

# Test Administration Instructions



**SAFETY EXCELLENCE INITIATIVE**

## How to Administer Tests to Trainees

In this document, you will find a 20-question multiple-choice test that corresponds with a particular MCAA Safety Training Video.

1. Ensure that you have the test that corresponds with the planned video training.
2. Make one copy of the test for each trainee.
3. Give one test to each trainee. Remind them to put their name on each page of their copy in case pages become separated.
4. Collect all test papers after they are completed.
5. Grade the tests using the answer keys provided in the "Answer Keys" document at [www.mcaa.org/private/videos](http://www.mcaa.org/private/videos).
6. Return the graded test papers to each trainee. Make sure they understand the correct answers to all of the test questions they answered incorrectly.
7. Collect **ALL** of the test papers and place them in a secure file.
8. Keep the completed test papers with your documentation for this video to show proof of worker training.

# Making the Right Choices: Fall Restraint and Arrest Systems Test



**SAFETY EXCELLENCE INITIATIVE**

Name: \_\_\_\_\_

**Directions – Circle the letter corresponding to the best answer for each question.**

1. Fall prevention refers to \_\_\_\_\_.
  - a. fall arrest systems, fall restraint systems and floor hole covers.
  - b. fall restraint systems, floor hole covers and guardrail systems.
  - c. fall restraint systems, nets and guardrail systems.
  - d. fall arrest systems, nets and guardrail systems.
  
2. Before using a fall arrest system you must calculate the \_\_\_\_\_.
  - a. fall distance.
  - b. weight of the worker, tools and equipment.
  - c. working height off the ground.
  - d. fall clearance.
  
3. In most cases you need a fall prevention or protection system when working in construction at \_\_\_\_\_ feet or more above a lower level or an object below.
  - a. 4
  - b. 6
  - c. 10
  - d. 15
  
4. A fall restraint system consists of a full body harness, a sturdy anchor point and a \_\_\_\_\_.
  - a. self-retracting lifeline.
  - b. shock absorbing lanyard.
  - c. lanyard that is short enough to prevent a fall from occurring.
  - d. horizontal lifeline.
  
5. It's good safe work practice to use a fall restraint system on scissors lifts that are designed for them because \_\_\_\_\_.
  - a. it will protect the user from injury if a fall occurs.
  - b. it will prevent the user from climbing up on the mid-rail and top-rail.
  - c. it will help the user keep both feet planted firmly on the lift's platform.
  - d. b and c.

*More...*

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Name: \_\_\_\_\_

6. When preparing to put on a full body harness it's always best to start by lifting it up and holding it out by the \_\_\_\_\_
  - a. shoulder straps.
  - b. worker positioning D-rings.
  - c. D-ring held in place by the D-ring pad attached to the shoulder straps.
  - d. chest strap.
  
7. Fall arrest systems \_\_\_\_\_
  - a. limit the distance you can fall.
  - b. absorb and distribute much of the force created by the fall.
  - c. prevent a fall from occurring.
  - d. a and b.
  
8. A fall arrest system includes a \_\_\_\_\_
  - a. full body harness, appropriate anchor and standard 6 foot lanyard.
  - b. full body harness, appropriate anchor and shock absorbing lanyard.
  - c. full body harness, appropriate anchor and shock absorbing lanyard or self-retracting lifeline.
  - d. full body harness, appropriate anchor and self-retracting lifeline.
  
9. All components of a fall arrest system must be \_\_\_\_\_
  - a. compatible.
  - b. brand new.
  - c. perfectly clean.
  - d. unbreakable.
  
10. When preparing to use a fall restraint or fall arrest system you should carefully inspect \_\_\_\_\_
  - a. The full body harness and lanyard.
  - b. The full body harness, lanyard or self-retracting lifeline, and the anchor.
  - c. The full body harness and the self-retracting lifeline.
  - d. The anchorage point.
  
11. If you find any damage during your inspection you should immediately \_\_\_\_\_
  - a. report it to your supervisor.
  - b. take it out of service.
  - c. follow your company's procedures for taking defective equipment out of service.
  - d. repair it before using it.

*More...*

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**SAFETY EXCELLENCE INITIATIVE**

Name: \_\_\_\_\_

12. When adjusting a full body harness to fit properly, start by adjusting the \_\_\_\_\_.
  - a. chest strap.
  - b. shoulder straps.
  - c. leg straps.
  - d. fall arrest D-ring.
  
13. If you fail to secure your leg straps and you experience a fall you could \_\_\_\_\_.
  - a. end up with pooling of blood in your legs.
  - b. end up dangling in the shoulder straps until you are rescued.
  - c. hang yourself on the chest strap as you fall out of the harness.
  - d. all of the above.
  
14. If you fall while using a fall arrest system properly, the force of the fall will generate around \_\_\_\_\_ of force on your body.
  - a. 900 pounds
  - b. 1,800 pounds
  - c. 5,000 pounds
  - d. 1,500 pounds
  
15. Adjusting the shoulder straps in a full body harness \_\_\_\_\_.
  - a. raises the entire harness to the correct position on your body.
  - b. prevents you from falling out of the harness.
  - c. moves the positioning D-rings to the incorrect position.
  - d. makes it impossible to properly adjust the leg straps.
  
16. If the leg straps are properly adjusted you should be able to \_\_\_\_\_.
  - a. move around freely.
  - b. snugly fit your flat hand between the inside of the strap and your leg.
  - c. wear the harness comfortably.
  - d. all of the above.
  
17. To work properly, the sub-pelvic strap or seat sling must be positioned \_\_\_\_\_.
  - a. just below the small of your back.
  - b. at the base of your butt.
  - c. between the leg straps.
  - d. across the middle of your butt.

*More...*

# Making the Right Choices: Fall Restraint and Arrest Systems Test



**SAFETY EXCELLENCE INITIATIVE**

Name: \_\_\_\_\_

18. Fall protection refers to \_\_\_\_\_
- a. fall arrest systems and nets.
  - b. fall restraint systems and guardrail systems.
  - c. fall arrest systems and floor hole covers.
  - d. fall arrest systems and fall restraint systems.
19. A fall clearance calculation includes \_\_\_\_\_
- a. the height of the worker and the length of the lanyard.
  - b. a safety factor of 3.
  - c. the stretching of the lanyard.
  - d. all of the above.
20. A fall arrest anchorage point must be able to withstand at least 5,000 pounds of downward force or a force that provides at least a safety factor of \_\_\_\_\_
- a. 2 to 1.
  - b. 3 to 1.
  - c. 4 to 1
  - d. 10 to 1.