

Fall protection quiz



for workers

1. How many Ontario construction workers died from falls in 2012? _____
2. What is the best method of fall protection? _____

3. Does fall protection training expire? _____
4. When do you need guardrails? _____

5. If someone removes a guardrail for material delivery, who is responsible for putting it back? _____

6. A fall-arrest anchor must be able to hold (choose one answer)
 - a. the weight of a worker
 - b. twice the weight of a small car
 - c. the weight of a small car.
7. Why is keeping your site clean important for fall protection? _____

8. What's a typical fine a worker will have to pay for not using fall protection? _____
9. What should you do if you don't know how to protect yourself from a fall hazard? _____

10. What motivates you to use fall protection? _____



Quiz Answers

1. Five construction workers died from falls in 2012.
2. The best fall protection method prevents you from reaching the fall hazard in the first place. For example, guardrails physically prevent you from reaching an open edge. You simply can't fall. A travel-restraint system also prevents you from reaching an edge. A fall-arrest system, however, does not stop you from going over the edge. The system will stop your fall in mid-air, but it's always better not to fall. There are many situations, however, when fall arrest is your only option.
3. Your training on the basic principles of fall protection doesn't expire. But proper fall protection training also includes site-specific and equipment-specific training. You must be trained on the specific equipment, systems, and situations you'll encounter on the job. If any of these variables change, you will need new site-specific or equipment-specific training.
4. When to use guardrails depends on the situation. Section 26 of the construction regulations describes the precise requirements for the open side of work surfaces, but here are some rough—but safe—rules you can follow. You need guardrails:
 - if you're over eight feet (2.4 metres) high
 - if you could fall four feet (1.2 metres) and the area is used as a path for a wheelbarrow or similar equipment

- at any height if you could fall into operating machinery, into water or another liquid, into a hazardous substance or object, or through an opening in a work surface.

If you can't install guardrails, you need to use some other form of fall protection that complies with the construction regulations.

5. Someone who knows how to replace the guardrail properly must put it back immediately after the delivery. Everyone on the jobsite, however, is responsible for reporting hazards. If you notice that a guardrail is missing and you can't replace it yourself, find someone who can or tell a supervisor.
6. A fall-arrest anchor must be able to hold the weight of a small car (about 3,600 lb).
7. Keeping the site clean is important because it's easy to trip on debris and garbage. In the winter, ice and snow make surfaces slippery.
8. A typical fine for not using fall protection is \$295.00.
9. If you don't know how to protect yourself from a fall hazard, ask your supervisor. Never face a fall hazard without protection.
10. Each person may have a different motivation to use fall protection. Some people consider what it would be like for their children, their wife or husband, or parents if they died on the job. Others want to prevent a brain injury or other disability. There are hundreds of good reasons to use fall protection. Remember yours.

Working at Heights: Fundamentals of Fall Prevention

M: \$100 **NM:** \$320

If your workers haven't completed mandatory fall protection training, register them today for IHSA's *Working at Heights* training program. This course addresses the basic fall-prevention information workers need to know to work safely in areas where they may be exposed to fall hazards. Upon completion, participants will be able to recognize fall hazards and apply appropriate controls. To register, visit ihsa.ca/training



Tie off posters and stickers

Use these posters and stickers on your jobsite to remind workers how important it is to tie off to an appropriate anchor point.



P042 – Fall Protection poster 17" x 22" Vinyl
M: \$6.45 **NM:** \$13.95

S052 – Fall Protection stickers 2½" 10/pkg
M: \$0 **NM:** \$5.95