

Ladder Safety Quiz

- Q: What Needs to Stay Within Frame Rails to Prevent Tipping a Portable Ladder?
A: Your Naval
B: Your Belt Buckle
C: All of the Above
- Q: What Does the Three Points of Contact Rule Help Prevent?
A: Slipping While Climbing
B: Loss of Balance
C: Falling Off of the Ladder
D: All of the Above
- Q: Setup of Extension Ladders - What Rule Describes the Ideal Angle of Lean?
A: 1 to 4 Rule
B: 1/4th Rule
C: 1 Quarter Rule
D: All of the Above
- Q: What is Not the Main Cause of Ladder Accidents?
A: User Failure
B: Manufacturer Defect
C: Ladder Failure
D: None of the Above
- Q: Using the ¼ Rule for a 32 ft Extension or Single Ladder the Setback is (X feet)?
A: 4 feet
B: 8 feet
C: 6 feet
D: None of the Above
- Q: If Using the Proper Ladder for the Job How Can You Protect Against Falls From Overreaching?
A: Proper Usage of PPE (Harness/Safety Line/Helmet)
B: Reposition the Ladder
C: Tie Off Top and Bottom of Ladder
D: All of the Above
- Q: If You are The Only Person Using an Assigned Ladder:
A: Assume it is In Good Working Order
B: Perform Pre-shift Inspection Prior to Use
C: You Are Responsible to Transport and Store it Safely
D: B & C
- Q: The Majority of Accidents are Preventable T/F (Circle One)
- Q: Approximately 50% of Falls from 11ft or Higher Result in Fatality T/F
- Q: The Highest Safest Standing Level for the Ladder Label Shown is 8 ft. T/F

