Name: Date:

1. Fall protection is any system or equipment that protects employees when they are working at height or working on or over dangerous machines or equipment.

A. True

B. False

1. In fall protection terms, the competent person is an employee who has the most skill in recognizing fall hazards and fall prevention related to a specific job.

A. True

B. False

**3)** Employees who are on a walking or working surface with an unprotected edge more than four feet above a lower level must use fall protection.

A. True

B. False

**4)** What should be done to protruding rebar?

A. It should be labeled or flagged.

B. It should be capped or covered.

C. It should be washed and sanitized.

D. All of the above

**5)** Hole covers must be able to withstand at least how many times the simultaneous weight of employees, equipment, and materials?

A. 2 times the weight

B. 3 times the weight

C. 4 times the weight

D. 5 times the weight

**6)** The full body harness is the only type of harness that can be used in a personal fall arrest system.

A. True

B. False

**7)** The D-ring attachment for the full body harness must be located near the front center of the body directly over the breast bone.

A. True

B. False

**8)** What is orthostatic intolerance?

A. Another name for the pendulum effect

B. A pooling of the blood in the legs caused by prolonged suspension

C. The inability to arrest a free fall due to insufficient equipment

D. A potentially fatal unspooling of a self-retracting lanyard

**9)** What is the name for the distance from the activation of the deceleration device to a complete stop?

A. Additional distance

B. Free-fall distance

C. Doubling distance

D. Deceleration distance

**10)** Personal fall arrest systems must be evaluated individually for every situation.

A. True

B. False

**11)** Any and all employees are allowed in the controlled access zone.

A. True

B. False

**12)** Warning lines must be placed at least how many feet in front of a fall hazard?

A. 3

B. 4

C. 5

D. 6

**13)** How must a hole be protected?

A. It must either be completely covered or protected by a guardrail.

B. It must be filled.

C. A lookout must be posted.

D. An emergency call box must be placed at the bottom of the hole.

**14)** What is the first step to identifying fall hazards?

A. Read a general site manual.

B. Ask a supervisor.

C. Remember hazards that were at a previous site.

D. Conduct a site-specific hazard assessment.

**15)** A fall protection plan does not need to be put into writing as long as all employees are given thorough training.

A. True

B. False

**16)** Choose the best answer. Harness inspection includes inspecting which of the following?

A. Belts

B. Rings

C. Buckles

D. All of the above

**17)** How should equipment be dried after washing?

A. In a dryer on high

B. Slowly in the sun

C. By swinging it around

D. None of the above

**Answer Key**

1. B

2. B

3. A

4. B

5. A

6. A

7. B

8. B

9. D

10. A

11. B

12. D

13. A

14. D

15. B

16. D

17. D