Name: _____ **Date:** _____

Fall Protection in Construction Training

PRE-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 pre-training evaluation will give us an idea of how much participants know about fall protection prior to the training. It will also give you an idea what you will be learning about in this course.

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 <u>preventing</u> 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 <u>last resort</u> 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 <u>reduces the severity of injury</u> 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

Disclaimer: This material was produced under grant number SH-31228-SH7 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U. S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government.

8. Multiple methods can be used to control and prevent falls.
    a. ____ True
    b. ____ False

9. Fall arrest systems and fall restraint systems are the same.
    a. ____ True
    b. ____ False

10. Which of the following is NOT a component of a personal fall arrest system?
    a. ____ a body belt
    b. ____ a full-body harness
    c. ____ a lanyard with energy absorber
    d. ____ an anchor point
    e. ____ locking snap hooks

11. The first step in putting on a full-body harness is to:
    a. ____ buckle up the legs
    b. ____ position the D-ring between shoulder blades
    c. ____ inspect the harness for damage or defects
    d. ____ adjust the harness to fit your body snuggly

12. A vertical lifeline or lanyard must have a minimum breaking strength (for failure) of:
    a. ____ 250 pounds
    b. ____ 500 pounds
    c. ____ 1,000 pounds
    d. ____ 1,800 pounds
    e. ____ 5,000 pounds

13. The ropes and straps used in lifelines, lanyards, and strength components of body harnesses must:
    a. ____ be made of natural fibers
    b. ____ 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
    a. ____ 500
    b. ____ 1,000
    c. ____ 1,800
    d. ____ 5,000

15. According to the American National Standards Institute (ANSI) Standard Z359, rescue should be initiated within ____ minutes of a fall arrest.
    a. ____ 6
    b. ____ 10
    c. ____ 60
    d. ____ 120

16. The primary objective of completing a worksite checklist is to identify and correct hazards.
    a. ____ True
    b. ____ False

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

Disclaimer: This material was produced under grant number SH-31228-SH7 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U. S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government.