

# Working at Heights Practical Evaluation Form

Trainee: _____	Signature: _____
Evaluator: _____	Signature: _____
Company: _____	Date: _____
Comments:	<input type="checkbox"/> Pass <input type="checkbox"/> Fail

Practical Elements (one point each)	YES	NO
Can the worker verify proper inspection of harness?		
Can the worker verify proper inspection of the lifeline?		
Can the worker verify proper inspection of the lanyard?		
Can the worker properly don the harness?		
Can the worker properly doff the harness?		
Can the worker identify an appropriate anchor point?		
Can the worker properly attach to the lifeline?		
Can the worker verify hands-free work capability?		

Questions to Ask (one point each)	YES	NO
1) How much weight should the anchor hold? <i>Answer: 5000 lbs</i>		
2) When do you inspect a harness? <i>Answer: pre-use/after the arrest of a fall</i>		
3) How many workers are allowed on a vertical lifeline? <i>Answer: one line = one worker</i>		
4) When does a harness need to be worn? <i>Answer: vertical distance of three metres or more, when hazards below.</i>		
5) What other forms of fall protection are available? <i>Answer: guardrails, control zones, bump lines</i>		
<b>Total score:</b>		

*\*10/13 (80 per cent) is required to pass*

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