

**EXAMINATION MATERIAL
ON «SAFE METHODS AND TECHNIQUES OF WORKING AT HEIGHT FOR
WORKERS OF THE SECOND GROUP
(SAFE WORK PERMIT)»
PK-75**

Theme 1

1.	What is works safety?	
A	a state of activity in which the dander is excluded with a certain probability, and the level of activity risk does not exceed an acceptable level	
B	minimum amount of risk that is achievable by technical, economic and technological capabilities	
C	a system for preserving the life and health of workers during the work	
2.	What activities are included in work safety?	
A	Legal	
B	Socio-economic	
C	Organizational and technical	
D	Sanitary and hygienic	
E	Treatment-prophylactic	
F	Rehabilitation	
G	All the above	
3.	What is included in the priority tasks, in the organization of safe working at heights?	
A	The employer to ensure the safety of workers should, if possible, exclude work at heights	
B	use of inventory forests, scaffolds, devices and means of padding, the use of lifts (towers), building facade lifts, pendant forests, cradles, machines or mechanisms, as well as collective and individual protection equipment	
C	technical and technological measures, including the development and implementation of a work plan at altitude (hereinafter- "WMS at height"), performed in workplaces with territorially changing working areas (hereinafter - non-stationary workplaces)	
D	development and approval of technological maps for the production of works; fencing of the place of production of works, hanging of warning and prescriptive posters (signs), use of collective and individual protection means	
E	appointment of persons responsible for organization and safe work at height	
F	preparation of a plan for emergency response and rescue operations	
4.	Can employers establish safety standards working at height?	
A	Yes, if there are no any violations of the requirements of Rules No 155n	
B	No	
C	Allowed in agreement with Rostekhnadzor	
5.	What are the requirements of the Employer organizing work at height?	
A	Organize briefing on safe work	
B	Organize training and re-examination of knowledge of safe methods and techniques of work	
C	Provide workers with workwear and organize the correct choice and use of protective equipment	
D	All the above	

Theme 2

1.	What are the accidents in accordance with Federal Law No. 197 of 2017. "Labor Code of the Russian Federation"?	
A	minor industrial accident	
B	serious industrial accident	
C	fatal accident	
D	group accident	
E	all the above	
2.	What must the worker do in case of accidents, especially?	
A	call the ambulance	
B	Report to the appropriate state labor inspectorate	
C	Report to the prosecutor's office at the scene of the accident	
D	Immediately give first aid to the victim and, if necessary, deliver him/her to the medical organization	
3.	What must not the employer organize to ensure the safe work at height?	
A	The correct choice and use of protective equipment	
B	Observe safety labeling instructions	
C	Maintenance and periodic inspection of the protective equipment specified in the manufacturer's operating documentation	
D	Work with random supports (boxes, barrels)	
4.	How many days does the commission conduct a fact-finding inquiry into the individual minor industrial accident?	
A	During two days	
B	During three days	
C	During one day	
D	During four days	
5.	Who is included in the commission for the inquiry into investigation of vocational illness?	
A	Chief sanitary inspector of Rospotrebnadzor(General Commissioner)	
B	Employer representative	
C	work safety officer of the organization	
D	Representative of the medical institution	
E	A representative of a trade union or other representative body of workers	
F	All the above	
6.	Who conducts the additional inquiry into the accident when the victim's application for disagreement with the conclusions of the inquiry commission?	
A	special commission appointed by the employer	
B	state labor inspector with the involvement of the labor union inspector and representative of the executive body of the insurer, if necessary	
C	special commission set up in the regional branch of the Social Security Fund of the Russian Federation in conjunction with the State Labor Inspectorate	
D	labor inspector of labor with the involvement of the representative of the executive body of the insurer, if necessary	

