

USITT BACKSTAGE TERMINOLOGY SAFETY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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	15

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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

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- 1. What is the function of an anchor point in fall protection?**
 - A. A secure attachment point for lanyards or other equipment to stop a fall.
 - B. A decorative hook for stage curtains.
 - C. A storage anchor for cables when not in use.
 - D. A point to anchor lighting fixtures.
- 2. Which statement describes safe manual handling technique backstage?**
 - A. Use proper lifting with legs, keep loads close to the body, avoid twisting, and get assistance for heavy items.
 - B. Lift with the back to maximize strength.
 - C. Carry loads away from the body to keep balance.
 - D. Sprint while lifting to save time.
- 3. What is a full-body harness and where should it be anchored?**
 - A. A device used to secure equipment to walls.
 - B. A belt worn around the waist without shoulder straps.
 - C. A harness that leaves shoulders unsupported.
 - D. A harness worn to protect against falls; it should be attached to an approved anchor point designed for fall protection.
- 4. In a line-set, which element balances the load to allow smooth movement?**
 - A. Control line.
 - B. Pulleys.
 - C. Counterweights.
 - D. Batten.
- 5. What is the difference between fall arrest and fall restraint?**
 - A. Fall arrest stops a fall after it begins; fall restraint prevents reaching a fall hazard.
 - B. Fall arrest focuses on stopping a fall that has already started.
 - C. Fall arrest stops a fall after it begins; fall restraint prevents reaching a fall hazard.
 - D. Both terms describe the same safety outcome.

6. What is HazCom and why is it important backstage?

- A. Hazard Communication Standard; requires labeling, SDS, and training to understand chemical hazards.
- B. High-Altitude Coordination Manual; planning for rope access.
- C. Hazardous Communications for Actors; safety briefings.
- D. Hazardous Cable Management; organizes cables.

7. Which term is a synonym for Health and Safety Program?

- A. Code of Safe Practice
- B. HazCom
- C. Heads Up
- D. Hazard Communication

8. OSHA requires a workplace program to inform and train employees on hazardous chemicals and materials. What is this program commonly abbreviated as?

- A. HazCom
- B. Hazardous Materials Information
- C. Safety Data Sheet Program
- D. Chemical Hazard Information

9. Name three common rigging connectors and their roles.

- A. Shackles (load connections), carabiners (quick connect/disconnect; locking type preferred), wire rope clips (secure rope loops).
- B. Pulleys (direction control), turnbuckles (tie knots), cable ties (permanent).
- C. S hooks (load bearing), zip ties (rigging replacement), eye bolts (decorative).
- D. Turnbuckles (tension), rope blocks (weight support), thimbles (rope wear protection).

10. What is the purpose of a thimble in rigging?

- A. A protective ring placed inside a loop to prevent rope wear and deformity.
- B. A type of knot used to join lines.
- C. A device to measure rope tension.
- D. A protective cap at rope end.

Answers

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

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Explanations

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1. What is the function of an anchor point in fall protection?

- A. A secure attachment point for lanyards or other equipment to stop a fall.**
- B. A decorative hook for stage curtains.
- C. A storage anchor for cables when not in use.
- D. A point to anchor lighting fixtures.

In fall protection, an anchor point is a fixed, structurally rated place where you attach your lanyard, lifeline, or deceleration device. Its job is to provide a secure connection to a stable structure so that if you fall, the energy is transferred into the building or structure and the fall is arrested safely. The anchor must be capable of withstanding the forces generated during a fall and be part of a complete personal fall arrest system. In theater, these points are installed on suitable structural members or dedicated anchors and must be inspected and used with compatible gear. This isn't a decorative hook, a storage anchor for cables, or a point to hold lighting fixtures—all of these do not provide the required load-bearing capability or function for arresting a fall.

2. Which statement describes safe manual handling technique backstage?

- A. Use proper lifting with legs, keep loads close to the body, avoid twisting, and get assistance for heavy items.**
- B. Lift with the back to maximize strength.
- C. Carry loads away from the body to keep balance.
- D. Sprint while lifting to save time.

