

Lifeline Post-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

This material was revised or produced under grant numbers SH-26305-SH4 or SH-27664-SH5 from the Occupational Safety and Health Administration, U. S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.