

## Ladder Safety Test

Name	Date
------	------

- 1. Workers should consider a safer option than a ladder when they:**
  - a. Hold heavy objects while standing on the ladder
  - b. Elevate the ladder to a height that might make it unstable
  - c. Work from the intended height for a long period of time
  - d. Need to work sideways on the ladder
  - e. All of the above.
  
- 2. Before climbing a ladder, workers should do all of the following EXCEPT: for (choose one answer)**
  - a. Secure the base of the ladder
  - b. Place the ladder on stable and level ground
  - c. Polish the rungs.
  - d. Fully extend the ladder
  
- 3. To create a safe handhold to reach another level, workers should secure and extend the ladder by at least how many meters above the landing point?**
  - a. one.
  - b. two
  - c. five
  - d. nine
  
- 4. Workers should NEVER:**
  - a. Carry heavy or large loads up a ladder
  - b. Work from the top rung of a ladder.
  - c. Use ladders when feeling unwell
  - d. All of the above.
  
- 5. Workers can prevent people from walking under or near ladders by (Choose three)**
  - a. Assigning a coworker as a lookout
  - b. Using barriers, such as cones
  - c. Roping off the area
  - d. Wearing suitable PPE
  
- 6. Which of the following ladders are most suitable for the workplace/**
  - a. Type I
  - b. Type II
  - c. Type III
  
- 7. While working on a ladder, it is important that employees wear proper footwear, such as:**
  - a. Heel to toe drop of 8mm
  - b. Protected leather upper
  - d. Secure and slip-resistant footwear

**8. How many points of contact with the ladder should a worker maintain at all times? (such as hands and feet on a ladder)**

- a. At least two
- b. At least three.
- c. One
- d. Four

**9. Ladders should be maintained according to manufacturer instructions and checked before each use to ensure they are in good condition.**

**Workers should NOT use a ladder if:**

- a. It is bent
- b. The top rung is wider than the worker's feet
- c. It is missing a step
- d. The Locking mechanism is broken
- e. The ladder is not tied or supported
- f. All of the above.

**10. Workers should avoid using ladders near to (choose two)**

- a. Doorways.
- b. Walls
- c. Windows.
- d. Furniture

**11. What should you do if you find a broken ladder?**

- a. Try to fix it yourself
- b. Mark it as broken and take it out of service
- c. Take it home to use for domestic work
- d. all of the above.

**12. If you are working at a height of twelve feet; how far should the base be pulled out? (tied at the bottom or a colleague supporting the base as may be required)**

- a. Three feet.
- c. Four feet
- d. Five feet
- e. Six feet

**13. When working near to electricity; which of the following should you carry out?**

- a. Do not use metal ladder
- c. Do not use wet wooden ladders
- d. Stay at least ten feet away from overhead wires
- e. All of the above

**14. What action should you take when accessing the roof via a ladder?**

- a. The ladder must be extended four rungs
- b. Pull the base of the ladder further from the wall (depending on height)
- c. Ensure the ladder is properly secured and supported
- d. All of the above.

**15. Workers can prevent people from walking under or near ladders by:**

- a. Assigning a co-worker as a lookout
- b. Using barriers, such as cones
- c. Roping off the area
- d. All of the above

**16. To help reduce falls, workers should avoid:**

- a. Climbing with tools or objects in their hands
- b. Learning as much as they can about ladder safety
- c. Using ladders in the afternoon
- d. Sing while climbing ladders

