training		
Training & Engagement	Document regular toolbox talks and safety meetings		
Training & Engagement	Maintain records of worker training on Focus Four hazards		
Recordkeeping	Complete and maintain OSHA Form 300, 300A, 301 accurately		
Recordkeeping	Maintain near-miss and corrective action logs		
Mock Audits	Conduct internal safety audits or third-party inspections quarterly		
Inspection Prep	Designate an OSHA inspection point person		
Inspection Prep	Keep all required documentation easily accessible		
Post-Inspection	Develop corrective action plans for cited hazards		
Post-Inspection	Verify and document abatement actions taken		

Tip: Review this checklist monthly to stay OSHA-compliant and reduce inspection risks.