Introduction

Chapter 1

1. Name the five basic parts of your personal protection system (Safety System):

   (1) _____
   (2) _____
   (3) _____
   (4) _____
   (5) _____

2. Name the three basic Systems that make up Suspended Scaffolds:

   (1) _____
   (2) _____
   (3) _____

3. Name four components of a guardrail system:

   (1) _____
   (2) _____
   (3) _____
   (4) _____

4. List a function of Rollers, Bumpers and Tie-Ins:

   (1) _____
   (2) _____
   (3) _____

Introduction
continued

Chapter 1

5. A socket and davit is a type of _____ System.

6. The personal Safety System is also called the _____ System.

7. A _____ is used to slide up and down the lifeline.

8. A _____ is used to keep a _____ or _____ from slipping and losing the support on a building.

9. Name four components of the Suspended System.

   (1) _____
   (2) _____
   (3) _____
   (4) _____

Power, Balance and Gravity

Chapter 2

1. Name two ways in which a beam can become balanced.

   (1) _____
   (2) _____

2. The point on which a beam is resting is called the _____.

3. The load rating is _____.

4. Electricity is all around us. It has a charge made of _____ and _____ particles.

5. Charge Flowing is called _____, and it's pressure is called _____.

6. A push in a direction is called _____.

7. A force acting at a distance is called _____.

8. Alternating electrical charge is called _____.

9. What do electricians use to protect against overloads? _____ or _____.

10. What does a G.F.C.I. do?

    _____
    _____

Power, Balance and Gravity *continued*

Chapter 2

11. Name three ways to overcome low voltage:

(1) _____
(2) _____
(3) _____

12. What information can you find on warning labels, name three:

(1) _____
(2) _____
(3) _____

Platforms

Chapter 3

1. Where are the Guardrail Systems required on a stage?

_____.

2. What is the Rated Load of a 3-Person Platform? _____.

3. Modular platforms are designed to come apart in shorter sections for _____ and _____.

4. Regulations require that toprails are required to be about _____ above the deck and must be able to withstand a load of _____.

5. Name at least three causes of damage to platforms:

   (1) _____
   (2) _____
   (3) _____

True or False (T/F):

6. ____ The user should notify the owner or future user, of any corrosive substances used on a platform.

Baskets, Chairs and Similar Equipment

Chapter 4

1. The main mast that protrudes over a single-point basket is to keep the basket _____

   _____.

2. A basket is more stable when a worker is _____ the_____ or _____.

3. A powered single point system has one _____.

4. List four things you must do before using a single point system.

   (1) _____
   (2) _____
   (3) _____
   (4) _____

5. Name at least two additional concerns you would have for a single point suspension that you would not have with a two point suspension.

   (1) _____
   (2) _____

True or False (T/F):

6. ____ Single point systems can be used without personal protective equipment if you are in a work basket.

7. ____ A tie back is not necessary unless you are using a two-point suspension systems.

8. ____ The safety ratio should be three times the rated load of the hoist.

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Hoists and Accessories

Chapter 5

1. Strain reliefs are used to _____.

2. Overload switches detect _____.

3. Name three things that signal a problem in the hoist.

   (1) _____
   (2) _____
   (3) _____

4. Name two types of hoists.

   (1) _____
   (2) _____

5. Name two types of powered platforms.

   (1) _____
   (2) _____

6. Name five basics similar to all powered hoists.

   (1) _____
   (2) _____
   (3) _____
   (4) _____
   (5) _____

Hoists and Accessories *continued*

Chapter 5

7. What are the four functions of a stirrup.

   (1) _____
   (2) _____
   (3) _____
   (4) _____

8. Why would you use a wire winder?

   _____

9. What is a controlled descent device on hoists?

   _____

True or False (T/F):

10. ____ All hoists have two or more braking devices.

11. ____ All hoists require maintenance to perform properly.

12. ____ It is not necessary to "set" the secondary brake before it can operate.

13. ____ Threaded rod in the hardware store is usually bolt grade.

14. ____ Electrical cable voltage rating is the voltage that the cable insulation can safely handle.

Permanent Installations

Chapter 6

1. Name at least three operating features that P.I.s have.

   (1) _____
   (2) _____
   (3) _____

2. Name two methods used to keep P.I.s against the building.

   (1) _____
   (2) _____

3. Maintenance is the same for P.I.s as it is for Temporary Suspended Scaffold, explain.

   _____

True or False (T/F):

4. ____ There is no need for any additional training to operate P.I.s.

Suspension Wire Rope

Chapter 7

1. Name two areas where rope wear can occur.

   (1) _____
   (2) _____

2. Name four reasons wire rope should be taken out of service.

   (1) _____
   (2) _____
   (3) _____
   (4) _____

3. Explain how 6 x 31 wire rope is constructed.

   _____

4. What is rope lay?

   _____

5. What is the minimum number of "J Clip" clamps used with rope termination?

   _____

True or False (T/F):

6. ____ The suspension rope holds the suspended platform.

7. ____ The type of suspension rope used is always the same.

8. ____ Hoists transfer energy, ropes do not.

9. ____ Good rope will not deteriorate.

10. ____ An IWRC core is composed of fibres.

