

Fall Protection Fundamentals - Knowledge Check

29 CFR 1926.503 / applicable walking-working surface rules

Employee: _____ Date: _____

1. Fall protection should be selected based on:

- ☐ A. The actual hazard, task and applicable standard
- ☐ B. Employee preference only
- ☐ C. The lowest-cost device
- ☐ D. A universal height for all work

2. Travel restraint is intended to:

- ☐ A. Keep a worker from reaching the fall edge
- ☐ B. Arrest a fall after it occurs
- ☐ C. Replace guardrails automatically
- ☐ D. Serve as a rescue system

3. Personal fall arrest requires attention to:

- ☐ A. Anchorage, connectors, harness, clearance and rescue
- ☐ B. Only harness color
- ☐ C. Only lanyard length
- ☐ D. Only shoe type

4. A worker should anchor to:

- ☐ A. An approved anchorage/system for the task
- ☐ B. Any pipe that looks strong
- ☐ C. A handrail without approval
- ☐ D. Another worker

5. Fall-protection equipment should be inspected:

- ☐ A. Before use and as required by the employer/manufacture
- ☐ B. Only after a fall
- ☐ C. Only annually
- ☐ D. Only by the vendor

6. Damaged or impact-loaded equipment should be:

- ☐ A. Removed from service and handled per program/manufacture
- ☐ B. Used for light duty
- ☐ C. Shared with another worker
- ☐ D. Hidden in storage

7. A rescue plan matters because:

- ☐ A. Suspended workers may need prompt rescue after a fall
- ☐ B. It increases tool storage
- ☐ C. It replaces training
- ☐ D. It eliminates clearance needs

8. Standing on guardrails is:

- ☐ A. Unsafe and not an acceptable way to gain height
- ☐ B. Allowed below 10 feet
- ☐ C. Allowed with safety glasses
- ☐ D. Required for roof work

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25 of 100 questions / applicable walking-working surface rules

9. Employees exposed to fall hazards should be trained to:

- ☐ A. Recognize hazards and use the required procedures/systems
- ☐ B. Only sign attendance
- ☐ C. Choose their own anchorages
- ☐ D. Skip inspection after experience

10. This course replaces site-specific fall-protection instruction.

- ☐ A. False
- ☐ B. True

General fall-hazard instruction. Employer training must address the fall hazards and protection systems used in the actual work area and applicable industry standard.