

Self assessment form

This is a self assessment (checklist) for Red Cross workers before a work session.

Name:

Date:

Nr.	Knowledge and understanding of the situation/ individual preparedness	No	Some	Yes
1	Do I understand the fundamental principles of the Red Cross?			
2	Do I know whom I report to?			
3	Do I know whom I will work with?			
4	Do I know whom I will interact with? (external personnel)			
5	Am I understanding my duty today?			
6	Do I know the image of the Red Cross where I am going to be today?			
7	Do I wear something that clearly identifies me as a Red Cross worker?			
8	Have I got a security briefing?			
9	Do I understand the security situation at the place where I am going to be today?			
10	Have I checked that I am not wearing anything provocative?			
11	Do I have all the equipment I need?			
12	Is my telephone fully charged?			
13	Do I have the contact numbers to: the one I report to; Infoservice; Duty Officer (TiB); Police?			
14	Do I know what to do if someone turns violent towards me/us?			
15	Do I know where I can seek shelter/safety if the situation turns violent?			
16	Do I feel fully prepared for today's duties?			
17	Am I calm?			

Recommendations in regards to answers above.

If you have answered "No" or "Some" to one or more questions, then you should seek advice/ discuss/ update yourself on these issues with your colleagues or with the person you report to before you start your duty.