

# Sample Level 1 Example Questions



Assessors should select 20 examples from below or use their own comparable questions. Twenty multiple choice level one theory questions shall be given, these must include at least two questions from each of the seven syllabus category items listed in section 6 of the Technician assessment and Certification scheme.

Syllabus categories: planning and management, equipment, rigging, rigging for rescue and hauling, rope manoeuvres, climbing techniques & rope rescues.

*Candidates should indicate the most appropriate answer*

## **Planning and management**

1. If a harness is covered in paint:
  - a. You need to identify its effects
  - b. You cannot inspect covered stitching
  - c. It can impair the function or adjustment
  - d. All of the above
  
2. An 'exclusion zone' will be set up at a rope access site to:
  - a. Prevent other contractors stealing equipment
  - b. To identify the work area
  - c. To ensure that there is no risk to other people
  - d. All of the above
  
3. After qualifying as an IRATA level 1, if a technician does not carry out any industrial rope access work for six months they must:
  - a. Undertake re-fresher training
  - b. Be re-assessed by an IRATA Assessor
  - c. Return all their details to IRATA
  - d. All of the above
  
4. What does IRATA stand for?
  - a. International Rope Access Trade Association
  - b. Industrial Rope Access Trade Association
  - c. International Rope Access Training Association
  - d. Industrial Rope Access Training Association

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5. In order for an IRATA level 1 to progress an IRATA level 2 they must have a minimum of:
  - a. A minimum of 12 months rope access experience as a level 1 with 1000 logged working hours
  - b. A minimum of 6 months rope access experience as a level 1 with 500 logged working hours
  - c. A maximum of 6 months rope access experience as a level 1 with 500 logged working hours
  - d. A minimum of 12 months rope access experience as a level 1 with 500 logged working hours
  
6. IRATA level 1 qualifies you to do only one of the following tasks, which is it?
  - a. Training other people
  - b. Selecting anchor points
  - c. Supervising others
  - d. Inspecting his/her own equipment
  
7. What should you do before carrying out a rescue?
  - a. Always have a back-up
  - b. Assess the situation and have enough equipment
  - c. Fully understand the techniques required
  - d. All of the above
  
8. A permit of work should be understood by:
  - a. The Supervisor
  - b. The Rope Technicians
  - c. The Company who issued it
  - d. All of the above
  
9. Tools and equipment are safe to use for Rope Access if:
  - a. Secured to a lanyard
  - b. Suspended on a separately attached rope
  - c. Used one at a time from an appropriate tool bag fitted with a closing flap
  - d. All of the above
  
10. Which of these statements is INCORRECT:
  - a. When working in suspension you must always have two independent points of attachment
  - b. When working in suspension you may have only one point of attachment
  - c. In Fall Arrest you may have only one point of attachment
  - d. In Work Restraint you may have only one point of attachment

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## Equipment

11. A harness should be load tested:
  - a. Never
  - b. Before first use
  - c. Every six months
  - d. Each time you use it
  
12. What are the advantages of a mountaineering style helmet for use in industrial rope access compared to a standard site helmet?
  - a. It has a Y-shaped chinstrap to prevent it falling off
  - b. It will give protection against side impact as well as impact from above
  - c. It has no peak to obscure vision
  - d. All of the above
  
13. In ascending and descending situations the safety line is usually:
  - a. Low-stretch rope
  - b. Static rope
  - c. Dynamic rope
  - d. Wire rope
  
14. Ascending devices can be used in the following situations:
  - a. Proof loading
  - b. Shock loading
  - c. Static loading
  - d. Static and shock loading
  
15. When marking equipment for use in Industrial Rope Access you should:
  - a. Take care not to damage or alter the performance of the item
  - b. Avoid the use of chemical markers on fabric products
  - c. Make sure that items are traceable to their inspection records
  - d. All of the above
  
16. Items of equipment without any inspection records:
  - a. Need ID marking before returning to service
  - b. Should be load tested prior to use
  - c. Should be withdrawn from service and quarantined
  - d. Should only be used in an emergency

