

Fall Protection Quiz

Name: _____ Date: _____

Multiple Choice (circle the correct answer):

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 ceiling consists of a top rail, intermediate rail, and chail 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 1,800 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 1,800 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.

Fall Arrest Test Answers

Pat Perry

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work accomplished at a lower cost and with greater efficiency than conventional methods can achieve Discusses and clarifies unique distinctions of equipment for rope access as compared with equipment for fall arrest positioning and restraint

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