



Fall Arrest Competency Check

Score 80% to successfully pass the quiz

Score: _____ out of 10

Name: _____ Date: _____

1) Which Part of OH&S Code deals with "fall protection"?

- a. Part 12
- b. Part 28
- c. Part 7
- d. Part 9

2) Fall protection is required at what minimum height?

- a. 2m
- b. 3m
- c. 4m
- d. 5m
- e. Less than 3m if there is potential for injury due to a fall
- f. b & e

3) What is the piece of the harness where the lanyard attaches to on the back?

- a. D-Ring
- b. O-Ring
- c. Carabiner
- d. Clip Hook

4) What is the swing called when a worker may hit a structure beside them if they fall?

- a. Clock swing
- b. Circular swing
- c. Pendulum swing
- d. Rocker swing

5) The basic components of a fall arrest system include the anchorage point, harness, and connector/lanyard.

True

False



6) Fall arrest equipment only needs to be inspected monthly.

True

False

7) Fall protection devices subject to shock loading imposed during a fall does not have to be taken out of service and returned to the shop with an incident/near miss report.

True

False

8) Fall arrest equipment does not need to be used to quickly change saver head rubbers.

True

False

9) Employees should never engage in a working at heights task that utilizes fall arrest equipment when working alone.

True

False

10) Devices should be removed from service if:

- a) Harness was subject to the force of a fall
- b) Labels are absent or illegible
- c) Harness is the wrong colour
- d) There are sufficient indications of defects to deem the harness UNSAFE
- e) a, b & d

Trainer Name & Signature: