

Quiz for Lesson 7

Outside 1st Year, Level I - Q Ed.

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Question 1

Beginning April 1, 2015, qualified workers must use fall protection while climbing or changing locations on poles, towers, or similar structures.

Select one:

- ☒ True ✓
- ☐ False ✗

The correct answer is 'True'.

Question 2

OSHA will require all fall arrest equipment to pass a drop test after it is ?.

- ☐ a. abraded ✗
- ☒ b. arc tested ✓
- ☐ c. cut ✗
- ☐ d. shock loaded ✗

The correct answer is: arc tested

Question 3

Work positioning equipment must meet the electric arc exposure requirements.

Select one:

- ☐ True ✖
- ☒ False ✔

The correct answer is 'False'.

Question 4

When selecting equipment, the Qualified Electrical Worker should make the selection based on ?.

- ☐ a. best value ✖
- ☐ b. most popular brand ✖
- ☒ c. most suitable for intended work ✔
- ☐ d. use by other crew members ✖

The correct answer is: most suitable for intended work

Question 5

To minimize the chance of injury in the event of a fall, lanyards should be kept ?.

- ☒ a. as short as possible ✔
- ☐ b. wherever available ✖
- ☐ c. wherever cheapest ✖
- ☐ d. where most suitable for intended work ✖

The correct answer is: as short as possible

Question 6

A ? system is a barrier erected to prevent employees from falling to lower levels.

- ☐ a. cover ❌
- ☐ b. kickboard ❌
- ☒ c. guardrail ✔️
- ☐ d. tape and flagging ❌

The correct answer is: guardrail

Question 7

What is the OSHA specified maximum length a worker can fall while using a lanyard?

- ☐ a. 2' ❌
- ☐ b. 4' ❌
- ☒ c. 6' ✔️
- ☐ d. 12' ❌

The correct answer is: 6'

Question 8

Personal fall arrest systems, work-positioning equipment, or fall restraint systems must be used when an employee is working on a pole, tower, or similar structure more than ? above the ground.

- ☐ a. 2' ❌
- ☒ b. 4' ✔️
- ☐ c. 6' ❌
- ☐ d. 8' ❌

The correct answer is: 4'

Question 9

A system that consists of an anchorage, connectors, and body harness, and includes a lanyard/deceleration device, lifeline, or combination thereof, is called a personal fall arrest system.

Select one:

- ☒ True ✓
- ☐ False ✗

The correct answer is 'True'.

Question 10

Tree branches, utility line conductors, cables, tower legs, cross bracing, and lattice work are considered lower levels by OSHA.

Select one:

- ☐ True ✗
- ☒ False ✓

The correct answer is 'False'.

Question 11

According to OSHA, a fall arrest system should be rigged so that a worker cannot free fall more than ___ nor contact any lower level.

- ☐ a. 2' ✗
- ☐ b. 4' ✗
- ☒ c. 6' ✓
- ☐ d. 8' ✗

The correct answer is: 6'

Question 12

D-rings and snap hooks used for fall protection must have a minimum tensile strength of __?__.

- ☐ a. 1,000 lbs ❌
- ☐ b. 3,000 lbs ❌
- ☒ c. 5,000 lbs ✓
- ☐ d. 10,000 lbs ❌

The correct answer is: 5,000 lbs

Question 13

When working from an aerial lift, a fall restraint or personal fall arrest system shall be used.

Select one:

- ☒ True ✓
- ☐ False ❌

The correct answer is 'True'.

Question 14





OSHA specifies that the maximum length of a lanyard shall provide for a fall of no greater than __?__.

- ☐ a. 0' ❌
- ☐ b. 2' ❌
- ☐ c. 4' ❌
- ☒ d. 6' ✓

The correct answer is: 6'

Question **15**

With a work positioning system, a worker can fall ?.


- ☐ a. 0' 
- ☒ b. 2' 
- ☐ c. 4' 
- ☐ d. 6' 

The correct answer is: 2'

Question **16**

A work positioning device cannot be used while climbing step bolts on a concrete or steel pole.





Select one:

- ☐ True 
- ☒ False 

The correct answer is 'False'.

Question **17**

Guardrail systems used to meet the requirement of fall protection shall be constructed with a rail height of ?, plus or minus three inches.

- ☐ a. 30" 
- ☐ b. 36" 
- ☒ c. 42" 
- ☐ d. 48" 

The correct answer is: 42"

Question 18

It is proper procedure to hook a snaphook to another snaphook.

Select one:

- ☐ True ✖
- ☒ False ✔

The correct answer is 'False'.

Question 19

Guardrails must be capable of withstanding a __?__ downward and outward force applied within two inches from the top rail at any point along the top edge.

- ☐ a. 150-lb ✖
- ☒ b. 200-lb ✔
- ☐ c. 250-lb ✖
- ☐ d. 300-lb ✖

The correct answer is: 200-lb

Question 20

Who can modify equipment?

- ☒ a. Manufacturer ✔
- ☐ b. Supervisor ✖
- ☐ c. Worker ✖
- ☐ d. All of the above ✖

The correct answer is: Manufacturer

Question 21

Avoid rubbing fall protection equipment on ? and ?.

- ☒ a. abrasive surfaces / sharp edges ✓
- ☐ b. chemically treated surfaces / rusted edges ✗
- ☐ c. extremely heated surfaces / corrosive materials ✗
- ☐ d. weathered materials / jagged structures ✗

The correct answer is: abrasive surfaces / sharp edges

Question 22

Equipment subjected to impact loading should be ?.

