

# EMPLOYEE SAFETY TRAINING RECORD

## FALL PROTECTION

Team: 90

Team Leader: Bill Walker

*This completed form should be retained in the individual's personnel file & the 4D database as evidence of this required safety training.*

Employee Name: Michael Debnar Employee #: 756  
(Please Print)

☐ Existing ☒ New Hire ☐ Other (Transfer, etc.): \_\_\_\_\_

Date of Hire / New Assignment: 05/19/08

Please check which applies: ☒ Initial Training ☐ Refresher

If you check the refresher box please provide the date of your most recent Fall Hazard Training: \_\_\_\_\_

I, \_\_\_\_\_, hereby certify that the employee listed above has  
(Trainer)  
been trained on the following information.

### FALL PROTECTION SAFETY

- Types of fall protection equipment appropriate for use.
- Recognition of applicable fall hazards.
- Procedures for removal of protection devices from service for repair or replacement.
- Equipment identification.
- Donning and doffing procedures.
- Equipment maintenance and inspection requirements
- Equipment strengths and limitations
- Fixed & portable ladder safety
- Training requirements

I understand the above items and agree to comply with safe work practices in my work area.

Michael Debnar  
Employee Signature

06/09/08  
Date

For questions on any item, please contact your Team Leader or call Corporate Safety @ 847-654-4526

**TURN OVER, QUIZ ON BACK**  
**Fall Protection QUIZ**

NAME: Michael Debnar DATE: 08/09/08 SCORE:      /20  
(Print)

1. When should site test locations be inspected for fall and other safety hazards?  
☒ a) Prior to testing  
b) During testing  
c) As needed
2. Who should CleanAir involve when planning work from elevated heights?  
a) Client Safety Dept  
b) Client qualified engineers  
c) Client engineering & maintenance dept.  
☒ d) All of the above
3. When controlling fall hazards \_\_\_\_\_ is the first control that should be attempted.  
a) Guarding  
b) Personal Fall Arrest  
☒ c) Engineering  
d) Restraint
4. Fall restraint systems are preferred to fall arrest systems because they \_\_\_\_\_.  
☒ a) Prevent worker from reaching a fall hazard  
b) Easier to implement  
c) More comfortable  
d) All of the above
5. CleanAir requires fall protection to be used when worker is exposed to \_\_\_\_\_ or more feet.  
a) 6ft  
b) 5ft  
☒ c) 4ft  
d) 10ft
6. The top edge height of top rails must be \_\_\_\_\_ inches plus or minus 3 inches.  
a) 45  
b) 55  
☒ c) 42  
d) 37

7. Top edge of a guardrail system must be able to withstand at least \_\_\_\_ lbs of force in any direction.
- a) 150lbs
  - ☒ b) 200lbs
  - c) 500lbs
  - d) 5000lbs
8. Toeboards must be a minimum of \_\_ inches in height.
- a) 5 inches
  - ☒ b) 3.5 inches
  - c) 8 inches
  - d) None of the above
9. Anchor points must be able to withstand a minimum of \_\_\_\_ lbs per person for the maximum period of time that exposure is expected..
- a) 200lbs
  - b) 500lbs
  - ☒ c) 5000lbs
  - d) 10000lbs
10. Fixed ladder systems over 20ft must be equipped with an \_\_\_\_.
- a) Landing platform
  - ☒ b) Cage
  - c) Climbing System
  - d) B or C
11. Tying off with more than 30 degree offset from your anchor point can create \_\_\_\_.
- a) Free Fall hazards
  - ☒ b) Swing hazards
  - c) Back problems
  - d) None of the above
12. (T/F) 100% Tie Off is only necessary during ladder climbs. F
13. Personal fall protection equipment must be formally inspected every \_\_\_\_.
- ☒ a) 6 months
  - b) 1 year
  - c) 3 months
  - d) month
14. The maximum free fall distance allowed using a harness and 6ft lanyard is \_\_ feet.
- a) 6
  - ☒ b) 10
  - c) 2
  - d) 3

15. Equipment that has been subjected to a fall must be \_\_\_\_\_.  
a) Inspected before returning to duty  
☒ b) Removed from service and destroyed  
c) Donated to charity  
d) None of the above
16. When working from elevated platforms \_\_\_\_\_ should be completed to prevent overhead hazards.  
a) "Working Above" caution signs placed below work area  
b) Restricted access ropes or tape under work area.  
c) No action  
☒ d) A & b
17. Ladders must extend \_\_\_\_\_ ft above the point at which a person may want to step onto a roof, platform or landing..  
☒ a) 3.5ft  
b) 3ft  
c) 2ft  
d) 5ft
18. A hazard evaluation should be performed \_\_\_\_\_ the job.  
☒ a) Prior to the start  
b) During  
c) After  
d) None of the above
19. A warning line must be erected 42 in +/- 3 in, \_\_\_ ft from a unprotected edge.  
a) 7ft  
☒ b) 10ft  
c) 2ft  
d) 20ft
20. Retractable lifelines can be used by how many workers at once?  
☒ a) 1  
b) 3  
c) 2  
d) 5