



FALL PROTECTION SAFETY TRAINING

Name Alance Vilberron Date 11-21-22 Score 100

(Please circle the correct answer)

1. Federal OSHA generally requires fall protection if a worker is exposed a fall distance of how far?
 - a. 5'
 - b. 6'
 - c. 7'
 - d. 8'

2. In the Hierarchy of Fall Protection, is better to use:
 - a. Fall Restraint
 - b. Fall Arrest

3. T or F It is best if a fall hazard can be eliminated.

4. T or F A personal fall arrest system consists of an anchor, a harness, and a connecting device.

5. T or F Inspection of personal fall protection equipment should be done before each use.

6. T or F Falls are not the leading cause of construction fatalities.

7. T or F The D-ring on a harness should be at a worker's waist.

8. T or F If using a personal fall arrest system, OSHA says a worker cannot free fall More than 6' or hit an object below.

9. T or F Training is required before using a personal fall system.

10. T or F An anchor used as part of a fall arrest system must be rated for at least 10,000 pounds per person.

(All questions and answers were reviewed with attendees)