Slips, Trips, and Falls Safety Quiz

To review your knowledge of slips, trips, and falls safety, answer the questions below.

1. Slips, trips, and falls cannot be prevented.
   a. True
   b. False

2. The following can help prevent slips, trips, and falls, except:
   a. Keeping floors dry, providing adequate lighting and maintaining even surfaces.
   b. Good housekeeping, not leaving hoses, boxes and cords in walkways, stairs, or aisles.
   c. Practicing proper ladder safety.
   d. Stretching muscles before and during work.

3. When setting up and using a straight or extension ladder, always use the:
   a. Three to one ratio.
   b. Three foot rule.
   c. Four to one ratio.
   d. Two point contact at all times.

4. To meet Federal requirements, any ladder used must be able to support your weight and the weight of your tools and load:
   a. True
   b. False

5. _________ should be used to show the change from a level floor surface to a ramp or different floor level.
   a. Colored striping or markings
   b. Posted notices in worker restrooms
   c. Overhead signs at all entrances
   d. A and B
   e. None of the above

6. Eighty percent of all falls that happen on stairs occur on the bottom two or the top two steps.
   a. True
   b. False

7. You can help remove moisture from your shoes by using:
   a. Mops
   b. Floor mats
   c. Waterproof boots
   d. Safety shoes

8. When you cannot avoid walking on slippery surfaces, _________ to make the job safer:
   a. Take smaller steps
   b. Jump across the puddle
   c. Take larger steps
   d. Walk with a partner

9. The best type of shoes to prevent slips are:
   a. Waterproof shoes
   b. Leather soled shoes
   c. Non-skid soled shoes
   d. Shoes with metal tips and heels.

10. Fall protection equipment is required on all Confined Space Entries.
    a. True
    b. False