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
ANSWERS TO THE REVIEW QUESTIONS

1. a
2. a
3. b
4. c
5. a
6. e
7. b
8. a
9. b