- ☐ a. inspected daily ✗
- ☒ b. removed from service and destroyed/discarded ✓
- ☐ c. used as long as it passes inspection ✗
- ☐ d. none of the above ✗

The correct answer is: removed from service and destroyed/discarded

Question 23

To ensure that a snaphook is fully engaged, a worker should ?.

- ☐ a. feel the snaphook to ensure engagement ✗
- ☐ b. listen for the locking sound ✗
- ☐ c. perform a weight load test ✗
- ☒ d. visually inspect it ✓

The correct answer is: visually inspect it

Question 24

If attaching a personal fall arrest system directly to a web loop, the web loop must be ? .

- ☐ a. carefully inspected for abrasions, broken strands or excessive wear ✖
- ☐ b. clear of any burns, chars or cuts within the material ✖
- ☐ c. properly secured without broken stitches/strands ✖
- ☒ d. all of the above ✔

The correct answer is: all of the above

Question 25

The keeper/gate of the snap hook should be positioned so that it is never load bearing.

Select one:

- ☒ True ✔
- ☐ False ✖

The correct answer is 'True'.

Question 26

Warning lines, used in warning line systems, shall be erected at least ? from the roof edge when no mechanical equipment is being used.

- ☒ a. 6' ✔
- ☐ b. 7' ✖
- ☐ c. 7 1/2' ✖
- ☐ d. 8' ✖

The correct answer is: 6'

Question 27

Fall arrest anchor points must support a minimum of ___ per attached worker and be independent of worker support.

- ☐ a. 4,000 lbs ✖
- ☒ b. 5,000 lbs ✔
- ☐ c. 7,000 lbs ✖
- ☐ d. 8,000 lbs ✖

The correct answer is: 5,000 lbs

Question 28

For fall arrest, the anchor point should always be kept ___ the rear fall arrest attachment.

- ☒ a. above ✔
- ☐ b. below ✖
- ☐ c. diagonally to ✖
- ☐ d. perpendicular to ✖

The correct answer is: above

Question 29

Side D-rings are not intended for fall arrest.

Select one:

- ☒ True ✔
- ☐ False ✖

The correct answer is 'True'.

Question 30

Positioning side D-rings are intended for attachment of ? .

- ☒ a. connecting device only ✓
- ☐ b. fall arrest only ✗
- ☐ c. rescue device only ✗
- ☐ d. work positioning only ✗

The correct answer is: connecting device only

Question 31

The sternal D-ring is for fall attachment when likely fall distance is not greater than ? .

- ☐ a. 1' ✗
- ☒ b. 2' ✓
- ☐ c. 3' ✗
- ☐ d. 4' ✗

The correct answer is: 2'

Question 32

When using the safety monitor program, a competent person has to be close enough to the workers that they can ? .

- ☒ a. communicate orally with the workers ✓
- ☐ b. monitor the work procedures ✗
- ☐ c. observe the work being conducted ✗
- ☐ d. summon help if needed ✗

The correct answer is: communicate orally with the workers

Question 33

The dorsal D-ring, pigtail D-ring, or web loop are the ___ for ___ attachment.

- ☒ a. primary / fall arrest ✓
- ☐ b. primary / work positioning ✗
- ☐ c. secondary / fall arrest ✗
- ☐ d. secondary / work positioning ✗

The correct answer is: primary / fall arrest

Question 34

The OSHA fall protection standard does not contain training requirements.

Select one:

- ☐ True ✗
- ☒ False ✓

The correct answer is 'False'.

Question 35

Shoulder D-rings can be used for fall arrest.

Select one:

- ☐ True ✗
- ☒ False ✓

The correct answer is 'False'.

Question 36

The suspension bridle is only used for _?_.

- ☐ a. fall arrest ❌
- ☐ b. rescue ❌
- ☐ c. travel restraint ❌
- ☒ d. work positioning ✔️

The correct answer is: work positioning

Question 37

To comply with OSHA's requirement that impact force of a fall shall not exceed 1,800 pounds of force, a harness should be used with a deceleration unit.

Select one:

- ☒ True ✔️
- ☐ False ❌

The correct answer is 'True'.

Question 38

If a harness shows signs of minimal fraying, it should be discarded.

Select one:

- ☐ True ❌
- ☒ False ✔️

The correct answer is 'False'.

Question 39

A harness should be immediately removed from service if there are _?_.

- ☐ a. broken fibers ✖
- ☐ b. cuts in webbing ✖
- ☐ c. leather strength components ✖
- ☒ d. any of the above ✔

The correct answer is: any of the above

Question 40

If hardware is bent on a harness, then the Qualified Electrical Worker should _?_.

- ☒ a. discard the harness ✔
- ☐ b. rebend the hardware ✖
- ☐ c. replace the hardware ✖
- ☐ d. use the harness, if not severely bent ✖

The correct answer is: discard the harness

Question 41

Where should lanyards be attached on harnesses?

- ☐ a. Front at sternum level ✖
- ☐ b. Lower back by the waist ✖
- ☒ c. Middle back near shoulder blades ✔
- ☐ d. Work positioning D-ring ✖

The correct answer is: Middle back near shoulder blades

A fall arrest attachment with a web loop must be attached to a harness with a ? or a ?.

- ☒ a. hitch / carabiner ✓
- ☐ b. hitch / locking snap hook ✗
- ☐ c. hitch / metal connector ✗
- ☐ d. none of the above ✗

The correct answer is: hitch / carabiner
