



## Work-at-Height Evaluation - Candidate Preparation Checklist

This form should be completed by the candidate and should be reviewed by a representative of the Evaluation Session Host prior to the fall protection evaluation. References are provided when appropriate to SPRAT's *Work-at-Height Certification Requirements (WCR)* and *Work-at-Height Evaluation Guidelines (WEG)*. Candidates should mark or initial each row when prepared to complete each requirement, and sign and date the form when ready to participate in the rope access evaluation

**Candidate Name:** \_\_\_\_\_ **Evaluation Date:** \_\_\_\_\_

**Personal Information:**

- Documentation verifying identification and age. WEG 2.1.1.1
- Personal information updated and accurate in SPRAT's system. WEG 2.1.1.2
- Training received in accordance with *Work-at-Height Certification Requirements*. WEG 2.1.1.3, WCR 3.2
- Written test results (if proctored) WEG 3

**Documentation:**

- Site work-at-height plan and equipment information WEG 7.2.1, WEG A1
- Work-at-Height Certification Requirements*
- Defined Terms*
- Work-at-Height Evaluation Guidelines*
- Clearance Requirement Guidelines*
- Equipment Guidelines*
- Evaluation Rubric*



<https://sprat.org/publications>

**Work-at-Height Certification Requirement Checklist:**

<b>Performance principles</b>	WCR/WEG 6.1
<b>Travel restraint system exercise</b> Travel restraint system construction and use	WCR/WEG 6.2
<b>Overhead self-retracting device exercise</b> Self-retracting device Transitions Other fall arrest system	WCR/WEG 6.3
<b>Ladder fall arrest system exercise</b> Ladder fall arrest system Transitions Other fall arrest system	WCR/WEG 6.4
<b>Energy absorbing lanyards exercise</b> Energy absorbing lanyards Transitions Other fall arrest system	WCR/WEG 6.5
<b>Horizontal lifeline exercise</b> Horizontal lifeline Transitions Other fall arrest system,	WCR/WEG 6.6
<b>Backup system exercise</b> Energy absorbing lanyards Transitions Backup system construction and use	WCR/WEG 6.7
<b>Descent mode exercise</b> Other fall arrest system Transitions Descent mode	WCR/WEG 6.8

I am prepared to complete each requirement of my selected certification level and participate in the work-at-height evaluation.

\_\_\_\_\_  
Candidate Signature

\_\_\_\_\_  
Date

**Candidate Rights and Responsibilities:**

1. A SPRAT certification belongs to the certified individual.
2. Candidates have the right to provide feedback on any public SPRAT documentation.
3. Candidates have the responsibility to follow the Evaluation Session Host site's work-at-height plan.
4. Candidates have the responsibility to act professionally towards the evaluator, the Evaluation Session Host, and fellow candidates.
5. Candidates have the responsibility to adhere to SPRAT's performance principles.
6. Candidates have the right to not be asked by an evaluator to do something that would violate SPRAT's performance principles.
7. Candidates have the right to ask questions to clarify an evaluator's instructions.
8. Candidates have the right to an explanation behind an evaluator's issuance of a discrepancy or fail.
9. Candidates have the right and responsibility to appeal or register a complaint regarding an evaluation.

**Account Access**



<https://app.sprat.org>

**Account Issue Report Form**



<https://sprat.org/issue-report-form/>

**Evaluation Feedback Form**



<https://sprat.org/sprat-candidate-feedback-form>