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17. The effects of wear and tear on equipment are:
- a. Not that important as rope access techniques build in large safety margins
  - b. Barely noticeable in the performance of the item
  - c. Worthwhile monitoring, but not a problem
  - d. A major area of concern
18. Sit harnesses are suitable for:
- a. Work restraint and rope access use
  - b. Fall arrest and rope access use
  - c. Rope access use only
  - d. Any technique involving work at height
19. A descender should have a Thorough Examination report:
- a. When it is six months since the date of first use
  - b. When it is to be scrapped
  - c. When it is taken out of use for repair
  - d. All of the above
20. From what material are harnesses and ropes usually made?
- a. Nylon
  - b. Kevlar
  - c. Polypropylene
  - d. Hemp
21. Which of the following methods would you use to inspect your personal rope access equipment?
- a. Visual inspection
  - b. Tactile (feel) inspection
  - c. Function check
  - d. All of the above
22. Before you use any item of rope access equipment you should:
- a. Stamp it with your name
  - b. Read and understand the information supplied by the manufacturer
  - c. Try it out at home
  - d. All of the above

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23. In normal use the Safe Working Load (SWL) of your personal rope access equipment is:

- a. 150kg
- b. 500kg
- c. One person
- d. Two people

24. Which of the following describes a 'comfort seat':

- a. A work seat is a boson's chair
- b. A work seat is part of the fall prevention system
- c. A work seat is not part of the fall prevention system
- d. A work seat is PPE

25. Rope access equipment should be traceable to relevant Test Certificates:

- a. When used for Industrial Rope Access work
- b. When used by an IRATA company
- c. After six months use
- d. After three years use

26. Cows tails are made from which type of rope:

- a. Dynamic
- b. Low stretch

27. Rope Access Technicians should check their equipment:

- a. Every six month
- b. Each time they go to use it
- c. At the beginning of each job
- d. At the end of each job

28. A karabiner is normally marked with:

- a. The safe working load
- b. The working load limit
- c. The breaking load
- d. The proof test load

29. A karabiner is most dangerous when:

- a. Loaded along the major axis
- b. Used to connect the rope to a bolt anchor
- c. Loaded across the gate
- d. Used to connect the descender directly to the harness attachment

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30. Ropes and webbing should be stored in:
- a. A room with lots of good light
  - b. A dry aired area away from light
  - c. Loose in the rear of a vehicle
  - d. All of the above
31. Ascending devices and foot loops should be carried:
- a. Only when ascending
  - b. Only when ascending and descending
  - c. Only when ascending, descending and traversing
  - d. At all times

## **Rigging**

32. Which of these knots can be loaded in three directions:
- a. Figure-of-eight on a bight
  - b. Barrel or scaffold knot
  - c. Alpine butterfly
  - d. Double figure-of-eight on a bight
33. Knots in device lanyards (cow's tails):
- a. Should have a 100 mm tail when the knot has been dressed and tightened under body weight
  - b. OK for use even when knots are over-tight
  - c. Should be tightened by overloading
34. A double figure-of-eight on a bight knot is normally used for:
- a. Tying two ropes together
  - b. Attaching ropes to the main anchor points
  - c. Preventing you from abseiling off the end of your rope
  - d. Making a Y hang
35. A 'stopper knot' is normally used for:
- a. Tying two ropes together
  - b. Attaching ropes to the main anchor point
  - c. Preventing you from abseiling off the end of your rope
  - d. Making a Y hang

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36. What is the overall minimum strength requirement of a rope access anchor?
- a. 5kN
  - b. 10kN
  - c. 15kN
  - d. 18kN
37. IRATA rope access training covers the installation and testing of chemical anchor devices.
- a. True
  - b. Falls
38. Whilst descending with bagged ropes attached to you, what is the main safety consideration?
- a. A hole in the bottom of the bag to let any excess moisture out of the bag
  - b. Stopper knots tied at least 30 cm from the end of your rope
  - c. Company logo on the bag clearly identifying who you work for
  - d. Different colour bags for the main working line and safety line.

