



# Tritech Fall Protection Systems

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## Training Session Quiz

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

Date: \_\_\_\_\_

The purpose of this quiz is to determine the level of your understanding of the recently completed Tritech Fall Arrest System Training.

- 1) Your Tritech Fall Arrest system is designed for a specific number of users. How do you determine how many users are permitted on your system at the same time?
  - A) Ask your supervisor
  - B) Check the design tag on the system
  - C) Refer to the operations and maintenance binder provided
  - D) Any or all of the above
  
- 2) A maintenance and inspection program for your fall arrest systems should include
  - A) Visual Inspection by the user before every use
  - B) Service and recertification at least annually
  - C) Service and recertification after it has seen a fall
  - D) All of the above
  
- 3) In the event of a fall, you should:
  - A) Notify your supervisor
  - B) Remove the system from service until the system is inspected
  - C) Remove and replace the harness and shock absorbing lanyard
  - D) All of the above
  
- 4) Your Fall Arrest system can be used for lifting or hoisting equipment/ loads only if the weight of the object being lifted is less than 310 pounds.

True

False

- 5) Self Retracting lanyards require recertification
- A) In the event of a fall
  - B) As per manufacturer's instructions
  - C) Whenever it is not functioning properly
  - D) All of the above
- 6) In the event of a fall, a rescue plan must be developed immediately:
- True                      False
- 7) A retractable lanyard has seen the force of a fall if:
- A) The tag line is frayed
  - B) The stitching is broken or fall indicator is deployed
  - C) The snap hook no longer opens
  - D) All of the above
- 8) Your full body harness can be used for up to five falls.
- True                      False
- 9) The anchor point of your overhead system should always be (as much as possible) directly above you to avoid:
- A) Wear and tear on the dorsal D ring of your harness
  - B) A sore back
  - C) Pendulum free fall effect if a fall should occur
  - D) None of the above
- 10) Your full body harness should be stored hanging up by the back dorsal D ring.
- True                      False
- 11) In dusty environments, system cleaning may be done by the end user to ensure the system operates like new.
- True                      False
- 12) A full body harness should be fitted as tight as possible
- True                      False