

SWLC CLIMBING 1-6 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://swlcclimbing1to6.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	15

SAMPLE

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

SAMPLE

- 1. A harness should be immediately removed from service if there are which of the following defects?**
 - A. Cracks in Webbing
 - B. Bent Hardware
 - C. Missing Stitching
 - D. Any of the Above
- 2. A long sleeve shirt and work gloves should be worn whenever climbing a wood pole. True or False?**
 - A. True
 - B. False
 - C. Not necessary
 - D. Only in cold weather
- 3. Which best describes the effect of a safety-conscious attitude on accidents?**
 - A. It helps reduce accidents
 - B. It has no effect
 - C. It increases hazards
 - D. It causes equipment failure
- 4. Where should the hands be placed when climbing towers with step bolts?**
 - A. Slide the hands on either side of the main member at the corner
 - B. Grasp the rung above
 - C. Hands on the top rail
 - D. Hold the ladder rail
- 5. Where should the 200-lb design force be applied to test guardrails?**
 - A. Within two inches from the top rail at any point along the top edge
 - B. At the far end of the top rail
 - C. On the bottom rail
 - D. In the middle of the guardrail

- 6. What is the effective stroke distance when climbing up a pole?**
- A. 4-6 inches
 - B. 8-10 inches
 - C. 12-14 inches
 - D. 6-8 inches
- 7. When sounding a pole to detect decay, what type of hammer should be used?**
- A. A lightweight hammer
 - B. A heavy sledge hammer
 - C. A rubber mallet
 - D. A standard hammer
- 8. Is counting the rungs a safe method when climbing down a hook ladder into the working position?**
- A. True
 - B. False
 - C. Only if the ladder is new
 - D. It depends on the height
- 9. Which statement best describes sound wood when broken across the grain?**
- A. It Splinters
 - B. It Breaks Abruptly
 - C. It Crumbles Into Particles
 - D. It Bends Without Breaking
- 10. The keeper/gate of the snap hook should be positioned so that it is never load bearing.**
- A. True
 - B. False
 - C. Depends on the hook
 - D. Only during testing

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. A harness should be immediately removed from service if there are which of the following defects?

- A. Cracks in Webbing
- B. Bent Hardware
- C. Missing Stitching
- D. Any of the Above**

Safety depends on all parts of a harness being intact, because it must reliably distribute force to keep you protected. Cracks in the webbing weaken the fiber structure; even small cracks can grow under load and on impact, compromising strength. Bent or deformed hardware can prevent proper locking, shift load unpredictably, or fail when loaded. Missing stitching means the load path isn't secure; seams carry critical forces, and missing stitches can let webbing separate. Because any of these issues makes a harness unsafe, it should be removed from service immediately if observed. The practical rule is to retire the harness whenever you notice any of these defects and follow manufacturer guidance for repair or replacement.

2. A long sleeve shirt and work gloves should be worn whenever climbing a wood pole. True or False?

- A. True**
- B. False
- C. Not necessary
- D. Only in cold weather

When climbing a wood pole, protecting your skin and grip is essential. A long sleeve shirt helps prevent scrapes from rough wood, brush, or minor contact with the pole, and it shields arms from sun exposure and abrasions. Work gloves protect hands from splinters and rough surfaces while improving grip on a potentially slippery, textured surface. Because hazards like splinters, cuts, and friction burns can occur in any weather, this PPE should be worn whenever climbing a wood pole, not just in cold conditions. Saying it isn't necessary or only applies in cold weather underestimates the risk and can compromise safety.

3. Which best describes the effect of a safety-conscious attitude on accidents?

- A. It helps reduce accidents**
- B. It has no effect
- C. It increases hazards
- D. It causes equipment failure

A safety-conscious attitude shapes behavior to prevent accidents by promoting proactive precautions. When you prioritize safety, you consistently check gear and knots, communicate clearly with teammates, plan routes, and assess hazards before taking action. This mindset reduces impulsive decisions, avoids risky shortcuts, and ensures you follow established safety procedures. Because many accidents stem from overlooking simple safety steps, adopting this attitude lowers the chance that small oversights become injuries. In climbing, safety awareness translates into fewer mistakes and safer choices overall. That's why describing the effect as helping reduce accidents is the best fit. It wouldn't be accurate to say it has no effect, increases hazards, or causes equipment failure.

