

# ***EXAM***

## ***OSHA AWARENESS SERIES***

### ***FALL PROTECTION***

***Course 12909***  
***6 Hours of Continuing***  
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**Materials included**

1. REVIEW MATERIALS
2. EXAM
3. Answer Sheet

**Review the materials, complete the answer sheet and return it to us for grading.**

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# OSHA Fall Protection

## Review OSHA Fall Protection and Residential Construction Q&A Fact Sheets, WISCON Information sheets and OSHA website information pages for questions 1 to 9

1. With the issuance of the new directive, all residential construction employers must comply with 29 CFR 1926.501(b)(13).

- Residential construction employers generally must ensure that employees working six feet or more above lower levels use \_\_\_\_\_ .
  - a. guardrails
  - b. safety nets
  - c. personal fall arrest systems
  - d. Any of the above (a, b, and c)

2. What is OSHA's definition of construction work?

- a. construction, alteration, and/ or repair including painting and decorating
- b. construction, alteration, and/or repair excluding painting and decorating
- c. construction, alteration, and/or repair including painting, but excluding decorating
- d. construction and/or repair

3. The OSHA Region 5 regional office is located in which state/ city?

- a. Indiana / Indianapolis
- b. Illinois/ Chicago
- c. Michigan / Detroit
- d. Wisconsin/ Madison

4. If I live and work in La Crosse County my OSHA area office is: \_\_\_\_\_.

- a. Appleton
- b. Madison
- c. Eau Claire
- d. Milwaukee

5. The WISCON Program offers a \_\_\_\_\_ consultation process.

- a. 2 step process
- b. 4 step process
- c. 6 step process
- d. None of the above

6. Who offers the WISCON Consultation?

- a. Dept of Health Services
- b. Dept of Natural Resources
- c. Wisconsin State Laboratory of Hygiene
- d. Dept of Safety and Professional Services

7. Why was compliance directive STD 03-00-001 rescinded?

- a. Falls continue to be the leading cause of death among construction workers.
- b. Statistics show that fatalities from falls are consistently high for residential construction activities.
- c. Both a and b
- d. None of the above

8. Under 1926.501(b)(13), if the employer can demonstrate that the use of conventional fall protection would be infeasible or create a greater hazard, monitors \_\_\_\_\_ be used as part of an employer's written fall protection plan under 1926.502(k).

- a. may
- b. shall
- c. will
- d. must

9. The WISCON/ Wisconsin State Laboratory of Hygiene consultation program is a \_\_\_\_\_.

- a. mandatory OSHA requirement
- b. mandatory state of Wisconsin requirement
- c. mandatory Dept. of Health Services requirement
- d. voluntary activity that you need to request

**Review the OSHA Guidance Document – Fall Protection in Residential Construction  
for questions 10 to 12**

10. Where can you find OSHA requirements for scaffolds, ladders and aerial lifts?

- a. Part 1926 – Subpart L
- b. Part 1926 – Subpart X
- c. 1926.453
- d. All of the above

11. Installing Ridge Poles and Rafters. Anchors. Employees installing ridge poles and rafters can use strap anchors and bolt-on anchors. These anchors can be used with personal fall arrest systems and fall restraint to provide fall protection for workers engaged in this activity. Both anchors \_\_\_\_\_ be removed and reused according to the manufacturer's instructions.

- a. must
- b. can
- c. will
- d. shall

12. Mobile scaffolds can be used effectively for residential construction workers. These scaffolds \_\_\_\_\_ be placed on the cured concrete basement floor of a structure. From the elevated platform of the mobile scaffold, workers can install carrier beams, floor joists, and floor trusses.

- a. must not
- b. can not
- c. can
- d. must

**Review the OSHA Fact Sheets for questions 13 to 21**

13. The OSHA onsite inspection begins with \_\_\_\_\_

- a. the presentation of the compliance officer's credentials.
- b. employee interviews
- c. the compliance officer giving the employer a fine
- d. None of the above, OSHA needs to inform the employer of an onsite inspection

14. Portable ladders need to be positioned at least \_\_\_\_\_ above the landing.

- a. No minimum positioning is needed
- b. 1 foot
- c. 2 feet
- d. 3 feet

15. Safe Work Practices for Aerial lifts include, but are not limited to:

- a. Never move the equipment with workers in an elevated platform unless this is permitted by the manufacturer.
- b. Maintain a minimum clearance of at least 20 feet, or 6 meters, away from the nearest overhead lines.
- c. Use outriggers, if provided
- d. A and C only.

