# SWLCAT Climbing 4-6 Practice Test (Sample)

## Study Guide


**Everything you need from our exam experts!**

# Table of Contents

# 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. When using a fall arrest system, what is the maximum allowed free fall distance before arrest?**

**A. 4 feet**

**B. 6 feet**

**C. 8 feet**

**D. 10 feet**

**2. Which of the following is an acceptable fall arrest attachment point on a full-body harness?**

**A. Sternal D-ring**

**B. Shoulder D-ring**

**C. Web loop**

**D. Dorsal D-ring**

**3. In the cut-out test, to what depth should the gaff be pushed into the pole?**

**A. 1/2 inch**

**B. 3/8 inch**

**C. 1/4 inch**

**D. 3/4 inch**

**4. As a good safety habit, climbing equipment should be inspected regularly.**

**A. True**

**B. False**

**C. Only before use**

**D. Never**

**5. What should be done if the WPFR fails inspection?**

**A. Destroy, remove from service and replace**

**B. Repair on site**

**C. Use again after quick test**

**D. Ignore and continue**

**6. The climber straps and pads should be inspected for ?**

**A. Color fading**

**B. Worn stitching**

**C. Excessive wear, worn stitching and damaged or missing rivets**

**D. Cracks in rivets**

**7. Which of the following is NOT a factor to inspect when evaluating climber gaffs?**

**A. Gaff width and thickness**

**B. Stirrup width and thickness**

**C. Gaff length and cutting edge angle**

**D. Gaff color**

**8. Which statement about hooking snaphooks to other snaphooks is correct?**

**A. It is standard practice**

**B. It is recommended**

**C. It depends on the model**

**D. It is not allowed**

**9. A pole that is older than 20 years and unstable should be supported with which device?**

**A. Line truck boom**

**B. Crane**

**C. Anchor stakes**

**D. Pallet jack**

**10. When should a plane test be performed?**

**A. Once a month, when receiving new climbers and when gaffs have been sharpened.**

**B. Daily, before each climb.**

**C. Only after a failure.**

**D. Never.**

# Answers

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

# Explanations

## 1. When using a fall arrest system, what is the maximum allowed free fall distance before arrest?

**A. 4 feet**

**B. 6 feet**

**C. 8 feet**

**D. 10 feet**

**Free fall distance is the vertical drop you experience before the fall-arrest system engages to stop you. A fall-arrest setup is designed to absorb energy and limit the forces on your body during arrest. The maximum allowed free fall distance is six feet because, with the system's lanyard length, energy absorber, and deceleration distance, this limit keeps the stopping forces within safe levels and ensures the fall is arrested within the system's design. Falling more than six feet before arrest would increase the forces experienced and could exceed what the equipment and anchors are built to safely handle.**

## 2. Which of the following is an acceptable fall arrest attachment point on a full-body harness?

**A. Sternal D-ring**

**B. Shoulder D-ring**

**C. Web loop**

**D. Dorsal D-ring**

**The main idea is where a fall-arrest lanyard should attach on a full-body harness. The dorsal D-ring on the back is designed to bear arrest forces and keep you oriented properly during a fall, with the line running close to your center of gravity so deceleration is controlled and the risk of head and neck injuries is minimized. Front attachments like a chest (sternal) D-ring can pull you forward and place unusual loads on the chest and neck during a fall, increasing injury risk and potentially compromising the harness geometry. Shoulder D-rings are typically for positioning or specialized rope work, not for fall arrest, and a web loop isn't rated to withstand arrest loads. That's why the dorsal D-ring is the acceptable fall-arrest attachment point.**

## 3. In the cut-out test, to what depth should the gaff be pushed into the pole?

**A. 1/2 inch**

**B. 3/8 inch**

**C. 1/4 inch**

**D. 3/4 inch**

**In a cut-out test, you want the gaff to engage the wood just enough to reveal how well the pole fibers grip without creating a large wound. A quarter-inch of penetration provides a small, controlled bite that secures the gaff for an accurate read while preserving most of the wood. Deeper insertions—three-eighths, half, or three-quarters of an inch—risk cutting too deeply, weakening the pole, or altering the result by causing unnecessary damage. A shallower bite often doesn't grab the fibers reliably, leading to an inconclusive test. So, a quarter-inch depth is chosen because it balances reliable engagement with protecting the pole's integrity.**

## 4. As a good safety habit, climbing equipment should be inspected regularly.

**A. True**

**B. False**

**C. Only before use**

**D. Never**

**Regularly inspecting climbing equipment is essential because gear can wear out or be damaged through use, handling, and exposure even when it looks fine at a glance. A routine check helps you spot frayed rope strands, worn stitching, damaged harness straps, bent or cracked carabiners, worn quickdraws, or signs of corrosion before they fail on a climb. This habit reduces the risk of gear failure, supports retirement or replacement according to manufacturer guidelines, and helps extend gear life. It goes beyond a quick pre-climb glance by prompting ongoing care and more thorough reviews over time.**

