Fall Protection Quiz

Instructions **Fee $30**

1. Print these pages and Click Here for the **necessary** OSHA reference materials.
2. Answer the **Simple questions** that closely follow the reference materials in a **consecutive** order.
3. Circle the correct answers and transfer the answers to the answer sheets (see last 3 pages).
4. Page down to the last page for the verification form, answer sheets and mailing instructions.

3 hour course for:

1. Beginner Electrician
2. Boiler-Pressure Vessel Inspector
3. Commercial Electrical Inspector
4. Dwelling Contractor Qualifier
5. Industrial Journeyman Electrician
6. Journeyman Electrician
7. Master Electrician
8. Residential Journeyman Electrician
9. Residential Master Electrician
10. UDC-Electrical Inspector

Questions: call Amy at 920-727-9200 or 920-740-4119 or 920-740-6723 or email aklinka@hotmail.com

Reducing Falls during Residential Construction: Erecting Exterior and Interior Walls

1. For fall protection training requirements, refer to 29 CFR 1926.503. In all cases, _____ must evaluate the hazards and take steps to reduce the risk of falls.
    a. employees
    b. employers
    c. both a & b
    d. none of the above
2. Planning for the use of fall protection equipment can help employers protect workers from falls. During the job, identify fall protection needs. Once appropriate fall protection systems have been identified, have those systems in place while the workers report to the job.
    a. true
    b. false
3. If a lifting device cannot be used at a particular worksite, steps can be taken to address the fall hazards, as well as the _____ hazards that can be present when workers raise walls by hand.
    a. stress
    b. strain
    c. significant
    d. both a & b
4. Employers generally must ensure that workers use fall protection meeting OSHA requirements whenever they work ___ feet or more above a lower level (29 CFR 1926.501(b)(13)).
    a. 4
    b. 8
    c. 6
    d. 10
5. Workers can apply sheathing to the frame, and install guardrails across_____, before raising wall sections so that the openings are protected when the walls are set into place.
    a. window openings
    b. door openings
    c. roof openings
    d. both a & b

6. Guardrails. OSHA generally requires the top rail height to be ___ inches.
   a. 24
   b. 36
   c. 42
   d. 48

7. Guardrails. OSHA generally requires the guardrails to be ___ inches above the walking/working level.
   a. 2
   b. 3
   c. 4
   d. 6

8. A mid rail is also required between the top rail and the walking/working surface when there is no wall or parapet at least ___ inches high.
   a. 10
   b. 15
   c. 21
   d. 24

9. A PFAS is designed to safely stop a fall before the worker strikes a lower level. The system includes three major components:
   a. An anchorage to which the other components of the PFAS are rigged.
   b. A body belt harness worn by the worker.
   c. A connector, such as a lanyard or lifeline, linking the harness to the anchorage. A rip-stitch lanyard, or deceleration device, is typically a part of the system.
   d. both a & c

10. Remember that workers must use full-body harnesses or body belts in fall arrest systems.
   a. true
   b. false

11. OSHA requires that anchors for a PFAS either be able to hold at least _____ and be used under the supervision of a qualified person
   a. 5,000 pounds per worker
   b. maintain a safety factor of at least three
   c. three times the impact load
   d. all of the above

12. OSHA recommends that fall restraint systems have the capacity to withstand _____ pounds of force or twice the maximum expected force that is needed to restrain the worker from exposure to the fall hazard.
   a. 2000
   b. 3000
   c. 4000
   d. 5000

13. The employer must ensure that employees on scaffold systems ____ feet or more above a lower level are protected from falls.
   a. 4
   b. 8
   c. 6
   d. 10

14. Written Fall Protection Plans. When working at heights of ___ feet or greater, if the employer does not use ladders, scaffolds, aerial lifts or fall restraint systems and can demonstrate that it is not feasible or would create a greater hazard to use conventional fall protection equipment (guardrails, safety nets or a PFAS), the employer
must develop a written site-specific fall protection plan in accord with 29 CFR 1926.502(k).

