

## T-Line Mechanic

### Assessment Items

#### **Fall Arrest**

Learning Objectives:

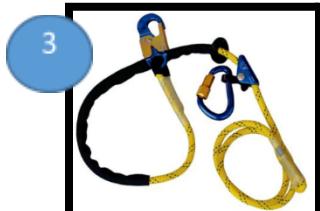
1. Demonstrate understanding of how and when to use fall arrest system.
2. Gain knowledge of PPE used for fall arrest.

(Objective 1) Which of the following statements are true? Select as many as applicable.

- a. Fall arrest and fall restraint are terms that can be used interchangeably.
- b. As of January 1998, the use of body belts for fall arrest are prohibited
- c. Work positioning systems should allow an employee to fall no more than six feet
- d. When working in an elevated position, employees are required to use an appropriate device that provides 100% fall protection for climbing and working.
- e. Employees are to be attached at all times when climbing lattice and tubular metal structures.
- f. When working on wood structures, employees using a work positioning safety must ensure the safety device remains within two feet below the bolted attachment.
- g. While transitioning structure arms, attachments, hook ladders, fiberglass platforms, etc., workers must use work positioning, fall arresting lanyard, self-retracting or vertical/horizontal lifeline or combination of those.

(Objective 2) Identify each type of fall arrest PPE by writing the picture number(s) in the right column

PPE Type	Picture Number
Body Harness	
Lanyard	
Lifeline	



## **Rope**

Learning Objectives:

1. The learner will understand the use and care of ropes.

(Objective 1) Which of the following statements are true? Select as many as applicable.

1. A rope loses efficiency and strength when it is bent or tied into a knot.
2. Rope should never be stored in a bag.
3. When using synthetic rope, knots can be used in lieu of splices.
4. Identification tags with load ratings should be used with wire rope slings.
- 5.
6. Exposure to sunlight may weaken some types of rope.
7. Braided ropes are far more resistant to kinking since they do not have a built-in twist.
8. Rope should always be inspected before use, even if it came from storage.
9. Storing rope correctly can help it maintain its strength.
10. Always inspect a new rope before use.
11. Braided and twisted ropes are stronger, but can be easily spliced.

## **PPE Inspection**

Learning Objectives:

1. The learner will have a clear understanding of when and how to inspect PPE. The learner will demonstrate its knowledge base by completing the job evaluation.

Which of the following statements are true? Select as many as applicable.

1. PPE must be inspected before every use.
2. The shell of a hard hat should be flexible enough to push it together an inch between your hands.
3. To remove tars, creosote, paint or oils from a hard hat using a solvent, it is a good practice to verify with the manufacturer the solvent will not damage the shell.
4. An acceptable practice for storing hardhats is to use the dashboard of a vehicle.
5. Hard hats should be frequently cleaned with warm water and mild detergent.
6. To make a hard hat fit comfortably, paper or foam can be used to secure the space between the suspension and shell.
7. The safety and health policies and procedures linked in the learning guide include training checklists for PPE.