# ALI Ladder Safety Training Practice Test (Sample)

## Study Guide


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# Questions

**1. What is a common mistake people make when using ladders?**

**A. Choosing the correct ladder type**

**B. Ignoring the weight capacity**

**C. Using ladders for short tasks**

**D. Following safety guidelines**

**2. When calculating the total weight a ladder is to support, what must be included?**

**A. The weight of tools used and stored on the ladder**

**B. Your weight**

**C. The weight of clothing and equipment**

**D. All of the above**

**3. Is it only necessary to inspect a used ladder?**

**A. True**

**B. False**

**C. Only if it appears damaged**

**D. Only once a month**

**4. How should you access a roof when using an articulated ladder?**

**A. Step directly onto the roof**

**B. Step sideways onto the roof**

**C. Climb down from the ladder onto the roof**

**D. Jump onto the roof from the ladder**

**5. How many people are injured using ladders each year due to safety precautions not being followed?**

**A. Over 100,000**

**B. Over 160,000**

**C. Over 200,000**

**D. Over 250,000**

**6. A single ladder is essentially the same as which part of an extension ladder?**

- **A. Middle section**
- **B. Fly section**
- **C. Base section**
- **D. Upper section**

**7. What should you do if the ladder is too short for the job?**

- **A. Stand on the top rung**
- **B. Use a longer ladder instead of using improper techniques to reach higher**
- **C. Use multiple ladders at once**
- **D. Climb onto the roof for better reach**

**8. What is the safest angle to position an extension ladder against a wall?**

- **A. A 60-degree angle**
- **B. A 75-degree angle**
- **C. A 90-degree angle**
- **D. A 45-degree angle**

**9. How can one maximize the lifespan of a stepladder?**

- **A. Store in direct sunlight**
- **B. Lubricate moving parts**
- **C. Keep it dirty for better grip**
- **D. Use without a safety inspection**

**10. What material should ladders be kept away from to prevent corrosion?**

- **A. Wood**
- **B. Plastic**
- **C. Corrosive materials**
- **D. Steel**

# Answers

**1. B**
**2. D**
**3. B**
**4. B**
**5. B**
**6. C**
**7. B**
**8. B**
**9. B**
**10. C**

# Explanations

## 1. What is a common mistake people make when using ladders?

**A. Choosing the correct ladder type**

**B. Ignoring the weight capacity**

**C. Using ladders for short tasks**

**D. Following safety guidelines**

**Ignoring the weight capacity when using ladders is a significant mistake that can lead to dangerous situations. Each ladder is designed with a specific weight limit, which includes not only the weight of the user but also any tools or materials being carried. Exceeding this limit can cause the ladder to become unstable or collapse, posing serious injury risks. Understanding the weight capacity is crucial to ensure that the ladder can safely support the user and their equipment during tasks. Proper selection of a ladder that can handle the intended load promotes safer work environments and prevents accidents that could arise from overloading. This knowledge underscores the importance of checking the manufacturer's specifications before commencing work with a ladder.**

## 2. When calculating the total weight a ladder is to support, what must be included?

**A. The weight of tools used and stored on the ladder**

**B. Your weight**

**C. The weight of clothing and equipment**

**D. All of the above**

**When determining the total weight that a ladder must support, it is essential to consider all factors that contribute to the load. This includes not only the weight of the user but also the weight of any tools and equipment being used or stored on the ladder as well as the weight of clothing and safety gear. Each of these components plays a role in the overall safety and stability of the ladder while in use. Including the weight of tools is vital because they can add significant weight, potentially exceeding the ladder's rated capacity if not accounted for. Similarly, the user's weight is a fundamental factor, as ladders have specific load limits based on the maximum weight they can safely support, which includes the individual using the ladder. Lastly, any additional weight from clothing and personal safety equipment, such as harnesses or tool belts, should also be factored in since they can further contribute to the total weight. To ensure safety while using a ladder, it is critical to calculate the total load accurately, which encompasses all these aspects. This comprehensive understanding helps prevent accidents and ensures that the ladder is used within its designated limitations.**

## 3. Is it only necessary to inspect a used ladder?

**A. True**

**B. False**

**C. Only if it appears damaged**

**D. Only once a month**

**Ladder safety encompasses the need for consistent inspections, regardless of the ladder's condition or appearance. Regular inspections are crucial to ensure that all ladders are safe for use and comply with safety standards. Even a ladder that looks fine and has not been visibly damaged can have hidden defects or wear that could compromise its integrity. This is why it is essential to inspect ladders before each use, along with periodic thorough inspections, rather than just when they seem damaged or on a scheduled basis like once a month. Ensuring that all ladders are maintained and checked regularly helps prevent accidents and injuries.**

## 4. How should you access a roof when using an articulated ladder?

**A. Step directly onto the roof**

**B. Step sideways onto the roof**

**C. Climb down from the ladder onto the roof**

**D. Jump onto the roof from the ladder**

**Accessing a roof using an articulated ladder requires careful attention to safety and stability. Stepping sideways onto the roof provides a more balanced and controlled method of transition from the ladder to the roof. This approach allows the climber to maintain three points of contact—two hands and one foot or two feet and one hand—thereby enhancing stability during the move. By stepping sideways, you can align your body more effectively with the roof edge, decreasing the risk of losing balance or slipping. This technique also keeps your center of gravity lower, which is vital for safely navigating the gap between the ladder and the roof surface. Other methods such as stepping directly onto the roof or jumping from the ladder increase the risk of missteps and falls. Climbing down from the ladder can also be precarious if not done with a stable footing, and it does not provide the same level of control or balance found in the sideways movement. Therefore, the chosen method optimizes safety during the transition between the ladder and the roof.**

