

## Quiz

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

Trainer's Name: \_\_\_\_\_

Company/Division: \_\_\_\_\_

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

**Directions:** Read each statement carefully and circle the response that best answers the question.

**1. The main three types of ladders are:**

- a. Extension, fixed, and mobile.
- b. Mobile, portable, and stepstool.
- c. Portable, fixed, and mobile.
- d. Portable, fixed, and combination.

**2. When must ladders be inspected?**

- a. After use on each shift.
- b. Before use on each shift.
- c. When the ladder falls.
- d. Both b. and c.

**3. An example of how the working environment can lead to an injury include:**

- a. The ladder is cracked.
- b. The ladder is set up in a high-traffic area.
- c. You carry a 5-gallon pail of paint up the ladder.
- d. The ladder is set up on a solid, dry, level surface.

**4. Items to look for during a ladder inspection include:**

- a. Broken or split side rails.
- b. Corrosion.
- c. Both of the above.
- d. None of the above.



**5. Safe climbing techniques include:**

- a. Grasping the ladder with at least one hand while climbing up and down.
- b. Sliding your hands up and down the siderails instead of grasping the ladder.
- c. Carrying a large, heavy object in one hand as you climb.
- d. Wearing greasy shoes.

**6. Stepladders, single ladders, and extension ladders are all examples of:**

- a. Combination ladders.
- b. Mobile ladders.
- c. Portable ladders.
- d. Fixed ladders.

**7. If you must use a ladder near an electrical source:**

- a. Select a metal ladder.
- b. Select a wood or fiberglass ladder.
- c. Use a mobile ladder stand.
- d. Select a stepladder.

**8. Using the 4 to 1 rule, when you set up an extension ladder having 12 feet of working length from the ground to the top support, the base of the ladder must be \_\_\_\_\_ feet away from the wall:**

- a. Five.
- b. Two.
- c. Six.
- d. Three.

**9. What type of fall protection for fixed ladders is being phased out?**

- a. Cages and wells.
- b. Step-through ladders.
- c. Side-step ladders.
- d. Ladder safety systems.



**10. Which type of mobile ladder allows two workers to be on it?**

- a. None.
- b. A mobile ladder stand.
- c. A mobile ladder stand platform.
- d. Both b. and c.

**11. Do not use metal ladders:**

- a. In temperatures below 35 degrees F.
- b. In temperatures above 85 degrees F.
- c. Near electrical lines.
- d. All of the above.

**12. The area around the base of a portable ladder should be barricaded:**

- a. Never.
- b. If no one is available to hold the ladder.
- c. If the ladder is in a doorway, aisle, or driveway.
- d. Only when an extension ladder is being used.

**13. A portable ladder can be made taller by:**

- a. Setting it up on a scaffold.
- b. Standing on the top rung.
- c. Setting the base on top of boxes or blocks.
- d. None of the above.

**14. Portable ladders must be inspected:**

- a. Hourly.
- b. Before each shift that they are used.
- c. Only after they have been damaged.
- d. Only after being used for heavy-duty jobs.



**15. When setting up a single or extension ladder, the top of the ladder should extend at least \_\_\_\_\_ above the support point.**

- a. 1 foot.
- b. 2 feet.
- c. 3 feet.
- d. 5 feet.

**16. A defective or damaged portable ladder:**

- a. Must be taken out of service at the end of the shift.
- b. Must be taken out of service immediately and marked with a warning tag.
- c. Can only be used if all workers have been informed about the defect or damage.
- d. Can only be used for light-duty jobs.

**17. The main hazard involved with ladder use is \_\_\_\_\_.**

- a. Tripping over the base.
- b. Rungs that break.
- c. Falls.
- d. Wind.

**18. OSHA requires fall protection at the top of a fixed ladder.**

- a. True
- b. False

