

New York City 8-Hour Fall Prevention for Construction Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

- 1. Which of the following can damage webbing or rope lanyards?**
 - A. Exposure to extreme temperatures**
 - B. Prolonged sunlight exposure**
 - C. Contact with sharp edges**
 - D. All of the above**
- 2. Which equipment is essential for distributing fall arrest forces over the body?**
 - A. Rope grab**
 - B. Body harness**
 - C. Guardrail system**
 - D. Safety net**
- 3. What is the correct approach to take if a person falls and is secured by a Personal Fall Arrest System?**
 - A. Leave them suspended until help arrives**
 - B. Attempt a self-rescue immediately**
 - C. Cut the harness to release them**
 - D. Provide medical assistance over the phone**
- 4. Are snaphooks required to be the locking type with a self-closing or self-locking keeper in a personal fall arrest system?**
 - A. True**
 - B. False**
 - C. Only when used in high-risk areas**
 - D. It's at the discretion of the user**
- 5. Who is responsible for conducting a hazard assessment?**
 - A. Untrained personnel**
 - B. A qualified person and/or a competent person**
 - C. A safety officer only**
 - D. Any worker on site**

- 6. What is a common cause of slips on job sites?**
- A. Heavy tools**
 - B. Water and other fluids**
 - C. Lack of supervision**
 - D. Inadequate training**
- 7. Where are the highest number of non-fatal falls most likely to occur at a job site?**
- A. Scaffolding**
 - B. Ladders**
 - C. Elevators**
 - D. Stairs**
- 8. Standing water or a sheen of water is the typical foreign substance associated with many slips. What is the truth of this statement?**
- A. True**
 - B. False**
 - C. Conditionally true**
 - D. Not generally true**
- 9. What is the main purpose of a safety harness in construction?**
- A. To improve worker efficiency**
 - B. To prevent falls from height**
 - C. To protect tools from falling**
 - D. To ensure compliance with regulations**
- 10. What is a good example of on-site equipment to assist workers in case of a fall?**
- A. Personal Protective Equipment**
 - B. Scaffolding**
 - C. Fall restraint system**
 - D. Hard hats**

Answers

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

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Explanations

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1. Which of the following can damage webbing or rope lanyards?

- A. Exposure to extreme temperatures**
- B. Prolonged sunlight exposure**
- C. Contact with sharp edges**
- D. All of the above**

The correct answer encompasses all of the listed factors, which can each contribute to damaging webbing or rope lanyards. Exposure to extreme temperatures can degrade the materials used in these safety devices, making the fibers brittle or causing them to lose their strength. High temperatures can cause melting or alteration in properties, while low temperatures can make them stiff and less flexible. Prolonged exposure to sunlight can lead to UV degradation. Many types of webbing and rope lanyards are made from synthetic materials that can break down and lose their integrity when subjected to UV rays over time. This process can weaken the fibers and reduce their load-bearing capacity. Contact with sharp edges poses a significant risk as well; any abrasion or cutting against a sharp edge can compromise the structural integrity of the lanyard. If a lanyard gets nicked or cut, it may fail to support someone's weight when needed. Understanding these risks emphasizes the importance of regular inspection and maintenance of safety gear used in construction and fall prevention, ensuring that they remain effective and reliable.

2. Which equipment is essential for distributing fall arrest forces over the body?

- A. Rope grab**
- B. Body harness**
- C. Guardrail system**
- D. Safety net**

The body harness is essential for distributing fall arrest forces over the body because it is specifically designed to conform to the shape of the wearer while providing support and comfort. In the event of a fall, the body harness helps to absorb and evenly disperse the forces exerted on the body, preventing injury. Its construction typically includes straps and connection points that secure the harness snugly across key areas, such as the shoulders, chest, and thighs, ensuring that the forces of a fall are not concentrated in one area, which could lead to injury. In comparison, while other equipment like rope grabs, guardrail systems, and safety nets serve vital safety roles in fall prevention and protection, they do not directly distribute fall arrest forces across the body in the way a body harness does. Rope grabs are used as part of a fall arrest system but do not provide body support. Guardrail systems are meant to prevent falls over edges but do not involve body contact. Safety nets are designed to catch a falling worker, rather than distribute the forces of a fall arrest. Thus, the body harness plays a critical role in personal fall protection systems by effectively managing the forces experienced during a fall.

