

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

- 10) Fall protection does need be worn when using a scissors lift.
a) True b) False
- 11) What is the preferred method of fall protection?
a) Railings and hole covers c) Fall restraints
b) Lifelines d) Fall arrest systems
- 12) Personal Fall Arrest Systems consist of which basic components?
a) Anchorage connector c) Connecting device
b) Body wear d) All of the above
- 13) How much weight must an anchorage must be capable of supporting per person?
a) 2500 lbs c) 7500 lbs
b) 5000 lbs d) 10000 lbs
- 14) To avoid a “swing fall” anchorage connector should be positioned directly
a) to your side c) to a guardrail
b) below your feet d) directly overhead
- 15) The only form of body wear acceptable for fall arrest is the full-body harness.
a) True b) False
- 16) The following steps describe how to put on a full body harness. Place them in the correct order. (6 points)
- _____
- a) Unbuckle chest, leg and waist straps. If the harness has a belt, unbuckle it too.
b) Hold the harness by the back D-ring and shake to allow any tangled straps to fall in place.
c) Slip the straps over the shoulders, so the back D-ring is located in the middle of the back between the shoulder blades.
d) Pull the end of one leg strap between the legs and secure it to the opposite end. Repeat this step on the other leg. If the harness has a belt, connect that after the leg straps.
e) After all buckles have been connected, adjust so that the harness fits snugly, but allows a full range of movement.
f) Connect the chest strap and position in the mid chest area, then tighten the shoulder straps.
- 17) It is vitally important that chest straps are positioned in the mid-chest area, and back D-rings located in the middle of the back between the shoulder blades.
a) True b) False
- 18) Both chest and leg straps must be tightened for a snug fit.
a) True b) False
- 19) An improperly worn harness has a high probability of causing severe injury
a) True b) False

- 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