## 5. What should be done if the WPFR fails inspection?

**A. Destroy, remove from service and replace**

**B. Repair on site**

**C. Use again after quick test**

**D. Ignore and continue**

**When the WPFR fails inspection, it isn’t safe to use. The gear may not perform reliably under load, so you must remove it from service, destroy or clearly decommission it to prevent reuse, and replace it with a unit that has passed inspection. Repair on site or a quick test can't guarantee safety because hidden flaws or fatigue might still be present. Continuing to use or ignoring the failure creates a real risk of sudden failure; proper tagging, quarantine, and replacement with a certified, serviceable WPFR are essential.**

## 6. The climber straps and pads should be inspected for ?

**A. Color fading**

**B. Worn stitching**

**C. Excessive wear, worn stitching and damaged or missing rivets**

**D. Cracks in rivets**

**Safety-first inspection focuses on signs that could compromise the strength and integrity of the gear. The best indicators are excessive wear, worn stitching, and damaged or missing rivets. Excessive wear means the material has thinned or degraded and could fail under load. Worn stitching shows seams could come apart, freeing the strap or pad. Damaged or missing rivets disrupts essential connections and can lead to components pulling away or collapsing. Color fading is cosmetic and doesn’t reliably reflect structural safety. If you spot any of these issues, stop using the gear and replace or repair it according to the manufacturer’s guidance.**

## 7. Which of the following is NOT a factor to inspect when evaluating climber gaffs?

**A. Gaff width and thickness**

**B. Stirrup width and thickness**

**C. Gaff length and cutting edge angle**

**D. Gaff color**

**When evaluating climber gaffs, the focus is on fit, strength, and how the gaffs will perform under load. The geometry and condition of the gaffs directly affect safety: width and thickness determine how well the gaff sits in the boot and how the load is distributed, length and cutting edge angle influence how deeply and effectively the gaff bites into ice, and the stirrup width and thickness affect how securely the gaff is held in place and how forces are transferred through the boot. These factors matter because they govern reliability, edge stability, and safety during climbing. Color, on the other hand, is cosmetic and does not influence the gaff's strength, fit, or performance. While color might help identify brand or model, it doesn't affect structural integrity or function, so it isn't something you inspect as part of assessing safety or readiness of the gear.**

## 8. Which statement about hooking snaphooks to other snaphooks is correct?

**A. It is standard practice**

**B. It is recommended**

**C. It depends on the model**

**D. It is not allowed**

**Hooking snaphooks to another snaphook creates an unsafe load path and isn't permitted. Snaphooks are designed to secure a single attachment point, typically to a rope, harness, or anchor, with the load directed along the major axis. When two snaphooks are linked, the load can cause one or both gates to open, or the connectors to cross-load, reducing strength and increasing the chance of accidental unclipping. The geometry can also create complex, unpredictable movements during a fall or bounce, which the hardware isn't tested to withstand. Because manufacturers' instructions and safety standards generally prohibit this configuration, it's not considered safe practice, regardless of model. The proper approach is to connect through a single snaphook or via a carabiner or other rated connector designed for the task.**

## 9. A pole that is older than 20 years and unstable should be supported with which device?

**A. Line truck boom**

**B. Crane**

**C. Anchor stakes**

**D. Pallet jack**

**When a pole that's over 20 years old is unstable, the priority is to control its weight and prevent tipping while work is done. A crane provides controlled lifting and stable support for the entire length of the pole, allowing workers to rig, lift, and position it safely or replace it without the pole suddenly shifting. Other options don't offer the same level of stability or load handling: a line truck boom is mainly for access and line work, not for securely stabilizing a heavy, potentially collapsing structure; anchor stakes help stabilize lines but don't support the pole's weight on their own; a pallet jack isn't designed for moving or supporting a heavy utility pole.**

## 10. When should a plane test be performed?

**A. Once a month, when receiving new climbers and when gaffs have been sharpened.**

**B. Daily, before each climb.**

**C. Only after a failure.**

**D. Never.**

**The test is about keeping gear safe and reliable through regular, situation-specific checks. A monthly plane test acts as a routine reliability check to catch wear, corrosion, or minor damage before it becomes a problem. It's also sensible to run it when bringing in new climbers, because their experience and gear can introduce new variables or hidden faults that wouldn't be caught otherwise. And when gaffs are sharpened, a plane test helps ensure that sharpening hasn't altered the gear's fit, balance, or edge quality in a way that could cause an unsafe situation. In short, this test is done on a regular schedule and whenever gear changes hands or undergoes maintenance to reduce the chance of equipment failure during use. Daily checks would be overly burdensome and still not catch issues that developed between uses, while waiting for a failure or never testing would leave you vulnerable to avoidable accidents.**

# 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://swlcatclimbing4to6.examzify.com**

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