16. OSHA may conduct Phone/Fax investigations, with permission of a complainant. The employer must respond in writing within \_\_\_\_\_, identifying any problems found and noting corrective actions taken or planned.

- a. 2 working days
- b. 5 working days
- c. 2 days
- d. 5 days

17. OSHA general industry fall protection \_\_\_\_\_ employers to:

- Provide working conditions that are free of known dangers.
  - Keep floors in work areas in a clean and sanitary condition.
  - Select and provide required personal protective equipment at no cost to workers.
  - Train workers about job hazards in a language that they can understand.
- a. urges
  - b. requires
  - c. suggests
  - d. recommends

18. Inspection Results: OSHA must issue a citation and proposed penalty within \_\_\_\_\_ months of the violation's occurrence.

- a. two
- b. four
- c. six
- d. eight

19. A ladder placed in any location where it can be displaced by other work activities \_\_\_\_\_ be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.

- a. must
- b. can
- c. should
- d. may

20. Supported Scaffold: Planks are to be overlapped on a support at least \_\_\_\_\_, but no more than \_\_\_\_\_.

- a. 4 inches; 12 inches
- b. 6 inches; 12 inches
- c. 4 inches; 10 inches
- d. 6 inches; 10 inches

21. Inspect \_\_\_\_\_ daily, before each work shift, and after any event that may have caused damage.

- a. scaffolds
- b. scaffold parts
- c. scaffolds and scaffold parts
- d. None of the above

**Review the OSHA Presentation/PowerPoint for questions 22 to 31**

22. STD 03-11-002, Compliance Guidance for Residential Construction was issued \_\_\_\_\_

- a. June 18, 1999
- b. December 16, 2010
- c. March 16, 2011
- d. June 16, 2011

23. According to the BLS released statistics, which is the number one leading causes of construction fatalities?

- a. Falls
- b. Struck by
- c. Electrocutions
- d. Caught in/between

24. Where can you find information on Controlled access zones and control lines?

- a. 29 CFR 1926.502(k)
- b. 29 CFR 1926.21
- c. 29 CFR 1926.501(b)(2)(ii)
- d. None of the above

25. If the employer can demonstrate that it is infeasible or does create a greater hazard to use the required fall protection system, the employer \_\_\_\_\_ instead develop and implement a written site specific fall protection plan in accordance with 29 CFR 1926.502(k).

- The agency does not consider “economic infeasibility” to be a basis for falling to provide conventional fall protection.

- a. can
- b. should
- c. may
- d. must

26. Under 29 CFR 1926.503, workers exposed to \_\_\_\_\_ must be trained to recognize potential \_\_\_\_\_ and in the procedures to be followed to minimize those hazards.

- a. fall hazards
- b. toxic materials hazard
- c. slip hazard
- d. None of the above



27. A Personal Fall Arrest System (PFAS) must include the following components:

- a. Anchorage and Body Harness
- b. Anchorage and Connector/Lanyard
- c. Body Harness and Connector/Lanyard
- d. Anchorage, Body Harness and Connector/Lanyard

28. Guardrail systems must withstand \_\_\_\_\_ and mid rails halfway must withstand \_\_\_\_\_.

- a. 125 pounds/ 100 pounds
- b. 150 pounds / 150 pounds
- c. 200 pounds/ 150 pounds
- d. There are no specific requirements

29. Safety net systems: What is my minimum required horizontal distance, if my vertical distance from working level to horizontal plane of net is 5 to 10 feet?

- a. 8 feet
- b. 10 feet
- c. 13 feet
- d. None of the above

30. Under 1926.502(k) the fall protection plan:

- a. Must be written
- b. Must be site-specific
- c. Both a and b
- d. None of the above

31. When it comes to OSHA Fall Protection, what does CAZ stand for?

- a. Controlled Access Zones
- b. Combustion Appliance Zones
- c. Construction Access Zones
- d. Conventional Access Zones

**Review the Illustrated Commentary CFR 1926 – Subpart M –  
for questions 32 to 60**

**§ 1926.500 Scope, application, and definitions applicable to this subpart.**

32. *Scope and application.* (1) This subpart sets forth requirements and criteria for fall protection in construction workplaces covered under 29 CFR part 1926. Exception: The provisions of this subpart do not apply when employees are making an \_\_\_\_\_ of workplace conditions prior to the actual start of construction work or after all construction work has been completed.

