

1. At what height are workers required to wear fall protection according to the Federal OSHA Construction standard?
- 6 feet
  - 9 feet
  - 12 feet
  - Bare feet
2. What are the three (3) components of a Personal Fall Arrest System?
- Anchor/Anchorage Connector, Body Wear (Harness) and Connecting Device (Lanyard or Retractable)
  - Body Wear (Harness), Hard Hat and Steel-Toed Boots
  - Body Wear (Harness), Connecting Device (Lanyard or Retractable) and Sturdy Ladder
  - Hard Hat, Safety Glasses and Safety Training
3. A Fall Arrest Anchor Point must be capable of supporting how many pounds per attached worker?
- 300 lbs.
  - 2,000 lbs.
  - 5,000 lbs.
  - 10,000 lbs.
4. After selecting a proper Anchor Point, you can ensure a compatible anchorage connection by:
- Joining multiple lanyards together to reach an anchorage point
  - Loop a rope around the anchor point.
  - Make sure the anchorage connection will cause a load to be applied to the snap hook keeper gate or snap hook lock.
  - Use an anchorage connector such as a cross arm strap, beam anchor or a shock absorbing lanyard specifically-designed for tie-back use to maintain a compatible connection with the anchor point.
5. When wearing a full body harness, the fall forces must be limited to a maximum of:
- 900 lbs.
  - 1,000 lbs.
  - 1,200 lbs.
  - 1,800 lbs.
6. The use of body belts for fall protection during construction activity was outlawed in 1998, however, the use of a body belt for positioning is still acceptable?
- True
  - False
7. Who is responsible for inspecting all components of a Personal Fall Arrest System?
- Only a Competent Person
  - Safety Director
  - The person wearing the Personal Fall Arrest System
  - The Manufacturer

8. A properly adjusted full body harness should:

- Be loose and easy to take off
- Fit like a comfortable jacket
- Fit snug but allow for full range of movement
- Accommodate many users

9. When using a 6 ft. shock-absorbing lanyard as part of your Fall Arrest System, how do you calculate the necessary fall clearance?

- Height of Worker + Length of Lanyard + Distance to next level
- Height of Worker + Length of lanyard + Shock Absorber Deceleration/Free-Fall Distance + Three (3) ft. Safety Factor
- Height of Worker + Distance to next level + Three (3) ft. Safety Factor
- Distance to next level minus the Height of Worker

10. After a fall, a shock-absorbing lanyard that has been deployed must be:

- Inspected before the next use
- Cut into small pieces
- Sent back to the manufacturer
- Taken out of service

11. According to ANSI Z359.13, an energy absorber on a 6 ft. lanyard can deploy up to:

- 3 feet (36 inches)
- 3.5 feet (42 inches)
- 4 feet (48 inches)
- Unlimited

12. Lanyards used in a Personal Fall Protection System cannot be shorter than 6 feet.

- True
- False

13. A retractable lifeline is defined as:

- Connecting Device
- Anchor Point
- Body Wear
- Shock-Absorbing Lanyard

14. What is the definition of Arresting Force?

- Force exerted on the body while stopping a fall
- Force at the anchorage connection
- Impact on the body when fall protection is not used
- Secret unit of the U.S. military