3. What is the correct approach to take if a person falls and is secured by a Personal Fall Arrest System?

- A. Leave them suspended until help arrives**
- B. Attempt a self-rescue immediately**
- C. Cut the harness to release them**
- D. Provide medical assistance over the phone**

Leaving a person suspended who is secured by a Personal Fall Arrest System (PFAS) until help arrives is the recommended approach because it ensures the individual's safety and minimizes the risk of further injury. When someone is suspended in a harness, their body can undergo physiological changes, such as restricting blood flow and potentially leading to suspension trauma. By waiting for trained professionals to respond, it allows for proper assessment and rescue procedures to be implemented, which are essential for the individual's well-being. Attempts at self-rescue or cutting the harness could lead to additional complications, such as further injuries or falls, while providing medical assistance over the phone does not address the immediate need for a physical rescue or assessment of the person's condition. Prioritizing the safety of the individual by keeping them in a secure position while awaiting trained responders is crucial in fall incident scenarios.

4. Are snaphooks required to be the locking type with a self-closing or self-locking keeper in a personal fall arrest system?

- A. True**
- B. False**
- C. Only when used in high-risk areas**
- D. It's at the discretion of the user**

The correct answer is that snaphooks are indeed required to be of the locking type with a self-closing or self-locking keeper in a personal fall arrest system. This requirement stems from safety regulations that are designed to prevent accidental disengagement of the snaphook, which is critical in maintaining a secure connection during a fall. Locking snaphooks provide an additional layer of security by ensuring that the hook cannot be opened unintentionally, which is especially important in construction activities where workers can be exposed to hazardous conditions. The regulations emphasize that personal fall arrest systems must be designed and used in such a way that minimizes the risks associated with falls, and the inclusion of locking snaphooks is a key aspect of these safety measures. Using non-locking snaphooks could lead to fall hazards as they are easier to disconnect, either accidentally or through unintended contact with equipment or structures. In contexts where workers are operating at heights or in situations where a fall could occur, compliance with these requirements is crucial to prevent injuries or fatalities. Thus, the obligation to utilize locking snaphooks is part of the broader safety framework designed to protect workers in construction environments.

5. Who is responsible for conducting a hazard assessment?

- A. Untrained personnel
- B. A qualified person and/or a competent person**
- C. A safety officer only
- D. Any worker on site

The responsibility of conducting a hazard assessment lies with a qualified person and/or a competent person because these individuals have the necessary training, experience, and expertise to identify, evaluate, and mitigate hazards in the workplace effectively. A qualified person possesses a recognized degree, certificate, or professional standing, while a competent person is someone who is capable of identifying existing and predictable hazards in the surrounding or working conditions. They are able to take prompt corrective measures to eliminate these hazards. This structured responsibility ensures that the assessment is thorough and that proper safety protocols are followed, ultimately contributing to a safer work environment for all personnel on the site. In contrast, untrained personnel, a safety officer only, or any worker on site lack the required qualifications or expertise necessary to conduct an effective hazard assessment, which could potentially lead to safety oversights and increased risk of accidents.