Theme 3

1.	Who is responsible for the organization and production of works of increased danger?	
A	person issued the safe work permit	
B	works supervisor	
C	lead supervisor	
D	Lead worker (team member)	
E	All the above	
2.	What specialists are not given the right to issue safe work permits working at height?	
A	chief engineer	
B	heads of plots, shops	
C	producers of works	
D	head of Human Resources Department	
3.	How often should employees of the first and second groups be trained of safe methods and techniques of working at height?	
A	At least once a year	
B	At least once every 3 years	
C	At least 1 time in 5 years	
D	At least 1 time in 7 years	
4.	What is the responsibility of the lead worker of the work in the presence of the lead supervisor?	
A	Test for the safe work permit and the signature in the registry	
B	Check the technical condition of the necessary personal protective equipment during work specified in the safe work permit	
C	Check the preparation of workplaces, the implementation of security measures identified in the safe work permit, the personal protective equipment of team members necessary during the work and specified in the safe work permit	
D	Check the completeness of the team members indicated in the safe work permit	
5.	What risks should an employee know according to the safe work permit before starting to work at height?	
A	risk of harm to health	
B	risk of causing damage to production equipment	
C	risk of causing damage to the production facility	
D	risk of deviation from the task specified in the safe work permit	

Theme 4

1.	What types of safety systems for work at height are specified in Annex No 12 to the Rules?	
A	Supporting systems	
B	Positioning systems	
C	Safety systems	
D	Rescue and evacuation systems	
E	All the above	
2.	Which of the following is a safety device with an automatic self-locking function for pulling the sling and the automatic pulling and pulling back of an elongated sling?	
A	Protection means of a slide type with a rigid anchor line	
B	Protection means of the slide type with a flexible anchor line	
C	Protective device for retractor type	
D	Shock damper	
3.	What is the name of the factor in which the height margin is calculated taking into account the total length of the sling and connectors, the length of the shock damper, the height of the worker, and also the free space remaining to the underlying surface in the equilibrium state of the worker after the fall has stopped?	
A	falling factor	
B	absence of height margin factor	
C	pendulum factor in the fall	
D	speed factor	
4.	What is the name of the individual fall protection system, which includes two separate subsystems: one using a working rope and the other using to ensure safety?	
A	Cable access system	
B	Rescue system	
C	Safety system	
D	Supporting system	
5.	Which of the following activities must the employer organize for the providing personal protective equipment to employees?	
A	Only control over the providing personal protective equipment according to the terms and release record	
B	Only control, release record and correct filling of individual cards, release record of individual workwear	
C	Only control how to use individual workwear	
D	All the above	

Theme 5

1.	Workers of which group can use self-insurance moving on structures and high-rise buildings and carry out worker's insurance?	
A	The first group and next	
B	The second group and next	
C	The third group and next	
D	Having a certificate of the right to work at height	
2.	Where should the signal fences and / or safety signs be installed?	
A	installed on the boundaries of potential dangerous zones, the effects of dangers	
B	installed on the boundaries of zones of permanently operating hazardous production factors	
C	installed on passages to workplaces at a height of 1.8 m and more and at a distance of less than 2 m from the edge of the difference in height	
3.	What should be guided in the organization for operation to personal protective equipment against falling from height?	
A	The requirements of the Safety and Health at Work Regulations	
B	The requirements of NTD	
C	The requirements of manufacturer	
4.	What protective functions does the protective helmet and protective cap (bump hat) work at height have and what is the difference?	
A	Protective helmet — headgear designed to protect the top of the head from damage caused by impact on solid fixed objects	
B	Protective cap (bump hat)— headgear designed to protect the top of the head from damage from falling objects, from exposure to moisture, electric current, metal spray	
C	Protective helmet protects against impact against solid fixed objects; protective cap protects against damage by falling objects	
D	Protective helmet protects against damage by falling objects; protective cap - protects against impact against solid fixed objects	
5.	Is it possible to use PPE from a fall from a height to stop a fall?	
A	No	
B	It is possible if they comply with the standard EN 363	
C	The anchor point was at the waist level or higher; The strap must be in tension; free movement is limited to no more than 0.6 m	
D	As a tie in the restraint systems, both a supporting and a safety leash can be used	
E	The use of the positioning system requires the mandatory presence of a safety system	
6.	What deadline should be met during the periodic PPE?	
A	According to the manufacturer's instructions, but at least once a year	
B	According to the manufacturer's instructions, but at least once every 6 months	
C	According to the manufacturer's instructions, but at least once every 3 months	
7.	What conditions should be carried out choosing anchor bolts in safety systems to exclude the pendulum effect when the employee falls?	
A	In safety systems designed to stop the fall, the force transmitted to the person at the time of the fall using a safety harness should not exceed 6 kN	
B	The maximum length of the sling, including the length of the end connections with regard to the shock absorber, should not be more than 2 m	