Safe manual handling in backstage relies on using proper lifting techniques that protect the spine. Lifting with the legs engages the stronger muscles in the legs and hips, reducing strain on the back when moving scenery, props, or equipment. Keeping the load close to the body lowers the lever arm, making it easier to control and balance the weight. Avoid twisting while lifting or carrying, as turning with a load can injure the spine. If a load is heavy or awkward, get assistance or use equipment like dollies to share the burden. Lifting with the back, carrying loads away from the body, or sprinting while lifting all increase the risk of injury and should be avoided.

3. What is a full-body harness and where should it be anchored?

- A. A device used to secure equipment to walls.
- B. A belt worn around the waist without shoulder straps.
- C. A harness that leaves shoulders unsupported.
- D. A harness worn to protect against falls; it should be attached to an approved anchor point designed for fall protection.**

A full-body harness is a personal fall-arrest device that distributes the force of a fall across the body—shoulders, chest, hips, and legs—so a worker is protected from a dangerous fall. It's used with a lanyard or lifeline that must be attached to an approved anchor point designed for fall protection. The anchor point isn't any hook or support; it's a rated, engineered point on the structure (or a certified temporary system) that can withstand the forces of a fall. Anchoring above the worker helps minimize fall distance and keeps the body in a safer position during arrest. This is what makes the harness and its attachment point effective for fall protection. Securing equipment to walls, using a belt around the waist without shoulder straps, or using a harness that leaves shoulders unsupported do not provide the proper full-body support and fall-arrest capability required for safe work at height.

4. In a line-set, which element balances the load to allow smooth movement?

- A. Control line.
- B. Pulleys.
- C. Counterweights.**
- D. Batten.

In fly systems, smooth movement comes from balancing the load with counterweights. The scenery and batten on the line-set have weight, and those weights are offset by counterweights on a weight arbor opposite them. When the weight on the counterweight side equals the load on the batten side, the net force is near zero, so the operator can raise, lower, or position the batten with minimal effort and very controlled motion. If you didn't have this balance, the movement would be hard to control and could be jerky or unsafe. The other parts—control line, pulleys, and the batten—play important roles (you pull to move, pulleys guide the rope and reduce friction, and the batten is the bar that carries scenery), but it's the counterweights that provide the balance that makes the motion smooth.

5. What is the difference between fall arrest and fall restraint?

- A. Fall arrest stops a fall after it begins; fall restraint prevents reaching a fall hazard.
- B. Fall arrest focuses on stopping a fall that has already started.
- C. Fall arrest stops a fall after it begins; fall restraint prevents reaching a fall hazard.**
- D. Both terms describe the same safety outcome.

The main idea is understanding how each approach controls the fall risk in practice. Fall arrest is used when a fall cannot be avoided and must be stopped after it starts. A worker wears a harness with a connection to an energy-absorbing device or lifeline that engages during a fall, bringing the person to a stop and dissipating energy. This requires sufficient clearance below and a rescue plan because the person will still descend before the system arrests the fall. Fall restraint, by contrast, is about preventing exposure to the fall hazard in the first place. It uses tethers, positioning devices, or barriers that physically keep the worker from reaching an edge or opening, so a fall cannot occur. Think of it as keeping you far enough from the fall zone that you never start to fall. So the best description is that fall arrest stops a fall after it begins, while fall restraint prevents reaching a fall hazard in the first place.

6. What is HazCom and why is it important backstage?

- A. Hazard Communication Standard; requires labeling, SDS, and training to understand chemical hazards.**
- B. High-Altitude Coordination Manual; planning for rope access.
- C. Hazardous Communications for Actors; safety briefings.
- D. Hazardous Cable Management; organizes cables.

