

## 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 point.
  - 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