

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Fall Protection in Construction Training

### POST-TEST

**Purpose:** An important part of this program is the evaluation of how well we have succeeded in increasing your knowledge on fall protection in construction. This post-training evaluation will give us an idea of how much participants learned about fall protection at the end of the training. To earn a certificate of completion, a trainee must score at least 70% or higher on this test.

**Instructions:** Without using any references or electronic devices, please take approximately 10 minutes to answer the following questions. Mark the best answer choice.

1. In recent years, the top OSHA citation with the highest number of violations was:
  - a.  Fall protection (general)
  - b.  Scaffolding
  - c.  Hazard Communication
  - d.  Lockout and Tag-out
  
2. Over the past five years, falls in the construction industry are:
  - a.  rarely fatal and rapidly decreasing
  - b.  a leading cause of death and increasing
  
3. Which of the following controls is a preferred means of preventing a fall from occurring?
  - a.  use of a personal fall arrest system (e.g., body harness, connector and anchorage)
  - b.  use of controlled access zones (e.g., warning lines and signs)
  - c.  use of passive fall restraints (e.g., guardrails)
  
4. Which of the following controls is a last resort for preventing falls?
  - a.  use of an active fall restraint (e.g., body harness, lanyard and anchorage)
  - b.  use of a passive fall restraint (e.g., guardrails)
  - c.  use of controlled access zones (e.g., warning lines and signs)
  
5. Which control reduces the severity of injury in the event of a fall?
  - a.  personal fall arrest system
  - b.  controlled access zone
  - c.  passive fall restraint (guardrail)
  - d.  both b and c
  
6. OSHA regulations require or recommend the use of fall protection when construction workers are working at heights of:
  - a.  4 feet or greater above a hazard (e.g., equipment or supplies)
  - b.  6 feet or greater above a lower level
  - c.  10 feet or greater above a lower level
  - d.  both a and b
  
7. A personal fall arrest systems must be able to:
  - a.  prevent a free fall to less than 6 feet or a lower level
  - b.  limit the maximum deceleration distance to 3.5 feet
  - c.  limit the maximum arresting force on a worker to 1,800 pounds
  - d.  both a and b
  - e.  all of the above

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8. Multiple methods can be used to control and prevent falls.
- True
  - False
9. Fall arrest systems and fall restraint systems are the same.
- True
  - False
10. Which of the following is NOT a component of a personal fall arrest system?
- a body belt
  - a full-body harness
  - a lanyard with energy absorber
  - an anchor point
  - locking snap hooks
11. The first step in putting on a full-body harness is to:
- buckle up the legs
  - position the D-ring between shoulder blades
  - inspect the harness for damage or defects
  - adjust the harness to fit your body snugly
12. A vertical lifeline or lanyard must have a minimum breaking strength (for failure) of:
- 250 pounds
  - 500 pounds
  - 1,000 pounds
  - 1,800 pounds
  - 5,000 pounds
13. The ropes and straps used in lifelines, lanyards, and strength components of body harnesses must:
- be made of natural fibers
  - be made of synthetic fibers
14. An anchorage should be capable of supporting \_\_\_\_\_ pounds per worker or be capable of supporting at least twice the expected impact load
- 500
  - 1,000
  - 1,800
  - 5,000
15. According to the American National Standards Institute (ANSI) Standard Z359, rescue should be initiated within \_\_\_\_\_ minutes of a fall arrest.
- 6
  - 10
  - 60
  - 120
16. The primary objective of completing a worksite checklist is to identify and correct hazards.
- True
  - False

END OF TEST – PLEASE TURN IN WITHOUT SHARING YOUR ANSWERS WITH OTHERS