4. Where should the hands be placed when climbing towers with step bolts?

- A. Slide the hands on either side of the main member at the corner
- B. Grasp the rung above
- C. Hands on the top rail
- D. Hold the ladder rail

When climbing towers with step bolts, keep your hands on either side of the main member at the corner. This grip places your hands close to the strong structure, giving you solid control as you move from step to step and helping you maintain three points of contact with each move. Staying at the corner also lets you feel and react to the next bolt's edge, reducing the risk of slipping or losing balance. Grasping a rung above or placing hands on the top rail or ladder rail shifts your weight away from the main support and can make you more unstable, so those positions are less secure.

5. Where should the 200-lb design force be applied to test guardrails?

- A. Within two inches from the top rail at any point along the top edge
- B. At the far end of the top rail
- C. On the bottom rail
- D. In the middle of the guardrail

The load is placed within two inches from the top rail along the top edge because that spot experiences the highest stress and bending action during an impact. Positioning the 200-lb design force there simulates the real load path a vehicle would impose on the guardrail, testing its ability to resist tipping, pulling, and deflection through the rail and its connections to the posts. Placing the force at the far end, on the bottom rail, or in the middle wouldn't reproduce the same stress pattern or failure risk, since those locations don't capture the critical top-edge interaction and lever arm created by a typical impact.

6. What is the effective stroke distance when climbing up a pole?

- A. 4-6 inches
- B. 8-10 inches
- C. 12-14 inches
- D. 6-8 inches

Stroke distance is how far your body moves upward on the pole with each pulling cycle before you regrip. The aim is to gain meaningful height without losing control or wasting energy. About eight to ten inches works well because it's long enough to advance you efficiently with each move, yet short enough to keep your next hand within easy reach and your hips close to the pole for solid balance and friction. If you try a smaller stroke, you end up regripping too often and waste energy; if you go too large, you risk losing control or failing to reach for the next grip smoothly. So, eight to ten inches is the ideal range for a steady, effective ascent.

7. When sounding a pole to detect decay, what type of hammer should be used?

- A. A lightweight hammer**
- B. A heavy sledge hammer
- C. A rubber mallet
- D. A standard hammer

When sounding a pole to detect decay, you want a strike that gives a clear, audible difference without risking damage to the wood. A lightweight hammer is ideal because it delivers enough impulse to hear how the wood resonates while keeping your control, reducing the chance of cracking or denting the surface. A heavy sledge hammer would exert too much force, increasing the risk of damage and making it harder to discern subtle hollow sounds. A rubber mallet muffles the sound too much, making it difficult to judge the interior condition. A standard hammer might be heavier than needed and could produce too strong an impact, altering the sound or risking damage.

8. Is counting the rungs a safe method when climbing down a hook ladder into the working position?

- A. True
- B. False**
- C. Only if the ladder is new
- D. It depends on the height

Counting rungs down a hook ladder isn't reliable for getting into the working position. Rungs can become obscured, replaced, or miscounted if the ladder is extended, retracted, or shifted, and movement, wind, or load changes can make the ladder tilt or swing. Relying on a numeric count distracts you from keeping three points of contact and maintaining balance, which increases the chance of stepping off early or losing footing. A safer approach is to secure the ladder properly—hooked, braced, and stable—before you move, and to use definite cues to know you've reached the working position (such as a solid footing, contact with a stable surface, or a marked stopping point). Keep your weight centered, maintain three points of contact, and use any available safety lines or handlines. Move deliberately and check your footing as you descend, rather than counting rungs.

9. Which statement best describes sound wood when broken across the grain?

- A. It Splinters**
- B. It Breaks Abruptly
- C. It Crumbles Into Particles
- D. It Bends Without Breaking

When you break wood across the grain, you're forcing the fibers to separate perpendicular to their length. In sound wood, those fibers run along the piece, and the bonds between them fail in a shearing manner, causing the wood to fracture into sharp, slender splinters that follow the grain. This splintering is the typical failure mode for solid, undamaged wood when the break is across the grain. A clean, abrupt snap, crumbling into particles, or bending without breaking aren't characteristic of sound wood in that cross-grain scenario, which is why splintering best describes what you'd see.

10. The keeper/gate of the snap hook should be positioned so that it is never load bearing.

A. True

B. False

C. Depends on the hook

D. Only during testing

The load path should go through the strongest part of the hook, not through the keeper or gate. The keeper and gate are the weaker components; if they bear the load, they can deform or fail, causing the hook to open or detach. By orienting the snap hook so the load is carried by the spine of the carabiner and not by the gate/keeper, you reduce the risk of accidental release or gate failure. In practice, you clip and load the gear in a direction that makes the gate away from the primary force, so the keeper/gate never ends up carrying the load.

SAMPLE

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://swlcclimbing1to6.examzify.com>

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

SAMPLE