

TOWER CLIMBING & RESCUE TRAINING - Activity Checklist

Type each student name in the lines below. Complete Lesson Plans below.

Total Training Hours: \_\_\_\_\_

Company Name: \_\_\_\_\_

Date(s): \_\_\_\_\_  
Month / Day(s) / Year

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		Satisfactory / Unsatisfactory Completion	Student Signature: By signing, you are attesting that the instructor completed the course and you participated in the indicated exercises.			
	Lesson Plan #1 Welcome to the course	Lesson Plan #2 Introduction to Fall Protection	Lesson Plan #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 Plan #18 Descent Control			Lesson Plan #19 Evacuation <input type="checkbox"/> ADC <input type="checkbox"/> G4/Tr <input type="checkbox"/> B&T Pulley	Lesson Plan #20 Assisted Rescue <input type="checkbox"/> ADC <input type="checkbox"/> G4/Tr <input type="checkbox"/> B&T Pulley	Lesson Plan #21 Suspended Rescue <input type="checkbox"/> ADC <input type="checkbox"/> G4/Tr <input type="checkbox"/> B&T Pulley