- a. assessment
- b. inspection
- c. investigation
- d. Any of the above

33. Lanyard means a flexible \_\_\_\_\_ which generally has a connector at each end for connecting the body belt or body harness to a deceleration device, lifeline, or anchorage.

- a. line of rope
- b. wire rope
- c. strap
- d. Any of the above

34. The use of a body belt as a *personal fall arrest system* has been prohibited since:

- a. January 1, 1986
- b. January 1, 1996
- c. January 1, 1998
- d. None of the above

35. *Opening* means a gap or void \_\_\_\_\_ or more high and \_\_\_\_\_ or more wide, in a wall or partition, through which employees can fall to a lower level.

- a. 30 inches/ 18 inches
- b. 35 inches/ 20 inches
- c. 40 inches/ 22 inches
- d. 42 inches/ 23 inches

**§ 1926.501 Duty to have fall protection**

36. *Protection from falling objects.* When an employee is exposed to falling objects, the employer shall have each employee wear a hard hat and shall implement \_\_\_\_\_:

- (1) Erect toeboards, screens, or guardrail systems to prevent objects from falling from higher levels; or,
- (2) Erect a canopy structure and keep potential fall objects far enough from the edge of the higher level so that those objects would not go over the edge if they were accidentally displaced; or,
- (3) Barricade the area to which objects could fall, prohibit employees from entering the barricaded area,

and keep objects that may fall far enough away from the edge of a higher level so that those objects would not go over the edge if they were accidentally displaced.

- a. one of the following measures
- b. at least two of the following measures
- c. all of the following measures
- d. none of the above

**§ 1926.503 Training requirements.**

37. The following training provisions supplement and clarify the requirements of §1926.21 regarding the hazards addressed in subpart M of this part. (2) The \_\_\_\_\_ shall assure that each employee has been trained, as necessary, by a competent person qualified in the following areas:

- (i) The nature of fall hazards in the work area;
- (ii) The correct procedures for erecting, maintaining, disassembling, and inspecting the fall protection systems to be used;
- (iii) The use and operation of guardrail systems, personal fall arrest systems, safety net systems, warning line systems, safety monitoring systems, controlled access zones, and other protection to be used;
- (iv) The role of each employee in the safety monitoring system when this system is used;
- (v) The limitations on the use of mechanical equipment during the performance of roofing work on low-sloped roofs;
- (vi) The correct procedures for the handling and storage of equipment and materials and the erection of overhead protection; and
- (vii) The role of employees in fall protection plans;
- (viii) The standards contained in this subpart.

- a. home owners
- b. employer
- c. co-workers
- d. All of the above

**§ 1926.502 Fall protection systems criteria and practices.**

38. *Guardrail systems.* Guardrail systems and their use shall comply with the following provisions:

(1) Top edge height of top rails, or equivalent guardrail system members, shall be 42 inches (1.1 m) plus or minus \_\_\_\_\_ above the walking/working level. When conditions warrant, the height of the top edge may exceed the 45-inch height, provided the guardrail system meets all other criteria of this paragraph.

Note: When employees are using stilts, the top edge height of the top rail, or equivalent member, shall be increased an amount equal to the height of the stilts.

- a. 3 inches
- b. 4 inches
- c. 5 inches
- d. 6 inches

39. *Guardrail systems.* Guardrail systems shall be capable of withstanding, without failure, a force of at least \_\_\_\_\_ (890 N) applied within 2 inches (5.1 cm) of the top edge, in any outward or downward direction, at any point along the top edge.

- a. 125 pounds
- b. 150 pounds
- c. 175 pounds
- d. 200 pounds

40. *Guardrail systems.* \_\_\_\_\_ shall not be used as top rails or midrails.

- a. Steel banding
- b. Plastic banding
- c. Both a and b
- d. None of the above

41. *Safety net systems.* Defective nets shall not be used. Safety nets shall be inspected \_\_\_\_\_ for wear, damage, and other deterioration. Defective components shall be removed from service. Safety nets shall also be inspected after any occurrence which could affect the integrity of the safety net system.

- a. at least once a week
- b. at least twice a week
- c. at least once a month
- d. at least twice a month

42. *Safety net Systems.* Each safety net (or section of it) shall have a border rope for webbing with a minimum breaking strength of \_\_\_\_\_ .