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Support Systems

Chapter 8

1. Name three functions of the Support System.

   (1) _____
   (2) _____
   (3) _____

2. The Support Equipment rated load must always be _____.

3. The Support Spacings are vitally important. They are _____.

4. What is Rated Load?

   _____

5. Describe arm reach.

   _____

6. What is uplift?

   _____

7. Why would you use a tie back on your Transportable Support System?

   _____

8. Name five types of Support Systems.

   (1) _____
   (2) _____
   (3) _____
   (4) _____
   (5) _____

Support Systems *continued*

Chapter 8

True or False (T/F):

9. ____ Overhead trolleys and overhead anchors do not have an "Arm Reach."

10. ____ If the rigging is done by a Qualified Person, you may assume it is safe for you to enter the platform without checking the rigging yourself.

11. ____ Improper spacing of the Suspension Rope is especially dangerous as the platform nears the top.

12. ____ Old parapets are safe for clamp use since they were built when construction practices were better.

13. ____ The "Arm Reach" is the part of the support system that reaches out beyond the fulcrum.

Safety Systems

Chapter 9

1. A worker on a Suspended Scaffold must have their own independent Fall Arrest system. Name three Do's associated with using it properly.

   (1) _____
   (2) _____
   (3) _____

2. Name 2 Don'ts associated with improper use.

   (1) _____
   (2) _____

3. Mechanical Rope Grabs could include these basic parts. Name three:

   (1) _____
   (2) _____
   (3) _____

4. Name two Body Support Devices.

   (1) _____
   (2) _____

5. Where should the D ring on your harness be positioned?

   _____

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Safety Systems
continued

Chapter 9

6. What are the 3 rules about Fall Arrest?

   (1) _____
   (2) _____
   (3) _____

7. How strong must the Anchor be?

   _____

8. What is the last word about Fall Arrest?

   _____

True or False (T/F):

9. ____ A full body harness provides better body support than a belt.

10. ____ A steel wire rope is a better lifeline than a synthetic line.

11. ____ You may re-use lanyards that have been used in a fall if there are not cuts or breaks in it.

12. ____ Shock absorbing lanyards are safer than standard lanyards.

Hazards

Chapter 10

1. Name 5 hazards associated with suspended scaffolds.

   (1) _____
   (2) _____
   (3) _____
   (4) _____
   (5) _____

2. Welding from a suspended scaffold requires special measures, name four.

   (1) _____
   (2) _____
   (3) _____
   (4) _____

3. What must you do when working near unprotected edges?

   _____

4. Name four ways Electrical Shock Hazards can be minimized.

   (1) _____
   (2) _____
   (3) _____
   (4) _____

5. What is the safest method of testing the rigging in the field?

   _____

Hazards
continued

Chapter 10

6. Name three dangers Chemicals pose to Suspended Scaffolds.

(1) _____
(2) _____
(3) _____

True or False (T/F):

7. ____ Muscles will not contract when exposed to small amounts of electricity.

8. ____ If the electrical cable is damaged, the work platform can become "Hot."

9. ____ Suspended Scaffolds can be used in all types of weather if they are rigged correctly.

10. ____ It is not necessary to check your partners rigging?

11. ____ The best place to do the "Check Ride," is over the side of the building.

Special Work and Special Places

Chapter 11

1. There may be problems when using Electrical Hoists in _____ and _____.

2. When welding on a Suspended Scaffold, you will need to
_____

3. Mid air transfers are _____ and are
_____.

True or False (T/F):

4. ____ Electric hoists can be used safely in explosive environments.

5. ____ Hoists and ropes are not sensitive to acids, but platforms are.

6. ____ Carbonated water, clean water, and baking soda are good in the kitchen, but have no place on a suspended scaffold.

7. ____ An "A" rated fire extinguisher is required to put out an electrical fire.

Laws

Chapter 12

Multiple Choice (Circle the correct answer):

1. A.N.S.I. stand for:
   a. American National Standards Institute
   b. American National Scaffold Institute
   c. Authorized Northern Safety Institute

2. O.S.H.A. stands for:
   a. Occupational Safety and Health Administration
   b. Official Scaffold Handbook Association
   c. Overseas Scaffold and Health Association

3. S.S.F.I. stands for:
   a. Scaffold, Shoring and Forming Institute
   b. Scaffold Safety and First Aid Institute
   c. Social Security Foundation Institute

True or False (T/F):

4. ____ Standards are laws.

5. ____ Underwriter's Laboratories (U.L.) are laboratories owned by manufacturers to test their equipment.

6. ____ O.S.H.A. is the scaffold industry's only regulatory agency.

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Putting It All Together

Chapter 13

1. The intent of the course is to _____.

2. Before rigging any new installation, what needs to be done?
_____

3. Mistakes made when using Suspended Scaffolds _____
_____.

True or False (T/F):

4. ____ Codes of Safe Practice are only for the office managers use.

5. ____ Always have at least one person on a Suspended Scaffold hook up their personal safety system.

6. ____ Manufacturer's instructions are all standardized for hoist operations.

7. ____ The lack of maintenance or proper operation of hoisting equipment will not affect the profitability and safe operation of Suspended Scaffold for your company.