

Name (print): _____ Date: _____ Score: _____

Signature: _____

Each question is worth 1 point unless otherwise noted. A passing score is 80% (32 out of a possible 40). Return the completed quiz to **Karen Kiselycznyk** (safety_training@lle.rochester.edu, Rm. 2212).

- 1) What is the primary cause of accidents?
 - a) Failure to follow procedures
 - b) Equipment failure
 - c) People
 - d) Hurrying

- 2) If an activity seems unsafe
 - a) Address the concern after the job is done
 - b) The system must be safe since it is at LLE
 - c) I just haven't been trained yet
 - d) Stop work and address the concern

- 3) The best way to prevent an accident is to be aware of your surroundings.
 - a) True
 - b) False

- 4) Only perform activities for which you are qualified.
 - a) True
 - b) False

- 5) When wearing a full body harness, the fall forces must be limited to a maximum of:
 - a) 900 lbs
 - b) 300 lbs
 - c) 1800 lbs
 - d) 500 lbs

- 6) A Personal Fall Arrest System must limit the maximum free fall distance to six feet.
 - a) True
 - b) False

- 7) When calculating fall distance, how much distance is added for a safety factor?
 - a) 2 feet
 - b) 3 feet
 - c) 4 feet
 - d) none

- 8) Fall protection must be used when there is a vertical drop of how many feet?
 - a) 2 feet
 - b) 4 feet
 - c) 6 feet
 - d) 8 feet

- 9) How close to an unprotected edge can personnel get before fall protection must be used?
 - a) 2 feet
 - b) 4 feet
 - c) 6 feet
 - d) 8 feet

- 20) All components of a Personal Fall Arrest System must be inspected after each use
- a) True
 - b) False
- 21) Orthostatic intolerance may be defined by the development of which of the following symptoms;
- a) light-headedness
 - b) palpitations
 - c) tremulousness
 - d) poor concentration
 - e) fatigue
 - f) nausea
 - g) dizziness
 - h) headache
 - i) sweating
 - j) weakness
 - k) occasionally fainting during upright standing
 - l) All of the above
- 22) Orthostatic intolerance is caused by venous pooling.
- a) True
 - b) False
- 23) Venous pooling is never fatal.
- a) True
 - b) False
- 24) Personnel using a PFAS must be able to recognize the symptoms of orthostatic intolerance.
- a) True
 - b) False
- 25) Suspension in a fall arrest device can result in unconsciousness, followed by death, in less than 30 minutes.
- a) True
 - b) False
- 26) Which of the following general practices/considerations is not recommended by OSHA?
- a) Rescue suspended workers as quickly as possible.
 - b) Be aware that suspended workers are at risk of orthostatic intolerance and suspension trauma.
 - c) Be aware of signs and symptoms of orthostatic intolerance.
 - d) Revive unconscious workers immediately.
 - e) Be aware that orthostatic intolerance is potentially life threatening. Suspended workers with head injuries or who are unconscious are particularly at risk.
 - f) Be aware of factors that can increase the risk of suspension trauma.
- 27) Rescue from a fall should be executed in which of the following manners
- a) Self rescue
 - b) Use of a locally available ladder or aerial work platform
 - c) Use of a Miller QuickPick Rescue Kit
 - d) Rescue by an external agency that is qualified at high angle rescue.
 - e) Any of the above
- 28) What agency must be called if a fall occurs that results in a suspended or injured worker?
- a) UR Security
 - b) City of Rochester Fire Department
 - c) West Brighton Fire Department
 - d) 911

- 29) When calling for help for a fall that resulted in injury and/or a suspended worker, what key phrase should be used?
- a) Fall injuries
 - b) Suspended worker
 - c) High angle rescue
 - d) None of the above
- 30) Evaluation by a health-care professional is recommended, however, based upon the severity of the fall it is left to the discretion of the worker
- a) True
 - b) False
- 31) Load ratings of fall protection equipment shall never be exceeded
- a) True
 - b) False
- 32) Operations requiring fall protection require a “buddy” qualified in fall protection to be present.
- a) True
 - b) False
- 33) Fall protection workers must perform a site evaluation (hazard analysis) of the area where fall protection is to be used after the activity is completed.
- a) True
 - b) False
- 34) Rescue means must be on-hand before starting any operations involving personal fall protection.
- a) True
 - b) False
- 35) Fall protection is required for step and extension ladders.
- a) True
 - b) False
- 36) Who is responsible for inspecting fall protection equipment before each use?
- a) Operations and Maintenance (O&M)
 - b) Mechanical Engineering (ME)
 - c) The user
 - d) None of the above
- 37) Maintain an attachment to a structure or lifeline at all times with the use of dual lanyards.
- a) True
 - b) False
- 38) Report any fall to the ME and Chief Safety Officers after you have completed your work.
- a) True
 - b) False
- 39) Equipment involved in a fall can remain in service.
- a) True
 - b) False
- 40) What is the only group that can put fall protection equipment back into service after a fall?
- a) Electrical Engineering (EE)
 - b) ME
 - c) O&M
 - d) None of the above