- a. 2500 pounds
- b. 3000 pounds
- c. 4000 pounds
- d. 5000 pounds

43. *Safety net Systems.* (i) Except as provided in paragraph (d)(10)(ii) of this section, when vertical lifelines are used, each employee shall be attached to a separate lifeline.

(ii) During the construction of elevator shafts, \_\_\_\_\_ may be attached to the same lifeline in the hoistway, provided both employees are working atop a false car that is equipped with guardrails; the strength of the lifeline is 10,000 pounds [5,000 pounds per employee attached] (44.4 kN); and all other criteria specified in this paragraph for lifelines have been met.

- a. not more than one employee at a time
- b. two employees
- c. three employees
- d. None of the above

44. *Personal Fall Arrest Systems.* Body belts, harnesses, and components shall be used only for employee protection (as part of a personal fall arrest system or positioning device system) and \_\_\_\_\_.

- a. to hoist materials
- b. to hoist materials under 50 pounds
- c. not to hoist materials
- d. for other uses, at the discretion of the employer

45. *Warning Line Systems.* Warning line systems [See §1926.501(b)(10)] and their use shall comply with the following provisions:

(1) The warning line shall be erected around all sides of the roof work area.

(i) When mechanical equipment is not being used, the warning line shall be erected \_\_\_\_\_ from the roof edge.

(ii) When mechanical equipment is being used, the warning line shall be erected not less than \_\_\_\_\_ from the roof edge which is parallel to the direction of mechanical equipment operation, and not less than 10 feet (3.1 m) from the roof edge which is perpendicular to the direction of mechanical equipment operation.

- a. not less than 2 feet
- b. not less than 6 feet
- c. not more than 3 feet
- d. not more than 5 feet

46. *Controlled access zones.* Controlled access zones [See §1926.501(b)(9) and §1926.502(k)] and their use shall conform to the following provisions.

(2) When used to control access to areas where overhand bricklaying and related work are taking place:

(i) The controlled access zone \_\_\_\_\_ be defined by a control line erected not less than 10 feet (3.1 m) nor more than 15 feet (4.5 m) from the working edge.

(ii) The control line \_\_\_\_\_ extend for a distance sufficient for the controlled access zone to enclose all employees performing overhand bricklaying and related work at the working edge and shall be approximately parallel to the working edge.

(iii) Additional control lines \_\_\_\_\_ be erected at each end to enclose the controlled access zone.

(iv) Only employees engaged in overhand bricklaying or related work \_\_\_\_\_ be permitted in the controlled access zone.

- a. may
- b. can
- c. shall
- d. should

47. *Safety monitoring systems.* Safety monitoring systems [See §§1926.501(b)(10) and 1926.502(k)] and their use shall comply with the following provisions:

- (1) The employer shall designate a competent person to monitor the safety of other employees and the employer shall ensure that the safety monitor complies with \_\_\_\_\_ :
- (i) The safety monitor shall be competent to recognize fall hazards;
  - (ii) The safety monitor shall warn the employee when it appears that the employee is unaware of a fall hazard or is acting in an unsafe manner;
  - (iii) The safety monitor shall be on the same walking/working surface and within visual sighting distance of the employee being monitored;
  - (iv) The safety monitor shall be close enough to communicate orally with the employee; and
  - (v) The safety monitor shall not have other responsibilities which could take the monitor's attention from the monitoring function.

- a. one of the following requirements
- b. some of the following requirements
- c. the following requirements
- d. None of the above, these are only recommendations

48. *Protection from falling objects.* (6) During the performance of overhand bricklaying and related work:

- (i) No materials or equipment except masonry and mortar shall be stored within \_\_\_\_\_ of the working edge.
- (ii) Excess mortar, broken or scattered masonry units, and all other materials and debris shall be kept clear from the work area by removal at regular intervals.

- a. 4 feet
- b. 6 feet
- c. 8 feet
- d. 10 feet

49. *Fall protection plan.* The fall protection plan shall identify each location where conventional fall protection methods cannot be used. These locations shall then be classified as \_\_\_\_\_ and the employer must comply with the criteria in paragraph (g) of this section.