C	The location of the worker relative to the anchorage should be $\alpha \geq 300$	
D	All the above	

Theme 6

1.	At what height should the workplaces of lifting mechanisms be provided with means of evacuation from a height (means of self-rescue)?	
A	Located above 15 m	
B	Located above 10 m	
C	Located above 5 m	
D.	No provision	
2.	What are the requirements for the safe operation of equipment, mechanisms, small-scale mechanization and hand tools working at height?	
A	The requirements for the safe operation of equipment, mechanisms, small-scale mechanization equipment, hand tools operating at altitude must be identified in the instructions on labor protection	
B	Equipment, mechanisms, hand mechanized and other equipment, tools, devices and materials used in performing work at height should be applied with security measures to prevent their fall (placement in bags and pouches, fastening, slinging, placement at a sufficient distance from the border height difference or fixation to an employee's safety harness)	
C	Equipment, tools, appliances and materials weighing more than 15 kg should be suspended on a separate rope with an independent anchor device.	
D	After finishing work at the height of equipment, mechanisms, small-scale mechanization tools, hand equipment should be removed from the height	
3.	What is the employer's responsibility using protective equipment working at height?	
A	To organize proper release record and control over the issuance of special clothes, special footwear and other personal protective equipment to workers and employees according to the terms.	
B	To ensure that workers and employees during work do use the special clothes issued to them, special footwear and other personal protective equipment	
C	To organize proper care for personal protective equipment. To provide timely dry cleaning, washing, repair, degreasing and dedusting special clothes, as well as repair, decontamination, decontamination and neutralization of special footwear and other personal protective equipment	
D	To instruct the workers and employees issuing to them such personal protective equipment as respirators, gas masks, self-rescuers, safety belts, mosquito nets, helmets and others	
E	All the above	
4.	What day is the start date for the use of personal protective equipment?	

A	The day of the actual issuance of PPE to employees	
B	The day of actual using of PPE by the employees	
C	The beginning of the calendar year	
D.	The day after following the day of the actual issuance of PPE to employees	
5.	Where should personal protective equipment given to the employee be kept?	
A	At the workplace	
B	In specially equipped rooms (cloakrooms)	
C	At the discretion of the employee	
D.	No provision	

Theme 7

1.	What should be taken into account inspecting the scene?	
A	Clear the space for emergency services	
B	To examine the scene of the incident in order to find the available means for the provision of the first medical aid	
C	All the above	
D	To examine the scene of the incident to identify all victims	
2.	What should be included in the system of rescue and evacuation according to the systems of work safety at height?	
A	Additional or already used, but designed for additional loading, anchoring devices and / or anchor lines	
B	Backup supporting systems, positioning systems, access systems and / or safety systems	
C	The necessary means of lifting and / or lowering, depending on the rescue plan and / or evacuation (for example, winches, blocks, tripods, lifts)	
D.	Stretchers, tires, means of immobilization	
E	First aid kit	
F	All the above	
3.	What is the first aid?	
A	To call the ambulance	
B	To assess the situation and the condition of the victim	
C	To assess the situation and the condition of the victim, call an ambulance, start resuscitation	
D.	To immediately begin the resuscitation	
4.	What measures need not be taken to maintain airway patency?	
A	To bring the gossypium soaked with ammonia to the victim's nose	
B	To give a stable lateral position	
C	To tilt head with chin lift	
D	To pull out the lower jaw	
5.	How is cardiopulmonary resuscitation carried out with the participation of one rescuer?	
A.	To continuous alternate actions: two or three injections, 15 pressure on the chest	
B.	To continuous alternate actions: one injection, 10 pressure on the chest	
C.	To continuous alternate actions: two injections, 30 pressure on the chest	
6.	What is immobilization?	
A	Transportation of the victim to a medical institution	
B	Providing the immobility of damaged parts of the body	
C	Anesthesia of the damaged part of the body	