## 5. How many people are injured using ladders each year due to safety precautions not being followed?

**A. Over 100,000**

**B. Over 160,000**

**C. Over 200,000**

**D. Over 250,000**

**The choice of over 160,000 injuries occurring each year due to improper ladder use reflects a significant public safety concern. This figure emphasizes the widespread issue of ladder-related accidents, which can often be traced back to a lack of following established safety precautions. Understanding this statistic highlights the importance of adhering to safety guidelines during ladder use, such as ensuring the ladder is on stable ground, maintaining proper angle and position, and using the appropriate ladder for the task at hand. By recognizing the high incidence of injuries, individuals and organizations can prioritize training and education on ladder safety, ultimately aiming to reduce these incidents and promote safer practices in the workplace and at home. This awareness and emphasis on safe ladder practices can contribute to fewer accidents, injuries, and even fatalities.**

## 6. A single ladder is essentially the same as which part of an extension ladder?

**A. Middle section**

**B. Fly section**

**C. Base section**

**D. Upper section**

**A single ladder is essentially the same as the base section of an extension ladder because both serve as the foundational component that provides stability and support while in use. The base section is designed to rest on the ground, and it is crucial for maintaining balance and preventing accidents when the ladder is in use. In contrast, the fly section of an extension ladder is the part that extends outwards to reach higher areas, making it different in function as it is not designed to rest on the ground like a single ladder. The middle section can vary in length and does not provide the same stable support as the base section. The upper section, typically a part of a larger ladder system, serves to reach heights but similarly does not match the function of a standalone single ladder. Understanding the distinction between these sections is important for safe ladder usage.**

## 7. What should you do if the ladder is too short for the job?

**A. Stand on the top rung**

**B. Use a longer ladder instead of using improper techniques to reach higher**

**C. Use multiple ladders at once**

**D. Climb onto the roof for better reach**

**When a ladder is too short for the job, it is essential to use a longer ladder instead of resorting to improper techniques to reach higher. This practice ensures safety and stability while working at heights. Using a ladder that is appropriate for the task minimizes the risk of accidents, such as falls or the ladder tipping over. Standing on the top rung might give an illusion of reaching the desired height, but it significantly increases the risk of losing balance since the top rung does not provide a secure standing position. Climbing onto the roof can also be dangerous if the ladder is not extended or positioned correctly, and it may lead to falls. Using multiple ladders at once can create instability and complicate the situation further, increasing the risk of an accident. By choosing a longer ladder, you ensure that you can work safely and effectively, adhering to the best practices outlined in ladder safety training.**

## 8. What is the safest angle to position an extension ladder against a wall?

**A. A 60-degree angle**

**B. A 75-degree angle**

**C. A 90-degree angle**

**D. A 45-degree angle**

**Positioning an extension ladder at a 75-degree angle is considered the safest because it provides optimal stability and balance. This angle allows the ladder to make adequate contact with the ground while leaning against the wall, reducing the risk of slipping or tipping over. At this angle, the base of the ladder stands a distance from the wall that is approximately one-fourth the height of the ladder. This ratio helps ensure the ladder is secure enough for the climber to ascend and descend safely. When using a ladder at this angle, it also minimizes the strain on the climber by allowing for a more natural approach to the ladder, keeping bodyweight distributed evenly. Ladders set at angles that are too steep, such as 90 degrees, can lead to instability because they lean too closely to the wall, increasing the risk of falling. Conversely, too shallow an angle, like 60 degrees or 45 degrees, may not provide enough elevation or may shift the center of gravity too far back, causing the ladder to tip over.**

## 9. How can one maximize the lifespan of a stepladder?

**A. Store in direct sunlight**

**B. Lubricate moving parts**

**C. Keep it dirty for better grip**

**D. Use without a safety inspection**

**To maximize the lifespan of a stepladder, proper maintenance is crucial, and lubricating moving parts is a significant aspect of this care. Regularly lubricating hinges and other moving components can prevent wear and tear, ensuring that the ladder operates smoothly. This action reduces friction that can cause parts to become damaged over time. In contrast, storing a ladder in direct sunlight can expose it to elements that may degrade materials over time, while keeping it dirty could actually hinder grip and lead to dangerous slips. Additionally, using a ladder without conducting safety inspections can lead to undetected damage or wear that compromises its structural integrity. Thus, effective maintenance, including lubrication, is vital in prolonging the functional life of a stepladder.**

## 10. What material should ladders be kept away from to prevent corrosion?

**A. Wood**

**B. Plastic**

**C. Corrosive materials**

**D. Steel**

**Keeping ladders away from corrosive materials is crucial for maintaining their integrity and safety. Corrosive substances, such as certain chemicals or solvents, can react with the materials of the ladder—especially metal components—leading to rust, weakening, and potentially catastrophic failures during use. Corrosion not only compromises the ladder's strength and stability but can also create hazardous surfaces that may lead to slips or falls. In contrast, wood and plastic do not inherently promote corrosion in the same way that corrosive materials do, although they may have other types of wear and tear associated with them. Steel, while subject to corrosion if exposed to moisture or corrosive agents, does not carry the same risk when considered in isolation as a material to avoid. Therefore, understanding the critical need to keep ladders away from corrosive materials ensures their durability and reinforces safety practices when using ladders.**