ype each student name in the lines below. Complete Lesson Plans below.  Cotal Training Hours:  Company Name:						Instructor:  Location:  (City / State)																		
Student Name  Type the student name into the row provided. The student card will be provided exactly as the name is entered.						Authorized Climber											Competent Climber							
	Lesson Plan #1 Welcome to the course	Lesson Plan #2 Introduction to Fall Protection	Lesson Pian #3 Anchorages & Anchorage Connectors	Lesson Plan #4 Connectors	Lesson Plan #5 Energy Absorbers	Lesson Plan #6 Full Body Harness	Lesson Plan #7 Energy Absorbing Lanyards	Lesson Plan #8 Positioning Lanyards	Lesson Plan #9 Overhead Self-Retracting Device	Lesson Plan #10 Leading Edge Self-Retracting Device	Lesson Plan #11 Lifeline & Rope Adjuster	Lesson Plan #12 Lifeline & Fall Arrestor	Lesson Plan #13 Ladder Safety System	Lesson Plan #14 Horizontal Lifelines	Lesson Plan #15 Pre-Climb Checklist & Climbing Techniques	Lesson Plan #16 Knots	Lesson Plan #17 Before Use Equipment Inspection	Lesson Pian #18 Descent Control	Lesson Plan #19 Evacuation   ADC   G4/Tr   B&T Pulley	Lesson Plan #20 Assisted Rescue □ADC □G4/Tr □B&T Pulley	Lesson Plan #21 Suspended Rescue □ADC □ G4/Tr □ B&T Pulley	Lesson Plan #22 Written Exam	Satisfactory / Unsatisfactory Completion	<b>Student Signature:</b> By signing, you are attesting that the instructor completed the course and you participated in the indicated exercises.
declare that the <i>Roster</i> and <i>Activity Checklist</i> is a true and ravited Systems Inc. Train the Trainer Program. I understate by my employer.	d accurand that	ate rep Gravit	present ec is n	ation cot certi	of the difying t	course the stu-	dents I	conduction disterior	eted. Al above;	II lesso I am c	n plan ertifyin	s and a g that	the stu	es whe udents	re con attend	ducted ed the	trainin	cordand ng and ———— Email	ce with met th	trainir e certi	ng guid fication	delines n requi	set by	s

Date(s):

(send completed document to checklist@gravitec.com)

**TOWER CLIMBING & RESCUETRAINING - Activity Checklist**