

Fall Protection Basics – Quiz

Score 80% to successfully pass the quiz

Score: ____ out of 10

Name: _____ Date: _____

Organization: _____

- 1) Which Part of legislation deals with “fall protection”?
 - a. Part 12
 - b. Part 28
 - c. Part 7
 - d. Part 14

- 2) Fall protection is required at what minimum height?
 - a. 2m
 - b. 3m
 - c. 4m
 - d. 5m

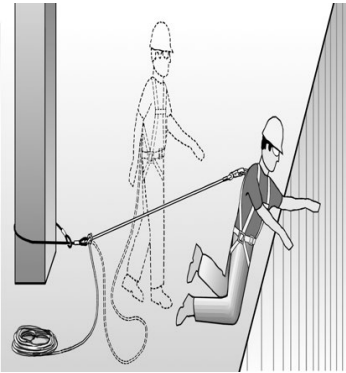
- 3) What is the piece of the harness where the lanyard attaches to on the back?
 - a. D-Ring
 - b. O-Ring
 - c. Carabiner
 - d. Clip Hook

- 4) What is the swing called when a worker may hit a structure beside them if they fall?
 - a. Clock swing
 - b. Circular swing
 - c. Pendulum swing
 - d. Rocker swing

- 5) The bump line must be how far back from the leading edge?
 - a. 8 feet
 - b. 6 ½ feet
 - c. 4 feet
 - d. 3 ½ feet

- 6) A permanent anchor point must hold how much minimum weight?
 - a. 3800lbs
 - b. 4100lbs
 - c. 8000lbs
 - d. 5000lbs

7) What is this lanyard called? **TRAVEL RESTRAINT** _____



8) What is this lanyard called? **SELF-RETRACTING** _____



9) What type of lanyard is this called? **SHOCK ABSORBER** _____



10) What are the three (3) types of rescue?

a. **SELF** _____

b. **ASSISTED** _____

c. **EMERGENCY** _____