a. 4
b. 8
c. 6
d. 10

15. Written Fall Protection Plans. The plan must be prepared by a qualified person. This person could be _____who has extensive knowledge, training and experience with fall protection and is able to solve problems relating to fall protection

a. the owner
b. the supervisor
c. any other worker
d. all of the above

Reducing Falls During Residential Construction: Installing Roof Trusses

16. Accidental falls are the leading cause of death for construction workers and installing roof trusses can be particularly dangerous for following reasons:

a. truss construction usually occurs high above the ground.
b. trusses are not stable until they are properly restrained and braced.
c. both a & b
d. none of the above

17. Trusses are designed to support weight from the _____.

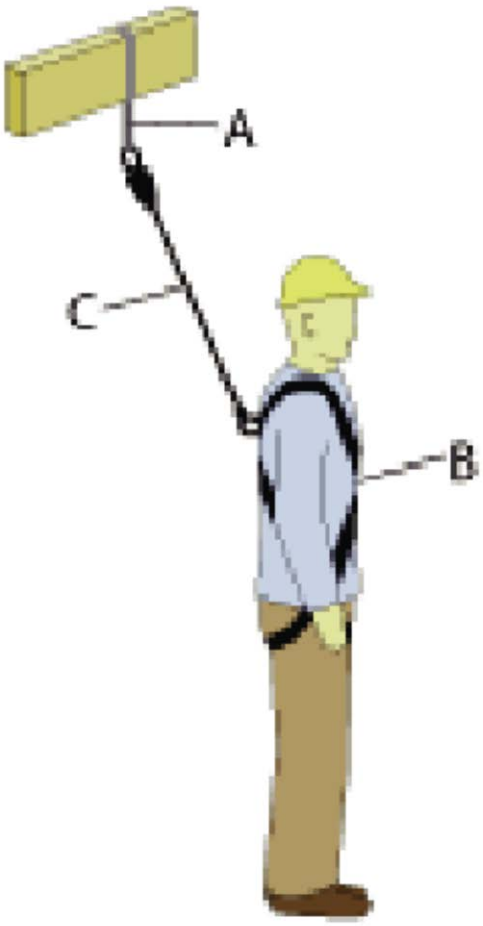
a. bottom up
b. top down
c. both a & b
d. none of the above

18. PFAS need strong anchor points that can hold the sudden weight of a falling worker. No anchor with a _____connection point, such as a strap anchor or a bolt-on anchor, will protect a falling worker who is attached to a single truss.

a. single
b. double
c. multiple
d. all of the above

19. Other systems, such as _____ can be used to protect workers until a fully interconnected, multi-truss section has been appropriately braced and secured.

a. scaffolds
b. lifts
c. ladders
d. all of the above



20. The letter “A” above represents _____.
    a. An anchorage to which the other components of the PFAS are rigged.
    b. A full body harness worn by the worker.
    c. A connector, such as a lanyard or lifeline, linking the harness to the anchorage. A rip-stitch lanyard, or deceleration device, is typically a part of the system.
    d. none of the above
21. The letter “B” above represents _____.
    a. An anchorage to which the other components of the PFAS are rigged.
    b. A full body harness worn by the worker.
    c. A connector, such as a lanyard or lifeline, linking the harness to the anchorage. A rip-stitch lanyard, or deceleration device, is typically a part of the system.
    d. none of the above
22. The letter “C” above represents _____.
    a. An anchorage to which the other components of the PFAS are rigged.
    b. A full body harness worn by the worker.
    c. A connector, such as a lanyard or lifeline, linking the harness to the anchorage. A rip-stitch lanyard, or deceleration device, is typically a part of the system.
    d. none of the above
23. If a worker falls while using a single truss as an anchor point, the whole truss assembly can collapse. Such a structural failure puts workers’ lives and entire buildings at risk.
    a. true
    b. false