## **Rigging for rescue and hauling**

39. When part of a work party, you are unsure of the correct function of the pre rigged rescue system you should:
- a. Keep quiet and carry on so as not to embarrass yourself and hope no one needs rescuing
  - b. Stop the task and ask the supervisor to show you how to use the system before continuing
  - c. Have a go with the system while no one is looking and figure it out for yourself
40. When operating a rig for rescue system all candidates must
- a. Maintain the backup device in the correct position
  - b. Minimise tangled ropes
  - c. Minimise rope against rope abrasion
  - d. All of the above
41. A rig for rescue system may involve hauling as well as lowering.
- a. True
  - b. False

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## Rope manoeuvres

42. To prevent an out of control swing during a rope to rope transfer how many points of attachment are required
- a. 2
  - b. 3
  - c. 4
  - d. 5
43. The overall minimum anchor strength requirement of a re-anchor is?
- a. 5kN
  - b. 10kN
  - c. 15kN
  - d. 18kN
44. When should a rope access technician rely on only one point of attachment?
- a. When descending
  - b. When aid climbing
  - c. Never
45. What are the main concerns to look out for when approaching and climbing over an edge obstruction on a roof?
- a. Ensure appropriate edge/rope protection is in place
  - b. Ensure all rope adjustment devices are fitted to the ropes in the correct orientation.
  - c. Be aware of any rope stretch in the system and the potential for a shock load on the system when climbing over.
  - d. All of the above
46. What knot can be tied mid rope to isolate a section of minor damage on a rope before continuing to descend
- a. Double figure-of-eight on a bight
  - b. Overhand knot
  - c. Alpine butterfly
  - d. Stopper knot
47. The back-up device shall always be placed on the same rope as the descending device:
- a. True
  - b. False



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48. Descending devices should be locked off:
- To prevent theft
  - To prevent accidental slippage
  - To prevent use by untrained people
  - All of the above
49. What is the most likely outcome of a dynamic fall onto your ascending device?
- The ascending device will hold the fall
  - The ascending device will break
  - The ascending device will damage the working line
  - The ascending device will invert
50. If you are asked to use a rope access manoeuvre you have forgotten how to do. You should:
- Improvise
  - Carry on quietly
  - Ask the supervisor for refresher training
  - Muddle through safely
51. In descending and ascending the main working lines are:
- Dynamic
  - Low stretch
52. How can you increase friction to slow down your descent?
- Wrap the working line around your leg
  - Grip one of the ropes with your hand
  - Put the working line through a karabiner below the descending device
  - Grip both ropes with your hand
53. Rope Access Workers should:
- Be attached by one rope
  - Be attached by two ropes
  - Have two attachments
  - Be attached by two independently attached ropes
54. Deviations allow the re-direction of the path of the ropes to:
- Provide less accurate positioning
  - To avoid abrasion with anchors
  - To avoid abrasion and other potential causes of damage to ropes
  - All of the above

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55. The failure of a single anchor deviation must not result in the damage to ropes.

- a. True
- b. False

56. When would you use a double anchor deviation?

- a. To protect the ropes against sources of abrasion
- b. To protect the ropes against other potential causes of damage
- c. To protect the ropes against hot surfaces
- d. All of the above

## **Climbing techniques**

57. Which point of the harness should a fall arrest lanyard be attached to?

- a. Sternal or Dorsal (chest or back)
- b. Central waist
- c. Side waist
- d. Any of the above

58. As an IRATA level 1 you are qualified to:

- a. Complete a vertical aid climb
- b. Complete a horizontal aid climb
- c. Complete a lead climb
- d. All of the above

59. It is acceptable to use 2 single legged energy absorbing lanyards to climb a structure

- a. True
- b. False

60. When using twin legged fall arrest lanyards it is acceptable to store the second leg on the harness side D-Ring

- a. True
- b. False

61. What does a fall factor measure

- a. Speed at which you fall in Miles per hour
- b. Distance at which you fall in feet per second
- c. The severity of the fall
- d. All of the above

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62. When working close to the ground using fall arrest lanyards what do you need to consider
- a. Fall factor
  - b. Consequences of a fall
  - c. Clearance distance
  - d. All of the above

## **Rope rescues**

63. What should you do before carrying out a rescue?
- a. Always have a back-up
  - b. Assess the situation and have enough equipment
  - c. Fully understand the techniques required
  - d. All of the above
64. When planning to carry out a rescue which of the following points should be considered?
- a. Assess the risk
  - b. Ask for assistance
  - c. Casualty management and first aid
  - d. Knowledge of suspension intolerance
  - e. All of the above
65. When carrying out a rescue does the safety factor on equipment strength?
- a. Increase
  - b. Decrease
  - c. Not change
66. An IRATA level 1 qualification allows you to
- a. Rescue a casualty from their descending device
  - b. Rescue a casualty from their fall arrest equipment
  - c. Rescue a casualty from their ascending equipment
  - d. Rescue a casualty from their descending device through a rebelay