



LADDER SAFETY TRAINING

Name _____ Date _____ Score 10

(Please circle the correct answer)

1. T or F Most falls in construction occur while working on ladders.
2. How often must a ladder be inspected?
 - a. Prior to each use
 - b. Weekly
 - c. Monthly
 - d. Every two months
3. T or F It is ok to use a step ladder to work on while it is folded.
4. T or F If a ladder is defective, it should be clearly tagged "Do Not Use" and removed from service.
5. How should you climb and descend a ladder?
 - a. Facing the ladder and maintaining three points of contact.
 - b. Carry tools and materials in your hands.
6. T or F It is ok to exceed the ladder's weight capacity as long as the ladder is set up correctly.
7. T or F An extension ladder must extend at least 3' above the working platform and be secured.
8. T or F Items on a ladder to inspect include the rungs and rails
9. T or F You may not step on the top two rungs of a step ladder.
10. At what pitch should an extension ladder be set up?
 - a. 3:1
 - b. 4:1
 - c. 5:1

(All questions and answers were reviewed with attendees)