24. An engineered spreader, when installed in accordance with the manufacturer's instructions, distributes the force of a PFAS across multiple trusses. The roof trusses do not need to be sheathed to use a spreader. These engineered anchorage devices are reusable and can be uninstalled and reinstalled quickly defines _____?
    a. Ground assembly
    b. Lifts
    c. Scaffolds
    d. Ladders
    e. Spreader
25. For certain truss-setting jobs, platform and stepladders can provide a stable work platform for workers. They can be particularly helpful when set up inside a building defines _____?
    a. Ground assembly
    b. Lifts
    c. Scaffolds
    d. Ladders
    e. Spreader
26. When properly constructed and used, internal and external scaffolds can provide suitable protection for truss-setting tasks. For example, bracket scaffolds placed on the inside or outside of a building provide large, stable walking and working areas for workers. To ensure safe use and appropriate load limits for bracket scaffold systems, workers should always follow the manufacturer's instructions or consult a qualified person defines_____?
    a. Ground assembly
    b. Lifts
    c. Scaffolds
    d. Ladders
    e. Spreader
27. Depending on the building layout and the tasks involved, lifts (e.g., aerial, scissor) may be options for setting trusses. Lifts provide a stable, elevated platform from which workers can operate. Workers must follow all safety procedures and conduct all operations from inside the lift basket defines _____?
    a. Ground assembly
    b. Lifts
    c. Scaffolds
    d. Ladders
    e. Spreader
28. By assembling a truss section on the ground, employers can greatly reduce the risk of falls for workers. A section of trusses can be sheathed while still on the ground. Peak anchors and lifelines can be pre-installed before the section is lifted into place. Many builders find it efficient to pre-assemble truss sections on the ground and then lift them with a crane so that workers can secure the section to the building frame defines _____?
    a. Ground assembly
    b. Lifts
    c. Scaffolds
    d. Ladders
    e. Spreader
29. Once the assembled truss section has been set and secured, it can be used as _____for an anchorage device. From this point on, PFAS can be used to protect workers while they install additional trusses and roof sheathing.
    a. a strong hold
    b. an attachment point
    c. an firm hold

d. all of the above

30. Multiple _____ individual trusses that are interconnected and fully sheathed. A truss section that has been restrained, braced and sheathed in accordance with the manufacturer's instructions can provide a suitable structure to establish an anchor point.
    a. typically 2
    b. typically 3
    c. typically 4
    d. all of the above
31. Different types of anchors for these systems include, but are not limited to:
    a. Peak anchors
    b. Strap anchors
    c. Bolt-on anchors
    d. all of the above
32. Once a group of trusses has been properly restrained and braced, a roof peak anchor can provide a usable tie-off point for a_____.
    a. Peak anchor
    b. Strap anchor
    c. Bolt-on anchor
    d. lifeline

Fall Protection Quiz-Answer Sheet

1	a	b	c	d	11	a	b	c	d	22	a	b	c	d	
2	a	b	c	d	12	a	b	c	d	23	a	b	c	d	
3	a	b	c	d	13	a	b	c	d	24	a	b	c	d	e
4	a	b	c	d	14	a	b	c	d	25	a	b	c	d	e
5	a	b	c	d	15	a	b	c	d	26	a	b	c	d	e
6	a	b	c	d	16	a	b	c	d	27	a	b	c	d	e
7	a	b	c	d	17	a	b	c	d	28	a	b	c	d	e
8	a	b	c	d	18	a	b	c	d	29	a	b	c	d	
9	a	b	c	d	19	a	b	c	d	30	a	b	c	d	
10	a	b	c	d	20	a	b	c	d	31	a	b	c	d	
					21	a	b	c	d	32	a	b	c	d	

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List each credential held by attendee_____

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To be completed by Gary Klinka www.garyklinka.com Gary's credential link #70172

Course Password_____Course ID#__13860_____

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Instructor Signature_____