

Preventing Falls Quiz

Instructions

Fee \$20

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 2 pages).
4. Page down to the last page for the [verification form](#), answer sheets and mailing instructions.

2 hour course for:

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|--|---|
| 1. Automatic Fire Sprinkler Contractor | 14. Journeyman Electrician |
| 2. Automatic Fire Sprinkler Contractor Maintenance | 15. Journeyman Plumber |
| 3. Registered-Beginner Electrician | 16. Journeyman Plumber-Restricted Appl |
| 4. Boiler-Pressure Vessel Inspector | 17. Journeyman Plumber-Restricted Service |
| 5. Commercial Electrical Inspector | 18. Lift Mechanic |
| 6. Commercial Plumbing Inspector | 19. Master Electrician |
| 7. Cross Connection Control Tester | 20. Master Plumber |
| 8. Dwelling Contractor Qualifier | 21. Master Plumber-Restricted Appliance |
| 9. Elevator Inspector | 22. Master Plumber-Restricted Service |
| 10. Elevator Mechanic | 23. Residential Journeyman Electrician |
| 11. Elevator Mechanic-Restricted | 24. Residential Master Electrician |
| 12. Industrial Journeyman Electrician | 25. UDC-Electrical Inspector |
| 13. Journeyman Automatic Fire Sprinkler Fitter | 26. UDC-Plumbing Inspector |
| | 27. Utility Contractor |

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

Preventing Falls

1. Any time a worker is at a height of ____ feet or more for the construction industry the worker must be protected.
 - a. 4
 - b. 6
 - c. 8
 - d. 10
2. Any time a worker is at a height of ____ feet or more for the general industry the worker must be protected.
 - a. 4
 - b. 6
 - c. 8
 - d. 10
3. Fall protection must be provided for each employee on a walking/working surface with an unprotected side or edge at the height required by the OSHA standard applicable to their work environment. Management is required to:
 - a. Develop, implement and commit to a fall protection program.
 - b. Offer training on the fall protection program.
 - c. Evaluate the program on an annual basis to insure the program's effectiveness and determine whether it might be changed or updated.
 - d. all of the above
4. Once employers have determined that the surface is safe for employees to work on, the employer must select one of the options listed for the work operation if a fall hazard is present.
 - a. Where protection is required, select fall protection systems appropriate for given situations.
 - b. Use proper construction and installation of safety systems.

- c. Train workers in the proper selection, use, and maintenance of fall protection systems.
 - d. all of the above
5. Use at least one of the following whenever employees are exposed to a fall of 6 feet or more above a lower level:
- a. handrail Systems
 - b. Safety guard Systems
 - c. Fall Arrest Systems
 - d. all of the above
6. Use at least one of the following whenever employees are exposed to a fall of 6 feet or more above a lower level:
- a. Construct all floor hole covers so they will effectively support the weight of employees, equipment, and materials that may be imposed on the cover at any one time.
 - b. In general, it is better to use fall prevention systems, such as guardrails, than fall protection systems, such as safety nets or fall arrest devices.
 - c. Cover or guard floor holes as soon as they are created.
 - d. both b & c
7. Position portable ladders so the side rails extend at least ____ feet above the landing
- a. 1
 - b. 2
 - c. 3
 - d. 4
8. Secure side rails at the top to a rigid support and use a grab device when ____ foot extension is not possible.
- a. 1
 - b. 2
 - c. 3
 - d. 4
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Reducing Falls during Residential Construction: Floor Joist Installation and Decking

9. The program must enable each worker to recognize fall hazards and train each worker in the procedures to follow to minimize these hazards. For fall protection training requirements, refer to ____ CFR 1926.503. In all cases, employers must evaluate the hazards and take steps to reduce the risk of falls.
- a. 19
 - b. 25
 - c. 29
 - d. 39
10. Once appropriate fall protection systems have been identified, have those systems in place during and after the workers report to the job.
- a. true
 - b. false
11. Employers generally must ensure that workers use fall protection meeting OSHA requirements whenever they work 6 feet or more above a highest level.
- a. true
 - b. false
12. There are _____ available that can provide workers the flexibility they need during floor joist and decking installation.
- a. guardrail systems
 - b. personal dive arrest systems
 - c. handrail systems

- d. all of the above
13. OSHA's fall protection requirements for residential construction work performed on scaffolds and ladders are specified in Subpart L and Subpart X, respectively, not in 29 CFR 1926.501(b)(13).
- a. true
 - b. false
14. Employers must ensure that employees on scaffold systems ___ feet or more above a lower level are protected from falls.
- a. 4
 - b. 6
 - c. 8
 - d. 10
15. _____ can provide workers a stable work base and give them more flexibility while maneuvering and positioning floor joists into place.
- a. A-frame ladders
 - b. Platform ladders
 - c. Fiberglass ladders
 - d. Metal ladders
16. Once the first row of subfloor has been secured, a _____ can be used.
- a. PFAS
 - b. Personal Fall Arrest System
 - c. both a & b
 - d. none of the above
17. Workers must use _____ in fall arrest systems.
- a. body belts
 - b. full-body harnesses
 - c. $\frac{3}{4}$ body harnesses
 - d. all of the above
18. Body belts can cause serious injury during a fall, and OSHA prohibits their use as part of fall arrest systems.
- a. true
 - b. false
19. 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 the impact load
 - c. both a & b
 - d. none of the above
20. A self-retracting lanyard is not appropriate for a fall restraint system unless the worker cannot reach the fall hazard when the lanyard is fully _____.
- a. contracted
 - b. engaged
 - c. extended
 - d. all of the above
21. 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. 1000
 - b. 2000
 - c. 3000
 - d. 4000

22. Guardrails can be used to protect workers from falling through walls, floor openings or window openings that are ___ feet or higher above a lower level.
- a. 4
 - b. 6
 - c. 8
 - d. 10

Preventing Falls Quiz-Answer Sheet

- | | | | | | | | | | | | | | | |
|----------|---|---|---|---|-----------|---|---|---|---|-----------|---|---|---|---|
| <u>1</u> | a | b | c | d | <u>8</u> | a | b | c | d | <u>15</u> | a | b | c | d |
| <u>2</u> | a | b | c | d | <u>9</u> | a | b | c | d | <u>16</u> | a | b | c | d |
| <u>3</u> | a | b | c | d | <u>10</u> | a | b | c | d | <u>17</u> | a | b | c | d |
| <u>4</u> | a | b | c | d | <u>11</u> | a | b | c | d | <u>18</u> | a | b | c | d |
| <u>5</u> | a | b | c | d | <u>12</u> | a | b | c | d | <u>19</u> | a | b | c | d |
| <u>6</u> | a | b | c | d | <u>13</u> | a | b | c | d | <u>20</u> | a | b | c | d |
| <u>7</u> | a | b | c | d | <u>14</u> | a | b | c | d | <u>21</u> | a | b | c | d |
| | | | | | | | | | | <u>22</u> | a | b | c | d |

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Fees \$20

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2. Fill out this form below completely.
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Office 920-727-9200 Fax 888-727-5704 Amy's Cell 920-740-4119 Gary's Cell 920-740- 6723.

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