



About Personal Fall Arrest Systems

Quiz

ANSWERS TO THE REVIEW QUESTIONS

1. a

2. a

3. b

4. c

5. a

6. e

7. b

8. a

9. b

TO THE POINT ABOUT PERSONAL FALL ARREST SYSTEMS

Review Quiz

Name _____ Date _____

Please provide answers to the following to show how well you understand the information presented during this program.

1. Full body harnesses that have been exposed to a fall or that are damaged must be removed from service.
 - a. True
 - b. False

2. The amount of elongation of a shock-absorbing lanyard is limited to _____ feet.
 - a. 3½
 - b. 5
 - c. 6½

3. Snap hooks may be connected to any object of suitable strength provided the hook is able to close properly.
 - a. True
 - b. False

4. Regulations require that an anchor point be able to support _____ pounds of dead weight per person connected to it.
 - a. 500
 - b. 2,500
 - c. 5,000

5. The weight capacity of any anchor point used as part of a fall arrest system must be verified by a qualified person.
 - a. True
 - b. False

6. Which of the following must be included in the calculation of the total fall distance?
 - a. The worker's height
 - b. The lanyard length
 - c. The lanyard's maximum elongation length
 - d. A safety factor of three feet
 - e. All of the above

7. A self-retracting lifeline is designed to stop a fall within three feet.
 - a. True
 - b. False

8. A good rule of thumb is to keep a self-retracting lifeline within a _____ degree angle to the vertical at the anchor pint.
 - a. 15
 - b. 30
 - c. 45

9. The effects of hanging in a harness for an extended period of time are called orthostatic intolerance, commonly referred to as _____.
 - a. Hanging stress
 - b. Suspension trauma
 - c. Dangling shock