



Fall Protection Basics

OSHA 29 CFR §1926.761(b); §1926.503(a)(1)

(Rapids Code #0877) (O*Net/Soc Code #47-2221.00)

Name: _____ Signature: _____

Date: _____ Score: _____

*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 ____ feet, or whenever working directly above dangerous machinery.
- 2.) A Controlled Decking Zone may be implemented when fall exposures are greater than ____ feet and no higher than two stories or ____ 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) 5000lbs
- 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
 - 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
- 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
 - 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
 - d) 10
- 9.) A Positioning Device System must not allow a worker to fall more than ____ feet.
 - a) 2
 - 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
 - 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
- 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 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 c) 500 d) 16
- 16.) Generally, you should always connect your lanyard to an anchorage that is:
- a) As high as possible 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) Hoisting Equipment
- 18.) You are required by OSHA to tie off on portable ladders:
- a) True b) False
- 19.) Impalement can be a hazard starting at what working elevation?
- a) While walking at ground 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
 - 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) False
- 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) False