1. You should always _____ when working at heights.
   A. Look down
   B. Be aware
   C. Be unsure
   D. Be afraid

2. In order to work safely at heights, workers must wear a personal fall arrest _____.
   A. Seat belt
   B. Shield
   C. System
   D. Helmet

3. A fall arrest system includes a full body harness, lanyard, tie-off point, and _____.
   A. Fall brake
   B. Hard hat
   C. Safety glasses
   D. Faceshield

4. Always _____ broken or missing guardrails.
   A. Hide
   B. Ignore
   C. Destroy
   D. Report

5. Fall protection equipment must be worn when working at a height of _____ or above in general industry and _____ or above in the construction industry.
   A. 3 ft; 5 ft
   B. 4 ft; 6 ft
   C. 5 ft; 7 ft
   D. 6 ft; 8 ft

6. Body harness _____ should be tight, but not enough to restrict motion.
   A. Shields
   B. Straps
   C. Helmets
   D. Seat belts

7. All parts of a fall arrest system must be _____ prior to use.
   A. Polished
   B. Catalogued
   C. Inspected
   D. Ignored

8. A _____, or anchor point, should be located above and slightly behind you.
   A. Lanyard
   B. Hydraulic winch
   C. Body harness
   D. Tie-off point

9. A _____ connects the anchor to the body harness.
   A. Lanyard
   B. Tie-off point
   C. Personnel basket
   D. Rope

10. A fall brake controls _____ during a fall.
    A. Pressure
    B. Deceleration
    C. Gravity
    D. Time
Instructors: The following key shows the answers for the Fall Protection safety meeting quiz.

1. B
2. C
3. A
4. D
5. B
6. B
7. C
8. D
9. A
10. B