HazCom is the Hazard Communication Standard, an OSHA rule that ensures chemical hazards are clearly communicated to workers. In backstage areas you'll use paints, solvents, cleaners, adhesives, and fuels—substances that can irritate or injure skin and eyes, affect breathing, or ignite. The standard requires labeling on every chemical container, providing accessible Safety Data Sheets with details on hazards and safe handling, and training so everyone knows how to read labels and SDS, understands the hazards, and follows the recommended precautions. This framework helps prevent injuries and exposures, supports safe storage and ventilation, guides proper use of PPE, and ensures quick, informed responses to spills or exposures. The other options describe things unrelated to chemical hazard communication.

7. Which term is a synonym for Health and Safety Program?

- A. Code of Safe Practice**
- B. HazCom
- C. Heads Up
- D. Hazard Communication

A Health and Safety Program is a formal, written plan that lays out the policies, procedures, training, and responsibilities used to keep people safe on a production. A synonym for that broad, codified framework is a Code of Safe Practice, because it represents the official written set of safety rules and guidelines crews follow to do their work safely. It covers how tasks should be performed, what protective equipment is required, how hazards are controlled, and how emergencies are handled—providing a practical, established safety guide for the entire production. HazCom and Hazard Communication refer to specific aspects of safety—namely, how chemical hazards are communicated and labeled. They're parts of safety work, not the whole program. Heads Up is an informal alert phrase, not a formal safety program term. So the Code of Safe Practice best matches the idea of a synonym for the Health and Safety Program.

8. OSHA requires a workplace program to inform and train employees on hazardous chemicals and materials. What is this program commonly abbreviated as?

- A. HazCom**
- B. Hazardous Materials Information
- C. Safety Data Sheet Program
- D. Chemical Hazard Information

The key idea is OSHA's Hazard Communication Standard, which requires a program to inform and train workers about chemical hazards. This program is commonly abbreviated HazCom because it stands for Hazard Communication. HazCom is the label that safety professionals use for the mandated approach to communicating chemical risks, including training and information for employees, as well as the use of labels and Safety Data Sheets as part of the system. Other phrasing like Hazardous Materials Information, Safety Data Sheet Program, or Chemical Hazard Information aren't the formal name or widely used abbreviation for this OSHA program, even though SDSs and labels are components within HazCom.

9. Name three common rigging connectors and their roles.

- A. Shackles (load connections), carabiners (quick connect/disconnect; locking type preferred), wire rope clips (secure rope loops).
- B. Pulleys (direction control), turnbuckles (tie knots), cable ties (permanent).
- C. S hooks (load bearing), zip ties (rigging replacement), eye bolts (decorative).
- D. Turnbuckles (tension), rope blocks (weight support), thimbles (rope wear protection).

Shackles, carabiners, and wire rope clips are three cornerstone connectors because they provide simple, reliable ways to join and terminate components in a rigging system. Shackles offer a straightforward, load-bearing link that can connect a line, chain, or rope to a fixed point or to another piece of hardware, with a pin that's easy to inspect and replace. Carabiners give a fast, reusable connection with a spring-loaded gate, making it easy to attach or detach gear; in theater rigging, locking variants are preferred to keep connections from opening unintentionally under load or movement. Wire rope clips are used to terminate or create a loop in wire rope, providing a secure, reusable end that can be attached to hooks, rings, or other hardware when you need a firm loop rather than a fixed end. Together, these cover the main roles you'll encounter: establishing a strong load connection, enabling quick and secure connections and disconnections, and properly terminating wire rope loops. Other items may appear in rigging setups, but they don't fit these three core connector roles as clearly or widely used as shackles, carabiners, and wire rope clips.

10. What is the purpose of a thimble in rigging?

- A. A protective ring placed inside a loop to prevent rope wear and deformity.
- B. A type of knot used to join lines.
- C. A device to measure rope tension.
- D. A protective cap at rope end.

Thimbles provide a smooth, protected bearing surface inside a rope loop, preventing wear and deformation where the rope contacts hardware. By sitting inside the eye, the rope bears against the inner, rounded edge of the thimble rather than cutting into itself or the hardware, which helps maintain the loop's shape and extend rope life under load. It's not a knot, it doesn't measure tension, and it isn't a cap at the rope end.

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://usittbackstagetermsafety.examzify.com>

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

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