

Fall Protection and Ladder Quiz

Name: _____ Date: _____

Multiple Choice (circle the correct answer):

1. A fall hazard analysis should evaluate:
 - a. The presence of fall hazards
 - b. Types of fall protection/fall arrest methods to be used
 - c. Structural Integrity Issues
 - d. All of the above.

2. Excavations that exceed six feet should be protected by:
 - a. Guardrail
 - b. Fence
 - c. Barricade
 - d. All of the above.

3. A personal fall arrest system:
 - a. Can be used at any height.
 - b. Activates upon a fall, arrests the fall and prevents serious injury.
 - c. Consists of an anchorage point and a harness.
 - d. Can be used without training.

True or False:

4. _____ Free fall distance must not exceed six feet or contact with a lower level or obstruction.

5. _____ The basic pieces of a fall arrest system include the anchorage, harness and connectors.

6. _____ Back belts can be used for fall arrest.

7. _____ A properly rated anchorage point must support 500 pounds per person.

8. _____ A full body harness disperses the forces of a fall across the chest, thighs, pelvis and shoulders.

9. _____ Fall protection equipment should be inspected prior to each use.

10. _____ Fall arrest and fall restraint are the same thing.

Quiz Key

1. D
2. D
3. B
4. True
5. True
6. False
7. False
8. True
9. True
10. False