

Fall Protection – TEST A

EMPLOYEE NAME _____ DATE: _____

This is an “Open Book” test. You should refer to the Fall Protection safety information available on the Safety Webpage.

Select the choice that best answers each of the following questions.

There are two (2) parts to this test.

1. **All Employees** are to take Part I which focuses on preventing Slips, Trips and Falls.
 - a. 10 Questions (Pages 1-3)
 - b. **Passing Score:** 70% (7 or more correct; up to 3 incorrect allowed)
2. Only **Designated Employees**, such as Trades Specialists, are required to take Part II which focuses on OSHA-required methods of fall protection, especially Personal Fall Arrest systems.
 - a. 27 Questions (Pages 4-10)
 - b. **Passing Score:** 70% (19 or more correct; up to 8 incorrect allowed)

PART I – Slip, Trip & Fall Prevention

1. True or False? Of all of the causes for employee injury for the Division of General Services the number one cause is slips, trips and falls.
 - A. True
 - B. False

2. Which of the following is an example of a slip, trip or fall accident?
 - A. The floor at the building entrance is wet from people coming in out of the rain and you lose your footing and balance.
 - B. You are going down a set of stairs and you miss a stair step and you lose your balance.
 - C. You are on a step ladder and reach out further and further to reach for something and you lose your balance.
 - D. All of the Above.

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3. Slip, trip and fall accidents are costly because:
 - A. You are injured and can't do your job while you are recuperating.
 - B. Someone else has to do your job while you are recuperating.
 - C. There is a monetary cost for medical and insurance coverage.
 - D. All of the Above.

4. True or False? One of the best ways to avoid a slip, trip or fall accident is to pay attention to changes in your walk surface, avoid distractions and, like driving, don't go too fast for the conditions.
 - A. True
 - B. False

5. Which of the following is a trip hazard?
 - A. The lower drawer of a filing cabinet was left open.
 - B. Tools, materials and supplies are stored in a tool crib, work bench and storage closet.
 - C. A power cord that goes across a walk path is placed inside a cable protector.
 - D. All of the Above.

6. When you come across water on the floor or someone spills a can of oil onto the floor, what should be done?
 - A. Report it so it can be cleaned up.
 - B. Mop up the water and sweep up absorbent placed onto the oil.
 - C. Place "Wet Floor" signs in the paths leading to the spill.
 - D. All of the Above.

7. True or False? Depending on the type of sole your pair of shoes has may mean you have good traction to prevent a slip and fall or could be a factor in leading to a slip and fall.
 - A. True
 - B. False

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8. True or False? The sole purpose for stair handrails is to provide stability in helping to prevent a fall as one descends the stairs.
- A. True
 - B. False
9. Which of the following is the preferred way to carry on oversized load (many smaller packages or a very large package)?



10. What technique should be used when climbing up or down a ladder, or getting into or down from a vehicle that sets high off of the ground?
- A. The “Buddy” Method
 - B. Personal Fall Arrest System
 - C. A 3-Point Climbing Method
 - D. All of the Above

EXTRA CREDIT (10 Points): Please name one or more ways, other than what has already been described in our training, to prevent slips, trips and falls either in general that would apply to any of our buildings or for a specific building or work practice. (Use the back of this page as required.)

For Most Employees This Concludes Your Test

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Trades Specialists And Designated Employees - CONTINUE TO PART II

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PART II – Fall Protection Program

1. The Division of General Services is to follow Title 29 of the OSHA General Industry Standard which requires approved fall protection methods to be used when a worker can fall from an upper work level to a lower level that is ___ feet or more below.
 - A. 2
 - B. 4
 - C. 6
 - D. 10

2. OSHA established the Fall Protection standard to prevent employees getting injured on the job _____.
 - A. From slips, trips and falls.
 - B. From falling off, onto or through working levels.
 - C. During confined space entry.
 - D. To give you balance while you work.

3. Which of the following methods is approved by OSHA to provide fall protection?
 - A. Guardrails
 - B. Nets
 - C. Personal Fall Arrest systems
 - D. All of the Above

4. Which of the following unsafe condition would be applicable to use a cover, guardrail or screen?
 - A. Hole in the upper working level's walk surface
 - B. Skylight
 - C. Utility shaft
 - D. All of the Above

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5. A guardrail must be a certain height to keep a worker from falling over the edge of an upper work level to below. Which of the following is not a proper height?
 - A. 36”
 - B. 39”
 - C. 42”
 - D. 45”

6. Guardrails are to have a top rail which must withstand a side force of _____ pounds.
 - A. 50
 - B. 150
 - C. 200
 - D. 5,000

7. True or False? Restraint devices are meant to allow the employee to work up to an otherwise unprotected edge and prevent the worker from going over the edge and falling.
 - A. True
 - B. False

8. True or False? A body belt is an approved component in a personal fall protection system.
 - A. True
 - B. False

9. What is the purpose of a Positioning Device?
 - A. To allow the employee to work up to an otherwise unprotected edge and prevent the worker from going over the edge and falling.
 - B. To hold the employee in place allowing to work hands free at height.
 - C. To limit the forces on the employee who experiences a fall to a lower level below allowing a survivable impact.
 - D. All of the Above.

