1. True or False? There must be a stairway or ladder at points of access where there is an elevation break of 19 inches or more.
2. True or False? A handrail must withstand 150 lbs. of force.
3. True or False? Stairways with four or more risers or more than 30 inches high must have a stair-rail along each unprotected side or edge.
4. Stairs must be installed between what angles? Fill in the blank. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Stairs must have uniform riser height and tread depth, with less than what?
   1. 1/5 inch
   2. 1/4 inch
   3. 1 inch
   4. 2 inches
6. True or False? If doors or gates open directly on a stairway, you must provide a platform that extends at least 20 inches beyond the swing of the door.
7. What general ladder requirements should be followed? Circle all that apply:
   1. Keep the area around the top and bottom of the ladder clear.
   2. Ensure rungs, cleats, and steps are level and uniformly spaced.
   3. Ensure rungs are spaced 10 to 14 inches apart.
   4. Keep ladders free from slipping hazards.
8. True or False? It is safe to use single rail ladders.

9. For portable ladders, side-rails should be at least how far apart? Circle the correct answer:

a. 10 inches

b. 15 inches

c. 11 ½ inches

d. 9 ½ inches

10. True or False? Portable ladders must be able to support 4 times the maximum load.

1. True or False? It is okay to paint a wood ladder.

12. When using a portable ladder for access to an upper landing surface, the side rails must extend a minimum of how many feet above the upper landing surface?

1. 1 ft.
2. 1.5 ft.
3. 2 ft.
4. 3 ft.
   1. You may equip a fixed ladder 24 feet or longer which of the following items? Circle the correct answer(s):
   2. Ladder safety device
   3. Self-retracting lifelines with rest platforms every 150 feet or less
   4. Cage or well and multiple ladder sections, with each section not to exceed 50 feet
   5. True or False? It is safe to use the top of a stepladder as a step.
   6. What are three general safety guidelines when climbing ladders?

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**Answer Key**

1. True
2. False, minimum of 200
3. True
4. 30 and 50 degrees
5. ¼ inch
6. True
7. Circle all
8. False
9. 11 ½ inches
10. True
11. False
12. 3 ft.
13. Circle all
14. True
15. Face the ladder when going up or down.

Use at least one hand to grab the ladder when going up or down.

Do not carry any object or load that could cause you to lose balance.