

**1.) Describe the 3 components of a Personal Fall Arrest System**

1. Anchor Point
2. Connecting Device
3. Harness

**2.) List the five areas of training that must be covered when employees are required to use a ladder.**

1. The nature of fall hazards in the work area;
2. The correct procedures for erecting, maintaining, and disassembling the fall protection systems to be used;
3. The proper construction, use, placement, and care in handling of all stairways and ladders; and
4. The maximum intended load-carrying capacities of ladders used.
5. In addition, retraining must be provided for each employee, as necessary, so that the employee maintains the understanding and knowledge acquired through compliance with the standard.

- 3.) A stairway or ladder must be used when there is a break in elevation of more than 15".  
True False
- 4.) Handrails must support at least 200 lbs of force in any direction  
True False
- 5.) Where doors or gates open directly on a stairway, a platform that extends at least 24 inches beyond the swing of the door is required.  
True False
- 6.) Portable ladders must be positioned at an angle where the horizontal distance from the top support to the foot of the ladder is 1/4 the working length of the ladder  
True False
- 7.) When using a portable ladder for access to an upper landing surface, the side rails must extend at least 3 feet above the upper landing surface  
True False
- 8.) Falls are the leading cause of construction related occupational fatalities.  
True False
- 9.) Anchorage points must be capable of supporting at least 5,000 lbs  
True False
- 10.) Top rails must be between 36" and 47" in height  
True False