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10. Which component of a fall protection system is commonly called the “Tie-Off Point?”
- A. Anchorage
 - B. Body Harness
 - C. Connector
 - D. Warning Line
11. Which of the following is an appropriate anchor?
- A. Scaffold railing
 - B. Guard rail
 - C. Conduit
 - D. I-Beam
12. True or False? A single action snaphook is an approved component in a personal fall protection system.
- A. True
 - B. False
13. True or False? A properly fitted body harness will be snug but will not cut off circulation and allows full range of movement.
- A. True
 - B. False
14. What type of personal fall arrest system uses a rope or cable attached to an anchor near the roof ridgeline, it drapes down and uses a grab device to prevent a fall to below?
- A. Guard rail
 - B. Net
 - C. Horizontal Lifeline
 - D. Vertical Lifeline

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15. When a lanyard is wrapped around a structural member and attached back onto itself, what could occur?

- A. This is an approved method for temporary tie-off.
- B. This method can cause “roll out” resulting in the loss of fall protection.
- C. Lanyards can fail when attached in this manner.
- D. Cross-Leg Straps should be used to provide a temporary anchor.

16. True or False? You are to inspect every component of your personal fall arrest system prior to each and every use. Equipment should be tagged and removed from service whenever damage is discovered or after being involved in a fall incident.

- A. True
- B. False

17. Which of the following conditions that could exist in personal fall arrest equipment is still in a serviceable condition and is usable?



A.



C.



B.

D. All of the Above

18. True or False? If contaminated with dirt and grease, soak lanyards and body harnesses in chlorine bleach then scrub with a wire brush.

- A. True
- B. False

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19. Which of the following is an appropriate location to store your personal fall arrest equipment?
- A. Thrown into the bed of your work truck.
 - B. Hung in a cool, dry, clean & dark place away from direct sunlight, fumes and corrosive elements.
 - C. Hung on hooks next to a boiler to allow the equipment to be heat dried.
 - D. Any / All of the Above.
20. An anchor is placed on the walk surface of the roof 3 feet from the unprotected edge. The roof is 10 feet off of the ground. There are no obstructions below your work zone (on 20' either side of the vertical in-line with the anchor). Is there enough height to prevent you from striking the ground should you fall over the edge while wearing proper fall arrest equipment?
- A. Yes, your personal fall arrest system will need a total fall distance will only be about 12.5 feet, providing you adequate protection against hitting the ground below.
 - B. No, your personal fall arrest system will need a total fall distance of about 18.5 feet, which exceeds your height available meaning you will hit the ground below
21. What can be done if the fall distance to the ground or to objects below is less than the fall distance needed for your personal fall equipment? (Example: Length of activation of the shock absorber, plus your 6 foot lanyard, the connector height above the tie-off, etc.)
- A. Use an adjustable lanyard (with an absorber) to shorten your fall distance
 - B. Use a cross-arm strap on an overhead I-beam to shorten your fall distance
 - C. Use a personal self-retracting lifeline which limits its fall distance to 2 feet or less
 - D. Any of the Above alone or in combination
22. An anchor is placed on the walk surface of the roof 3 feet from the unprotected edge. The anchor is centrally placed so you can reach several security lights and camera on either side of the anchor. The roof is 10 feet off of the ground. There is an HVAC unit (3' high x 4' wide x 4' deep) on the ground below your work zone (within 2 feet of the vertical in-line with the anchor). What is the fall danger involved?
- A. Suspension trauma
 - B. Hitting the ground below
 - C. Swinging into the HVAC unit below
 - D. Any of the Above

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23. What is the purpose of a Toe Board?
- A. To provide toe crush protection
 - B. To keep objects like tools, nuts and bolts, etc. from falling from the upper work level to below
 - C. To keep your foot from going over the edge of the upper work level and thus preventing your fall to the lower level below
 - D. None of the Above
24. Which of the following methods helps prevent being struck from above with falling objects?
- A. Toe boards
 - B. Drop nets / canopies
 - C. Employees below a raised work zone should wear a hard hat
 - D. Any of the Above alone or in combination
25. True or False? Since the Division of General Services does not have an in-house rescue unit, the only method we have of rescuing an employee who has fallen off of a roof and is left suspended is to call 9-1-1 for rescue.
- A. True
 - B. False
26. How does one prevent suspension trauma once an employee has fallen and is hanging waiting for rescue?
- A. Use the personnel winch to pull them up or let them down to safety
 - B. Throw down a boatswain chair for the employee to sit in until rescued
 - C. The employee should deploy their suspension trauma safety strap then do steps to keep their blood circulating and thus from pooling in the legs
 - D. Once rescued do squatting exercises to get the hypoxic blood and metabolic byproducts out of the legs as quickly as possible

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27. True or False? Whether working on vehicle-mounted, elevating and rotating work platforms, the employee must use fall protection by wearing a full body harness attached by a lanyard with shock absorber or a personal fall arrest lifeline attached to an anchor on the vehicle. If no anchor is available on the vehicle, tie-off to an adjacent pole or structure.
- A. True
 - B. False

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