

Fall Protection Basics OSHA 29 CFR §1926.761(b); §1926.503(a)(1) (Rapids Code #0877) (O*Net/Soc Code #47-2221.00)

TEST ANSWERS – FOR INSTRUCTOR ONLY

Complete the following questions with the **best** answer, or circle the **best** response

- 1.) In the construction industry, fall protection must be implemented when there is a fall hazard of greater than *<u>6</u>* feet, or whenever working directly above dangerous machinery.
- 2.) A Controlled Decking Zone may be implemented when fall exposures are greater than *15* feet and no higher than two stories or *30* feet.
- 3.) Which of the following is NOT considered "conventional" fall protection?
 - a) Safety Monitoring System****
 - b) Guard Rail System
 - c) Safety Net System
 - d) Personal Fall Arrest System
- 4.) Anchorage points for Fall Arrest Systems must generally be capable of supporting how many pounds per worker?
 - a) There is no specified minimum
 - b) 200lbs
 - c) 500lbs
 - d) <u>5000lbs****</u> while there are exceptions that involve calculations and restrictions, 5000lbs is recognized as the standard. [§1926.502(d)(15)]
- 5.) The top rail of a Guard Rail System may be constructed from all of the following EXCEPT:
 - a) Wire Rope
 - b) Steel or Plastic Banding**** [§1926.502(b)(8)]
 - c) Wood
 - d) Pipe
- 6.) Personal Fall Arrest harnesses and lanyards must be inspected for defects:
 - a) Twice a day
 - b) Weekly
 - c) Daily
 - d) Each time before use**** [§1926.502(d)(21)

7.) Covers for holes and must be able to support at least without failure.

- a) The maximum load which may be imposed at any one time
- b) Twice the maximum load which may be imposed at any one time****[§1926.502(i)(2)
- c) Four times the maximum load which may be imposed at any one time
- d) The weight of one worker and tools
- 8.) An OSHA-compliant Fall Arrest System can never allow a worker to free-fall more than feet.
 - a) 2
 - b) 4
 - c) 6****[§1926.502(d)(16)(iii)
 - d) 10
- 9.) A Positioning Device System must not allow a worker to fall more than feet.
 - a) 2****[§1926.502(e)(1)
 - b) 4
 - c) 6
 - d) 10

10.)Which step would NOT help prevent Falling Object hazards?

- a) Using toe boards
- b) Attaching tool lanyards
- c) Tying your harness to a guard rail****
- d) Covering small holes

11.) A Controlled Access Zone is used primarily to:

- a) Keep out OSHA inspectors
- b) Restrict access to workers not involved in leading edge work, precast erection, or overhand brick laying**** [§1926.502(g)(1)]
- c) Define an area where fall protection is not needed
- d) Make the job easier

12.) A Fall Protection Plan must demonstrate that "conventional" fall protection is infeasible or creates a greater hazard.

- a) True****
- b) False

13.) A Fall Restraint System:

- a) Completely eliminates the fall hazard
- b) Requires the use of a full-body harness
- c) Requires the use of a body belt

d) Prevents a worker from reaching a fall hazard ***** [OSHA 1995 Standard Interpretation "Fall restraint system used in lieu of fall arrest systems." 'Although the standard does not mention them, we do accept properly utilized fall restraint systems in lieu of fall arrest systems when the restraint system is rigged in such a way that the employee cannot get to the fall hazard.'

14.) The top rail of a Guard Rail System and the Control Line of a Controlled Access Zone must both be supported at between _____ inches and _____ inches above the walking/working surface.

- a) 33/36
- b) 35/42

c) 39/45**** [§1926.502(b)(1)]

d) 42/48

15.) The top rail of a Guard Rail System must support at least _____ lbs in any downward or outward direction.

a) 100

- b) 200**** [§1926.502(b)(3)]
- c) 500
- d) 16
- 16.) Generally, you should always connect your lanyard to an anchorage that is:
 - a) <u>As high as possible****</u> connecting higher typically limits your free fall. The only exception to this is that you should tie to the lowest anchor point available in a scissor or boom lift, since going up and over the rail would shorten the lanyard. The question says "generally", so "generally", higher is better.
 - b) As low as possible

17.) In order to be considered a "Connector" under Subpart R, you must be working with:

- a) Bolts
- b) Spud Wrenches
- c) Metal Decking
- d) <u>Hoisting Equipment**** [§1926.751]</u> *Connector* means an employee who, working with hoisting equipment, is placing and connecting structural members and/or components.

Hoisting equipment means commercially manufactured lifting equipment designed to lift and position a load of known weight to a location at some known elevation and horizontal distance from the equipment's center of rotation. "Hoisting equipment" includes but is not limited to cranes, derricks, tower cranes, barge-mounted derricks or cranes, gin poles and gantry hoist systems. A "come-a-long" (a mechanical device, usually consisting of a chain or cable attached at each end, that is used to facilitate movement of materials through leverage) is not considered "hoisting equipment."

18.) You are required by OSHA to tie off on portable ladders:

a) True

b) False**** [OSHA 2007 Letter of Interpretation "Whether OSHA requirements prohibit working from a portable stepladder and, if not, whether fall protection is required. 29 CFR 1926.1053(b)."

'Question (2): Is fall protection required while working from a portable stepladder?

Answer (2): In 29 CFR Part 1926 Subpart M (Fall protection), Section 1926.500(a)(2)(vii) provides:

Requirements relating to fall protection for employees working on stairways and ladders are provided in Subpart X

There is no provision in Subpart X that requires fall protection for an employee while working from a portable stepladder'

19.) Impalement can be a hazard starting at what working elevation?

- a) <u>While walking at ground level****</u> Falling onto an exposed piece of rebar, grounding rod, or other sharp object could cause impalement at any level.
- b) At 4 feet
- c) At 6 feet
- d) At 10 feet

20.) Most construction deaths are the result of:

- a) Electrocution
- b) Falls**** [https://www.osha.gov/oshstats/commonstats.html]
- c) Crushed by/Struck by incidents
- d) Heat Stroke

21.) Installing insulation as a pre-engineered building's standing seam roof system is not considered steel erection

a) True

b) <u>False [OSHA Compliance Directive CPL 2-1.34</u> "Question 6: When installing an integrated metal roof decking system, which includes the metal banding, insulation, and screw down clips, is the entire process considered

steel erection?

Answer: Yes. These operations take place in a repeating sequence of steps. Once the banding is in place, a row of insulation is put down, metal decking is laid over it and then secured with clips. The metal decking forms both the structural and weather-proofing roof surface. Working from that completed row, the next row of insulation and decking is then installed and the process repeated across the building."

22.) Since OSHA doesn't require it, a General Contractor is not allowed to force you to tie off in a Scissor Lift a) True

b) <u>False****</u> OSHA addressed the issue of whether an employer is prohibited from having a company policy of fall protection that is stricter than that required by the steel erection standard in Question and Answer # 50 of OSHA compliance directive CPL 2-1.34:

Question 50: Section 1926.760: Can controlling contractors require connectors to tie off between 15 and 30 feet? **Answer:** Yes. The standard does not prohibit controlling contractors from imposing stricter requirements than those in the standard.