

Working at Heights Trainer — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **Working at Heights Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What legislation covers working at height in the UK?

- A) Health and Safety at Work Act 1974
- B) Work at Height Regulations 2005
- C) PUWER 1998
- D) Construction Regulations 2015

Q2. What is the hierarchy of control for working at height?

- A) Avoid, prevent falls, minimise consequences
- B) Use ladders, use scaffolding, use harnesses
- C) Train staff, inspect equipment, use PPE
- D) Avoid, use collective protection, use personal protection

Q3. What is a collective fall protection measure?

- A) A safety harness
- B) Edge protection, guardrails, safety nets — protecting everyone without individual action
- C) A hard hat
- D) A buddy system

Q4. When should a ladder be used?

- A) For all work at height
- B) Only for short duration, low-risk work where other equipment is not justified
- C) Never — ladders are banned
- D) For work over 2 metres only

Q5. What is the correct angle for a leaning ladder?

- A) 45 degrees (1 out for every 1 up)
- B) 75 degrees (1 out for every 4 up)
- C) 60 degrees
- D) 90 degrees (vertical)

Q6. What is a MEWP?

- A) A type of scaffold
- B) Mobile Elevated Work Platform — e.g. cherry picker, scissor lift
- C) A fall arrest harness
- D) A safety net

Q7. What pre-use checks should be done on a ladder?

- A) Only check the feet
- B) Check stiles, rungs, feet, locking mechanisms, and overall condition
- C) Only check if it reaches the required height

D) No checks needed

Q8. What is a fragile surface?

- A) Any surface below 2 metres
- B) A surface that cannot support the weight of a person — e.g. rooflight, asbestos cement sheet
- C) A wet surface
- D) A sloped surface

Q9. What is a rescue plan?

- A) A plan for rescuing equipment
- B) A pre-planned procedure for rescuing someone who has fallen and is suspended in a harness
- C) An emergency evacuation plan
- D) A first aid plan

Q10. What is suspension trauma?

- A) A type of fall
- B) A potentially fatal condition caused by hanging motionless in a harness, restricting blood flow
- C) A harness fitting issue
- D) A type of scaffold failure

Q11. What should a harness inspection include?

- A) Only check the buckles
- B) Check webbing, stitching, buckles, D-rings, connectors, and energy absorber
- C) Only check the label
- D) Visual check only

Q12. What is the purpose of an energy absorber on a lanyard?

- A) To make the lanyard longer
- B) To reduce the force on the body during a fall arrest
- C) To attach to the anchor point
- D) To prevent the lanyard tangling

Q13. What is a permit to work for working at height?

- A) A training certificate
- B) A formal document authorising specific high-risk work, with controls and signatures
- C) A planning permission
- D) An insurance document

Q14. What factors affect the choice of access equipment?

- A) Only height
- B) Height, duration, frequency, load, environment, and number of workers
- C) Only cost
- D) Only availability

Q15. What is the minimum height at which fall protection is required?

- A) 1 metre
- B) 2 metres
- C) There is no minimum — any fall can be fatal
- D) 3 metres

Answer Key

Q1: B Q2: A Q3: B Q4: B Q5: B Q6: B Q7: B Q8: B Q9: B Q10: B Q11: B Q12: B Q13: B Q14: B Q15: C

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