



# MEL SAFETY INSTITUTE SHIFT BRIEFING

## Fall Protection – General Knowledge Quiz

1 – In 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 – A personal Fall Arrest System must limit the falling employee’s deceleration distance and bring him or her 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)

5 – 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** – 1910.140(d)(2)(ii) 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.

**Bonus** – Standard personal fall arrest systems are rated for what combined weight of worker and tools?

Answer: 310 pounds. **Check what your agency’s equipment is rated at.**

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