6. What is a common cause of slips on job sites?

- A. Heavy tools
- B. Water and other fluids**
- C. Lack of supervision
- D. Inadequate training

Water and other fluids are indeed a common cause of slips on job sites. These substances can create slippery surfaces, significantly increasing the risk of accidents. When workers encounter wet or oily surfaces, their footwear may not provide adequate traction, leading to slips and falls. This hazard can be particularly dangerous in construction environments where workers are often moving quickly or carrying heavy loads. While heavy tools, lack of supervision, and inadequate training are factors that can contribute to accidents in various ways, they do not directly relate to the immediate physical conditions that lead to slipping. Water and fluids can accumulate from various sources, such as spills, rain, or the use of machinery, making them one of the most prevalent and preventable risks for slips on job sites. Thus, proper housekeeping and immediate clean-up of any spills can help mitigate this hazard effectively.

7. Where are the highest number of non-fatal falls most likely to occur at a job site?

A. Scaffolding

B. Ladders

C. Elevators

D. Stairs

The highest number of non-fatal falls at a job site is most likely to occur from ladders. Ladders are commonly used in construction but are often subject to misuse or improper setup, leading to accidents. Many workers may not adhere to safe practices, such as ensuring that ladders are stable and not overloaded. Additionally, ladders can be used for various tasks, increasing their exposure to potential fall incidents. The frequency of ladder use combined with potential safety lapses contributes significantly to the occurrence of falls from this equipment. In contrast, while scaffolding, stairs, and elevators can also be sources of falls, the extensive use and varied conditions encountered with ladders in many work environments typically lead to a greater incidence of non-fatal falls.

8. Standing water or a sheen of water is the typical foreign substance associated with many slips. What is the truth of this statement?

A. True

B. False

C. Conditionally true

D. Not generally true

The statement is true because standing water or a sheen of water significantly increases the risk of slips and falls in construction environments or any other setting. Water creates a slippery surface that can reduce traction between footwear and the ground. This effect is particularly dangerous in locations with high foot traffic or where workers are managing heavy equipment or materials. Identifying and managing such hazards is crucial in fall prevention strategies to ensure a safe working environment. Addressing standing water during site inspections and implementing proper drainage systems or surface treatments can help mitigate these risks, highlighting the importance of this awareness in workplace safety.

9. What is the main purpose of a safety harness in construction?

- A. To improve worker efficiency**
- B. To prevent falls from height**
- C. To protect tools from falling**
- D. To ensure compliance with regulations**

The main purpose of a safety harness in construction is to prevent falls from height. Safety harnesses are designed to secure the worker to an anchored point, thereby minimizing the risk of injury in the event of a fall. By distributing the forces of a fall across the body, these harnesses help ensure that workers remain safe while performing tasks at elevated heights. In environments where workers are often exposed to potential fall hazards, such as construction sites, the use of safety harnesses becomes a critical component of fall protection systems. While improving worker efficiency, protecting tools, and ensuring compliance with regulations are important considerations in construction safety, the primary function of a safety harness specifically focuses on fall prevention, making it an essential tool for safeguarding worker health and safety during hazardous activities.

10. What is a good example of on-site equipment to assist workers in case of a fall?

- A. Personal Protective Equipment**
- B. Scaffolding**
- C. Fall restraint system**
- D. Hard hats**

A fall restraint system is a critical piece of on-site equipment designed specifically to protect workers from falls in construction environments. This system is engineered to prevent a worker from reaching a fall hazard, meaning it effectively limits the potential for an accident. By using components such as harnesses, lanyards, and anchors, a fall restraint system ensures that if a worker does slip or trip, they remain secure and do not fall to a lower level, significantly reducing the risk of injury. While personal protective equipment, scaffolding, and hard hats are important for overall safety in construction, they do not directly assist in preventing falls in the same manner as a fall restraint system. Personal protective equipment primarily protects against injuries from impacts and other hazards but does not limit movement relative to fall hazards. Scaffolding provides a structure for working at heights but does not inherently secure a worker in the event of a fall. Hard hats protect against falling objects but are not designed to mitigate the risk of falling itself. Hence, the fall restraint system stands out as the optimal choice for actively preventing falls in a construction setting.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ny8hrfallpreventionconstruction.examzify.com>

We wish you the very best on your exam journey. You've got this!