

Lifeline Pre-Class Self-Assessment of Skills & Attitude

For each statement, circle your level of agreement –1 equals strongly disagree and 4 equals strongly agree.

		Disagree		Agree	
1.	I know how to properly put on my harness & adjust the size and fit.	1	2	3	4
2.	I know how to properly inspect & care for my harness.	1	2	3	4
3.	I know how to and always perform Lock Out/Tag Out before entering my bin.	1	2	3	4
4.	I know where an appropriate anchor point is located in my bin.	1	2	3	4
5.	I know how to rig a lifeline that will work.	1	2	3	4
6.	I know what a belay device is.	1	2	3	4
7.	I know how to set-up a belay device.	1	2	3	4
8.	I know how to manage a belay device & lifeline.	1	2	3	4
9.	I feel comfortable letting another person manage my lifeline.	1	2	3	4
10.	I feel comfortable entering a bin alone without a harness or lifeline.	1	2	3	4
11.	I feel it is possible to have an effective lifeline I can use by myself.	1	2	3	4

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