- a. Combustion Appliance Zones
- b. Controlled Access Zones
- c. Construction Access Zones
- d. Conventional Access Zones

## **Appendix B to Subpart M of Part 1926—Guardrail Systems**

### *Non-Mandatory Guidelines for Complying with §1926.502(b)*

50. An employer \_\_\_\_\_ these guidelines as a starting point for designing guardrail systems.
- shall use
  - is required to use
  - may use
  - is obligated to use

## **Appendix C to Subpart M of Part 1926—Personal Fall Arrest Systems**

### *Non-Mandatory Guidelines for Complying With §1926.502(d)*

51. *Strength test.* For rope-grab-type deceleration systems, the length of the lifeline above the centerline of the grabbing mechanism to the lifeline's anchorage point \_\_\_\_\_ exceed 2 feet (0.61m).

- shall not
- will not
- can not
- should not

52. *For all other systems.* (4) A system fails the force test if the recorded maximum arresting force exceeds \_\_\_\_\_ when using a body belt, and/or exceeds \_\_\_\_\_ when using a body harness.

- 1200 pounds/ 2520 pounds
- 1260 pounds / 2520 pounds
- 1260 pounds / 2590 pounds
- 1300 pounds/ 2590 pounds

53. *Component compatibility considerations.* Ideally, a personal fall arrest system is \_\_\_\_\_ as a complete system.

- designed
- tested
- supplied
- All of the above

54. *Component compatibility considerations.* Any substitution or change to a personal fall arrest system \_\_\_\_\_ by a competent person to determine that it meets the standard, before the modified system is put in use.

- should be fully evaluated or tested
- should be fully evaluated and tested
- is required to be fully evaluated or tested
- is required to be fully evaluated and tested

55. *Rescue considerations.* As required by §1926.502(d)(20), when personal fall arrest systems are used, the employer \_\_\_\_\_ assure that employees can be promptly rescued or can rescue themselves should a fall occur. The availability of rescue personnel, ladders or other rescue equipment should be evaluated. In some situations, equipment which allows employees to rescue themselves after the fall has been arrested may be desirable, such as devices which have descent capability.

- a. may
- b. can
- c. must
- d. should

56. *Tie-off considerations.* Tie-off of a rope lanyard or lifeline around an “H” or “I” beam or similar support can reduce its strength as much as \_\_\_\_\_ due to the cutting action of the beam edges. Therefore, use should be made of a webbing lanyard or wire core lifeline around the beam; or the lanyard or lifeline should be protected from the edge; or free fall distance should be greatly minimized.

- a. 50 percent
- b. 60 percent
- c. 70 percent
- d. 80 percent

#### **Appendix D to Subpart M of Part 1926—Positioning Device Systems**

##### *Non-Mandatory Guidelines for Complying With §1926.502(e)*

57. Each test shall consist of dropping the specified weight \_\_\_\_\_ of the system being tested. A new system shall be used for each test.

- a. one time without failure
- b. at least twice without failure
- c. a minimum of 3 times without failure
- d. None of the above

58. The test weight for each test shall be hoisted \_\_\_\_\_ (1.2 m above its “at rest” position), and shall be dropped so as to permit a vertical free fall of 4 feet (1.2 m).

- a. exactly 2 feet
- b. exactly 4 feet
- c. exactly 6 feet
- d. exactly 8 feet



**Appendix E to Subpart M of Part 1926—Sample Fall Protection Plan**  
*Non-Mandatory Guidelines for Complying With §1926.502(k)*

59. Sample Fall Protection Plan for: *Residential Construction*

This Fall Protection Plan Is Specific For The Following Project:

Location of Job \_\_\_\_\_  
Date Plan Prepared or Modified \_\_\_\_\_  
Plan Prepared By \_\_\_\_\_  
Plan Approved By \_\_\_\_\_  
Plan Supervised By \_\_\_\_\_

The following Fall Protection Plan is a sample program prepared for the prevention of injuries associated with falls. A Fall Protection Plan must be developed and evaluated on a site by site basis. It is \_\_\_\_\_ that builders discuss the written Fall Protection Plan with their OSHA Area Office prior to going on a jobsite.

- a. required
- b. mandated
- c. recommended
- d. legislated

60. The sample Fall Protection Plan for Residential Construction has detailed information addressing the following major topics:

- I. Statement of Company Policy
- II. Fall Protection Systems To Be Used on This Job

What are the other topics that are address in the Fall Protection Plan for Residential Construction?

- a. Enforcement
- b. Accident Investigations
- c. Changes to Plan
- d. All of the above