



**CLIMBING PRO<sup>SM</sup>**

SAFETY TRAINING

# LADDER SAFETY<sup>V3</sup> - Knowledge Check

Name \_\_\_\_\_

1. Which of the following are important to consider when selecting a ladder? Circle all that apply.
  - A. Style
  - B. Size
  - C. Duty rating
  - D. Material
2. Duty rating must take into account which of the following? Circle all that apply.
  - A. Worker's weight
  - B. Weight of any tools and material
  - C. Weight of clothing
  - D. Ladder weight
3. A person's maximum safe reaching height is approximately eight feet higher than the height of the ladder.
  - A. True
  - B. False
4. How often should you inspect your ladder for wear, damage and missing or loose components?
  - A. Weekly
  - B. Bi-weekly
  - C. Monthly
  - D. Prior to every use
5. When handling a ladder, it is important to remember which of the following? Check all that apply.
  - A. Do not drag it across the ground.
  - B. Loosely secure your ladder in transit, allowing for some vibration.
  - C. Do not carry an extension ladder in its extended position.
  - D. Do not drop a ladder when loading or unloading it from a vehicle.
6. It is okay to store other materials on top of a ladder.
  - A. True
  - B. False
7. Which of the following are common mistakes with stepladder and extension ladder use? Circle all that apply.
  - A. Facing the ladder while climbing and descending
  - B. Overreaching
  - C. Walking or moving the ladder while on it
  - D. Twisting excessively while on ladder
8. If your ladder has bent rails, split rails, loose feet or missing feet, what should you do?
  - A. Nothing
  - B. Attempt to fix it
  - C. Tag it out of service and do not use
  - D. Keep using it until it breaks
9. When using a stepladder, never stand higher than two steps from the top of the ladder.
  - A. True
  - B. False
10. Which of the following is the correct height-to-ground ratio to use when setting up an extension ladder?
  - A. 3:1
  - B. 5:1
  - C. 4:1
  - D. 8:1
11. Improper leveling using job-site scraps can make the ladder unstable.
  - A. True
  - B. False
12. To verify the extension ladder is at the correct angle from the wall, place your toes against the bottom of the side rails and stand erect with your arms straight out. The \_\_\_\_ should touch the top of the rung nearest to shoulder level.
  - A. Tips of your fingers
  - B. Palms of your hands
  - C. Underside of your forearms
  - D. Inside of your wrists
13. A \_\_\_\_ can safely hold two workers at a time.
  - A. Stepladder
  - B. Platform ladder
  - C. Twin stepladder
  - D. Both a and c
14. A platform ladder allows for consistent and predictable reach.
  - A. True
  - B. False
15. To maximize your safety, you should do which of the following? Circle all that apply.
  - A. Consider size, duty rating, style, and material when selecting a ladder
  - B. Inspect the ladder before every use
  - C. Never climb a damaged ladder
  - D. Ensure the proper set-up and stability of the ladder