**Fall Protection Quiz**

1) If there is any chance of free-falling, do not use a…

1. fall arrest system.
2. full body harness.
3. lanyard.
4. chest harness.

2) "Rolling out" is a condition when…

1. one goes out for a pass.
2. we use the red carpet.
3. the keeper on a snap-hook is forced open.
4. we wake up in the morning.

3) Means of rescue after a fall could be…

1. manlifts.
2. ladders.
3. All of these are correct.
4. Emergency Response Team.

4) Attach full body harnesses to lanyard at the center of the chest.

1. True
2. False

5) The anchor point should be \_\_\_\_\_\_ your chest.

1. lower than
2. level with or higher than
3. adjacent to

6) Ropes, straps, and webbing must be constructed of synthetic fiber.

1. True
2. False

7) Harnesses are to be made from…

1. wire rope.
2. 3/4 in. hemp.
3. cable.
4. synthetic fiber.

8) Personal fall arrest equipment must be inspected…

1. before each use.
2. annually.
3. monthly.
4. semi-annually.

9) Deceleration distance is usually around 4 feet.

1. True
2. False

10) Fall protection is required when working on an unprotected surface over\_\_\_\_ from the next level.

1. 5 ft.
2. 4 ft.
3. 8 ft.
4. 6 ft.

11) Tie-off \_\_\_\_\_\_\_\_\_ you get into a position where you could fall.

1. before
2. at the time
3. after
4. while

12) Anchor points used for fall arrest equipment should be capable of supporting at least 500 pounds.

1. True
2. False

13) When a fall occurs, the person is in…

1. terminal velocity.
2. deceleration.
3. free fall.
4. a bind.

**KEY**

1. d
2. c
3. c
4. b
5. b
6. a
7. d
8. a
9. a
10. b
11. a
12. b
13. c