FALL PROTECTION – GENERAL KNOWLEDGE QUIZ

1 – Per the OSHA General Industry Standards, _at what height must a worker be protected from falling?_
- a) Four (4) feet
- b) Five (5) feet
- c) Six (6) feet
- d) Eight (8) feet

Answer: A – OSHA's General Industry Standard 1910.28(b)(1)(i) requires workers be protected when on a walking / working surface that is 4 feet or more above a lower surface.

2 – TRUE or FALSE: Fall protection on a step ladder is not required until the _feet of the person_ using the ladder are _more than 4 feet from the surface_.

Answer: FALSE – Portable ladders are exempted from the Fall Protection Standard 1910.28(a)(2)(i).

3 – TRUE or FALSE: A _manila_ rope life line must be inspected _monthly_ by a _Qualified Person_.

Answer: FALSE – Natural fiber ropes are prohibited in a personal fall arrest system. 1910.140(c)(15)

4 – What is total maximum free fall distance allowable for a personal Fall Arrest System
- a) 6 feet
- b) 8 feet
- c) 10 feet
- d) 12 feet

Answer: A –Personal fall arrest systems are rigged in such a manner that the employee cannot free fall more than 6 feet (1.8 m) or contact a lower level. 1910.140(d)(2)(ii)

5 – A personal Fall Arrest System must limit the falling employee's deceleration distance and _bring them to a complete stop within what distance_?
- a) 2.25 feet
- b) 3.5 feet
- c) 5.5 feet
- d) 6.75 feet

Answer: B – 1910.140(d)(1)(ii) Personal Fall Arrest Systems must bring the employee to a complete stop and limit the maximum deceleration distance the employee travels to 3.5 feet (1.1 m)

6 – If the employee can fall up to 6 feet, and then be decelerated to a stop in 3 ½ feet, what is minimum height that a worker can fall before coming to a stop above the ground?
- a) 6 feet
- b) 9.5 feet
- c) 14.5 feet
- d) 18 feet

Answer: C – 14.5' Minimum - did you account for the approximately 5 feet of the worker below the D-ring? Better answer is D. ANSI recommends a 3-foot safety factor be added.

Bonus Question: What is the weight limit for our fall protection body harnesses and lanyards?