

How to Administer Tests to Trainees

In this document, you will find a 20-question multiple-choice test that corresponds with a particular MCAA Safety Training Video.

1. Ensure that you have the test that corresponds with the planned video training.
2. Make one copy of the test for each trainee.
3. Give one test to each trainee. Remind them to put their name on each page of their copy in case pages become separated.
4. Collect all test papers after they are completed.
5. Grade the tests using the answer keys provided in the “Answer Keys” document at www.mcaa.org/private/videos.
6. Return the graded test papers to each trainee. Make sure they understand the correct answers to all of the test questions they answered incorrectly.
7. Collect **ALL** of the test papers and place them in a secure file.
8. Keep the completed test papers with your documentation for this video to show proof of worker training.

On and Off the Rungs: Safe Ladder Use Test



SAFETY EXCELLENCE INITIATIVE

Name: _____

Directions – Circle the letter corresponding to the best answer for each question.

1. One of the most common causes of mechanical construction workers falling from ladders is _____.
 - a. talking on our cell phones while working from the ladder.
 - b. reaching out too far.
 - c. slipping on B-Tank hoses.
 - d. all of the above.

2. When using ladders in high traffic areas, near doorways, etc., be sure to _____.
 - a. set up a barricade.
 - b. place a warning sign in the area.
 - c. inform the other trades in the area where you'll be working.
 - d. inform your supervisor.

3. When accessing an upper level with a portable straight ladder, be sure the ladder extends at least _____ feet above the landing surface.
 - a. 2
 - b. 3
 - c. 4
 - d. 6

4. Every workday _____ worker(s) incur permanently disabling injuries from falling off a ladder.
 - a. 1
 - b. 15
 - c. 35
 - d. 500

5. When inspecting a ladder for defects start with the _____.
 - a. rungs.
 - b. support braces.
 - c. spreader bars.
 - d. feet.

More...

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Name: _____

6. Another common reason that mechanical construction workers fall from ladders is that we are _____.
 - a. adjusting our body positions while standing on the ladder.
 - b. hoisting tools and materials up to the work area.
 - c. carrying tools or materials in our hands while climbing.
 - d. working in poorly lighted areas.

7. When selecting a ladder for a particular job, look on the side rails to identify the _____ and be sure not to exceed it.
 - a. height
 - b. weight
 - c. type
 - d. maximum load rating

8. Using a stepladder in the closed position as if it were a portable straight ladder is _____.
 - a. okay if you don't have to climb higher than 6 feet.
 - b. okay if another worker is securing the ladder while you climb and work.
 - c. never okay.
 - d. always okay.

9. When you observe a defective ladder you should immediately _____.
 - a. take it out of service.
 - b. place a tag on it.
 - c. inform others in the work area about the defect.
 - d. follow your company's procedures for tagging and taking defective equipment out of service.

10. When working near power lines or unguarded sources of electricity, use ladders made _____.
 - a. with rubber pads on the bottom of the feet.
 - b. with non-conductive side rails.
 - c. with non-conductive rungs.
 - d. of wood.

More...

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SAFETY EXCELLENCE INITIATIVE

Name: _____

11. When working from a ladder, to get your tools up to your work area you should _____.
 - a. carry them up in a bag.
 - b. wear a tool belt.
 - c. hoist them up in a sturdy tool bag.
 - d. b or c.

12. When using portable straight ladders, be sure that you never stand on the top _____.
 - a. rung.
 - b. two rungs.
 - c. three rungs.
 - d. four rungs.

13. When using a stepladder, never stand above the _____.
 - a. top step.
 - b. first step from the top.
 - c. second step from the top.
 - d. third step from the top.

14. Stepladders should be used only when they are _____.
 - a. fully open.
 - b. locked in place.
 - c. set up on firm, level, slip hazard-free surfaces.
 - d. all of the above.

15. To properly set a portable straight ladder at the proper angle, the base of the ladder (foot) should be pitched out from the vertical plane of its top support _____ the length of the ladder.
 - a. 1/3
 - b. 1/4
 - c. 1/2
 - d. 2/3

More...

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SAFETY EXCELLENCE INITIATIVE

Name: _____

16. Before starting to work from a portable straight ladder, make sure that _____
 - a. it is tied off (secured) at the top.
 - b. all four feet are firmly set on the surface.
 - c. the angle indicator is working properly.
 - d. rail extensions are attached.

17. When calculating weight so that you won't exceed the ladder rating you need to consider _____
 - a. only your body weight.
 - b. only the weight of the tools and materials you will be using.
 - c. your body weight and the weight of the tools you will be using.
 - d. your body weight and the weight of the tools and materials you will be using.

18. Cross braces are in place to _____
 - a. strengthen stepladders.
 - b. allow two workers to climb the same ladder simultaneously.
 - c. support the ladder when it is used in the closed position up against a wall.
 - d. none of the above.

19. To keep from overreaching while working on a ladder, be sure to _____
 - a. keep your belt buckle between the side rails.
 - b. get down and move the ladder closer to the work area.
 - c. a and b.
 - d. neither a nor b.

20. When using a portable straight ladder, set it up so that it has the proper _____
 - a. 4 to 1 pitch.
 - b. 1 to 4 pitch.
 - c. angle indicator.
 - d. height.