Fall Arrest

Written Competency Quiz

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Prd.\_\_\_\_\_

1.\_\_\_\_\_\_At what height are workers required to wear fall protection according to OSHA?

A. 3’ C. 9’

B. 6’ D. 12’

2. What are the three component parts of a Personal Fall Arrest System?

A. Anchor/Anchorage Connector, Body Wear (Harness) and Connecting Device (Lanyard or Retractable)

B. Body Wear (Harness), Hard Hat and Steel-Toed Boots

C. Body Wear (Harness), Connecting Device (Lanyard or Retractable) and Sturdy Ladder

D. Hard Hat, Safety Glasses and Safety Training

3.\_\_\_\_\_\_A Fall Arrest Anchor Point must be capable of supporting how many pounds per attached worker?

A. 300 C. 5,000

B. 2,000 D. 10,000

4. A properly adjusted full body harness should

A. Be loose and easy to take off

B. Fit like a comfortable jacket

C. Fit snug but allow for full range of movement

D. Accommodate many users

5. A retractable lifeline is defined as: 

A. Connecting Device

B. Anchor Point

C. Body Wear

D. Shock-Absorbing Lanyard

6. What is the proper procedure, with regard to the fall protection equipment, to follow after a fall has occurred?

A. Stay quiet and hope your supervisor doesn't find out

B. Go back to work and act like nothing happened

C. Do not re-use and take all of the equipment out of service

D. Exchange the equipment but don't tell anyone

7.\_\_\_\_\_\_Three points of contact describes guidelines to be followed when

A. Climbing ladders C. Climbing stairs

B. Clipping In D. Wearing a harness

8.\_\_\_\_\_\_The D Ring should be positioned \_\_\_\_.

A. At the center of the back C. Centered between the shoulder blades

B. At the nape of the neck D. Above your head

9.\_\_\_\_\_\_A pre-check of the retracing line should be performed\_\_\_\_.

A. at the beginning of the class period C. at the end of the class period

B. at least once a week D. before each climb

10.(T/F)\_\_\_\_\_\_All students must learn to use the fall arrest system and climb to the FOH