

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

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

1.) _____
2.) _____
3.) _____
4.) _____
5.) _____

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| 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 |