

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 5,800 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

Daniela Niemeyer

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