

Disclaimer: This material was produced under grant number SH-31237- SH7 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U.S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

L1 Quiz: Ladder and Lift Safety

- 1)** Portable ladders used for access to an upper landing surface, such as a house roof, shall have side rails that extend at least _____ above the upper landing surface to which the ladder is used to gain access.
- a) 2 rungs
 - b) 3 feet (0.9 m)
 - c) 1.6 feet (0.5 m)
 - d) 6 feet (1.8 m)
- 2)** Choose the best ladder from the list below for working on an exterior conduit run adjacent to utility power lines:
- a) Aluminum extension ladder
 - b) Telescoping ladder
 - c) Fiberglass extension ladder
 - d) Orchard ladder
- 3)** Match the following ladder Duty Rating with the proper ANSI Code:
- | | |
|------------------------|-------------|
| a) 200 pounds / 91 kg | 1. Type I |
| b) 225 pounds / 102 kg | 2. Type IA |
| c) 250 pounds / 113 kg | 3. Type IAA |
| d) 300 pounds / 136 kg | 4. Type II |
| e) 375 pounds / 170 kg | 5. Type III |
- 4)** When selecting a portable ladder for residential solar construction, choose which items to consider when evaluating a ladder's duty rating. Choose all that apply.
- a) A worker's body weight, including clothing
 - b) A worker's protective equipment and tool belt
 - c) The weight of tools carried by the worker
 - d) The amperage of the solar circuit(s)
 - e) The weight of equipment carried by the worker
 - f) The voltage of a solar module

- 5)** True or False: An employer is not required to have a training program for each employee using ladders.
- 6)** A PV installer is setting up an extension ladder to access a flat roof with a parapet wall that is 24' tall where the ladder will be placed. What distance from the vertical wall should the ladder's base be positioned?
- a) 3'
 - b) 4'
 - c) 6'
 - d) 8'
- 7)** True or False: OSHA regulations allow a worker to carry one solar module up a ladder, as long as the building is only one story.
- 8)** Choose three methods from below that could be used to lift solar modules up to a two-story roof.
- a) A strong and qualified person could carry modules up a ladder by themselves
 - b) An aerial boom lift
 - c) A reach forklift
 - d) A ladder-hoist system
- 9)** Most injuries and fatalities involving scissor lifts are the result of operators not addressing?
(Choose two)
- a) Speed
 - b) Stabilization
 - c) Positioning
 - d) Operating temperature
- 10)** True or False: Workers using crawling boards (chicken ladders) to install solar modules on steep roofs are not required to use any additional fall protection.
- 11)** OSHA Standard 29 CFR _____ is specifically for regulations concerning the construction industry.
- a) 1926
 - b) 1930
 - c) 1690
 - d) 1906
- 12)** Choose three accessories from below that could be used to help stabilize an extension ladder.
- a) Leg leveler
 - b) A small piece of solar rail
 - c) A tie-off
 - d) Ladder stabilizer
 - e) Two people on the ladder
- 13)** True or False: When unloading modules from a ladder-hoist system, the worker on the roof does not need fall protection, since they are not performing any work with the module.

14) When using an aerial boom lift to access a roof or install conduit, operators (choose all that apply):

- a) Must be properly trained
- b) Must watch for hazards, such as overhead power lines
- c) Are not required to use a body harness with lanyard
- d) Must not exceed the unit's load limits

15) True or false: A job hazard analysis should be completed prior to the start of PV installation work, or whenever site conditions change.