

# Climbing structures other than wood

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Class: ELT 201                                      Date: \_\_\_\_\_  
Test #    Results: \_\_\_\_\_

Carefully read each question, and circle the letter next to the correct answer.

1. The three primary components of a personal fall arrest system are \_\_\_\_\_.
  - a. Anchor points, a body harness, and a vertical life line
  - b. Anchor points, a body harness, and connecting devices
  - c. A body harness, connecting devices, and a shock absorbing lanyard
  - d. Anchor points, connecting devices, and a shock absorbing lanyard
  
2. A properly connected positioning lanyard should not allow a climber to fall more than \_\_\_\_\_.
  - a. 6 feet
  - b. 18 inches
  - c. 2 feet
  - d. 4 feet
  
3. Groin straps are an integral part of the full body harness, and not an optional accessory.
  - a. True
  - b. False

4. The organization that establishes many standards related to the performance of products and devices, including body harnesses, is the \_\_\_\_\_.
  - a. ACLU
  - b. NFPA
  - c. ANSI
  - d. NEC
  
5. All of the following items are considered by OSHA to be acceptable fall prevention systems for working at heights above 6 feet except for \_\_\_\_\_.
  - a. The two climber buddy system
  - b. A guardrail system
  - c. A safety net system
  - d. Personal fall protection
  
6. The free fall distance allowed by a PFAS should be no more than \_\_\_\_\_.
  - a. 3.5 feet
  - b. 2 feet
  - c. 6 feet
  - d. 10 feet
  
7. The climber's personal fall arrest harness must be connected to the anchor point using \_\_\_\_\_.
  - a. The chest d-ring only
  - b. The back d-ring only
  - c. Both the chest and back d-ring
  - d. At least two lanyards
  
8. Fall arrest systems \_\_\_\_\_.
  - a. Ensure that every fall is reported to the proper authorities.
  - b. Prevent falls from ever occurring
  - c. Stop or take control of a fall in progress
  - d. Ensure that the climber does not swing side to side during a fall

9. While climbing you should always maintain \_\_\_\_\_.  
a. Two or more lanyard connection points  
b. Three points of contact  
c. Visual contact with the horizon  
d. Two points of contact
10. Tower climbing should never be attempted when \_\_\_\_\_.  
a. Thunderstorms are in the forecast  
b. Winds are above 5 knots  
c. The tower is wet  
d. Lightning is in the area
11. Personal safety equipment that has been involved in a fall arrest must be \_\_\_\_\_.  
a. Inspected by the manufacturer before reusing  
b. Field-tested at the appropriate load rating before reusing  
c. Taken out of service  
d. Tagged and used only for fall restraint
12. It is recommended that climbers complete a course in tower rescue procedures \_\_\_\_\_.  
a. Once a month  
b. Once every six months  
c. Once a year  
d. Once every two years
13. Devices used to attach the PFAS to anchor points are referred to as \_\_\_\_\_.  
a. Fall arrest  
b. Fall restraint  
c. Cable grabs  
d. Connecting devices

14. The \_\_\_\_\_ is the area in space within which the body would swing in a fall.
- a. Anchor point
  - b. Swing zone
  - c. Landing zone
  - d. Point of contact
15. The attaching point for climbing or rigging systems is called a(n) \_\_\_\_\_.
- a. Anchor point
  - b. Swing zone
  - c. Landing zone
  - d. Point of contact