Fall Prevention & Protection Quiz:

Name:_____ Date:_____

1. A shock or energy absorbing lanyard must bring a person to a complete stop and limit deceleration distance to:
a. Six Feet

b. Four Feet

c. Three and a half feet

d. All of the above

2. A standard railing consists of a top rail, intermediate rail, and shall have a vertical height of _____ inches from the upper surface of the top rail to the floor:
a. 16 inches

b. 32 inches

c. 42 inches

d. All of the above.

3. A personal fall arrest system:
a. Can be used at any height

b. Is designed to stop a fall once it has already begun

c. Requires an anchorage point that will support a static load of 2,000 lbs. per worker attached

d. None of the above

True or False:

4. _____ A personal fall arrest system is an example of passive fall protection.

5. _____ The basic components of a fall arrest system include the anchorage, full-body harness, and connector.

6. _____ An anchorage point used for fall restraint must support a static load of at least 1,000 lbs. per person attached (ANSI Z359).

7. _____ A fall arrest anchorage point must support a static load of 5,000 lbs. per person attached.

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

9. _____ Fall protection equipment should be inspected prior to each use. Equipment that does not pass inspection should be removed from service.

10. _____ Clearance distance needs to be calculated prior to using a personal fall arrest system. Factors to consider include the height of the worker, free fall distance, location of the anchorage point, deceleration distance, and a safety factor.