1. Good housekeeping is the best method of preventing daily slips/trips/falls?  
   True  /  False

2. Covers & grating protect employees from which of the following hazards?  
   • Open pits, tanks, vats, manholes  
   • Slippery/wet floors due to spills  
   • Falling from heights

3. Guardrails and toe boards protect employees from hazards in/on which of the following?  
   • Wet surfaces from rain, snow and ice  
   • Elevated work platforms, mezzanines, objects falling from above  
   • Mounted ladders

4. How many points of contact should a person have on a ladder at all times?  
   • 4  
   • 3  
   • 2

5. It is safe to use the top step of a ladder? True  /  False

6. If a defective ladder is found, immediately mark it defective or tag it "Do Not Use" and withdraw it from service until repaired. True  /  False

7. Portable ladders should be inspected every time you use them? True  /  False

8. Which of the following are common fall protection systems?  
   • Stair rail handles  
   • Safety nets  
   • Walking, not running  
   • Proper foot wear

9. During a fall, the impact velocity from free-falling from 12 feet is nearly how many miles per hour?  
   • 5 mph  
   • 10 mph  
   • 20 mph

10. Which one of the below options is a purpose of fall arrest systems:  
    • To allow workers to not focus on how high they are working  
    • To prevent a worker from contacting any lower level during arrest of a fall  
    • To allow workers to listen to radios and other distractions while they are working  
    • To avoid slipping in puddles on elevated surfaces

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