

**Fall Protection – Quiz**

1.	True	False	At SDS Lumber Company fall arrest equipment is issued by the tool room.
2.	True	False	A full body harness should fit loosely so it doesn't tighten up if you fall.
3.	True	False	Fall restraint belts can be used for fall arrest.
4.	True	False	Fall arrest equipment is to be inspected by the user prior to each use.
5.	True	False	The basic pieces of a fall arrest system include the anchorage, harness, and connectors.
6.	True	False	Anchorage points must be capable of supporting 5000 pounds for each employee if exposed a vertical fall of 6 feet.
7.	True	False	A full body harness disperses the forces of a fall across the chest, thighs, pelvis and shoulders..
8.	True	False	Standard handrails at SDS Lumber Company are 42" and are required to have a mid-rail.
9.	True	False	It is your responsibility to pre-plan for a rescue if you fall on the job.
10.	True	False	When inspecting a web lanyard you should look for cuts, discoloration, cracks, frayed or broken stitching.
11.	True	False	Deceleration devices include rope grabs, rip stitch/tearing lanyards, and self-retractable lanyards..
12.	True	False	Step ladders and aerial lifts are good tools to use during a fall arrest rescue as long as they are high enough.
13.	True	False	Fall restraint belts are required when working on the infeed conveyor leading to Chippers or Hogs.
14.	True	False	Here at SDS Lumber Company there are 3 types of fall protection they are handrails, fall restraint, and fall arrest.
15.	True	False	Fall protection is not required when the lower level is 4 foot below and the unguarded opening is 13 inches by 24 inches.

**Training Record for Fall Protection**

This is to certify that I have been trained and informed on the hazards and precautions associated with the SDS Lumber Company Fall Protection Policy..

EMPLOYEE NAME

PRINT \_\_\_\_\_ SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_ TRAINER \_\_\_\_\_

**Fall Protection – Answers to Quiz**

1. True	
2. False	Your harness should fit snugly but allow you to move freely.
3. False	Fall restraint belts can be used as a positioning device that keeps a person in position and stops fall within 2 feet.
4. True	
5. True	
6. True	
7. True	
8. True	.
9. False	A company designated and certified competent person plans for the worst case scenario.
10. True	
11. True	
12. True	
13. True	
14. True	
15. False	Fall protection is required when the least (narrowest) dimension is more than 12 inches.

**Fall Protection - Lesson Plan**

1. Hand out the pencils to be used for the quiz. Make sure that you have enough pencils for your crew.
2. Pass around the sign in sheet and ask everyone to please print and sign their names.
3. Review Fall Protection Training Documents.
4. Hand out quizzes.
5. Answer any questions on the subject that the crew might have. If you don't know the answer, tell them you will find the answer and get back to them. (Make sure you do what you said you would do.)
6. Collect the papers and pencils and thank the group for their dedication to safety.
7. Send sign-in sheet and quizzes to the EHS Office for recording.