

Fall Protection Training

- The Controlled Access Zone (CAZ) is a point measured _____ feet from the unprotected edge of the roof.
- Personal _____: a system used to arrest an employee in a fall from a working level.
- Each employee on a walking/ working surface (horizontal and vertical surface) with an unprotected side or edge which is _____ feet or more above a lower level shall be protected from falling by the use of guardrail systems, safety net systems, warning line systems or personal fall arrest systems.
- On average, between _____ workers are killed, and more than 100,000 are injured in falls each year.
- Free fall distance should be kept at a minimum, and in no case should exceed 6 feet.
- Always _____ your safety line and equipment prior to use.
- An employer must develop and follow a fall protection plan that is specific for that job site.

Rules for Ropes:

- Never tie a nylon rope directly to a nylon rope!
- Use the minimum number of knots required
- Know how to properly tie the knot



Name: _____ Date: _____

Trainer Name: _____