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England No: 3426704
VAT Registration No: 529 0111 77

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 to include at least one question from a minimum of 10 subjects of the 16 theory subjects.

Theory subjects: Relevant legislation, guidelines and standards, Equipment inspection and safe working loads as required by legislation, Permit to work systems, Selection, use and maintenance of equipment, Categories of Personal Protective Equipment, Risk Assessment and Safety Method Statement, Exclusion Zones, Working practices and worksite organisation, Fall factors, Angle loading, Anchor types and systems, Hauling systems, Suspension trauma and casualty management, Log books, IRATA syllabus and certification scheme & Hazardous substances.

Candidates should indicate the most appropriate answer

1. **In descending and ascending the main working ropes are:**
 - a) Dynamic
 - b) Low stretch

2. **“Cow’s tails” are made from which type of rope:**
 - a) Dynamic
 - b) Low stretch

3. **Rope Access Workers should:**
 - a) Be attached by one rope
 - b) Be attached by two ropes
 - c) Have two attachments
 - d) Be attached by two independently attached ropes

4. **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

5. **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



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6. **Which point of the harness should a fall arrest lanyard be attached to:**
 - a) Sternal or Rear (chest or back)
 - b) Central waist
 - c) Side waist
 - d) Any of the above

7. **The shunt shall always be placed on the same rope as the descender:**
 - a) True
 - b) False

8. **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

9. **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

10. **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

11. **Tools 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



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- 12. What is the most likely outcome of a dynamic fall onto your ascender:**
- a) The ascender will hold the fall
 - b) The ascender will break
 - c) The ascender will damage the rope
 - d) The ascender will invert
- 13. Ascenders 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
- 14. Which of these statements is INCORRECT:**
- a) When working in suspension you must always have two 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
- 15. How can you increase friction to slow down your descent:**
- a) Wrap the working rope around your leg
 - b) Grip one of the ropes with your hand
 - c) Put the working rope through a karabiner below the descending device
 - d) Grip both ropes with your hand
- 16. 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
- 17. Descenders should be locked off:**
- a) To prevent theft
 - b) To prevent accidental slippage
 - c) To prevent use by untrained people
 - d) All of the above



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18. Which of these knots can be loaded in three directions:
- a) Figure 8
 - b) Barrel
 - c) Alpine butterfly
 - d) Overhand
19. In normal use the Safe Working Load (SWL) of your personal rope access equipment is:
- a) 150kg
 - b) 500kg
 - c) One person
20. The legislation that requires you to inspect personal suspension equipment is:
- a) COSHH
 - b) LOLER
 - c) IRATA Guidelines
 - d) Health and Safety at Work Act (1974)
21. Ascenders can be used in the following situations:
- a) Proof Test loading
 - b) Shock loading
 - c) Static loading
 - d) Static and shock loading
22. 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
23. 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



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- 24. 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
- 25. 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
- 26. Knots in cow's tails:**
- a) Should have a 10cm 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
- 27. Sit harness is 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
- 28. 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
- 29. At what force will a shunt begin to slip:**
- a) 4.5 – 5 kN
 - b) 2.5 – 3 kN
 - c) 1.5 – 2 kN
 - d) 15 – 22 kN



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- 30. In ascending and descending situations the back-up rope is usually:**
- a) Low stretch rope
 - b) Static rope
 - c) Dynamic rope
 - d) Wire rope
- 31. 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
- 32. A harness should be load tested:**
- a) Never
 - b) Before first use
 - c) Every six months
 - d) Each time you use it
- 33. A descender should have a Through 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
- 34. A double figure of eight or 'bunny ears' 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. When should a rope access technician rely on only one point of attachment:**
- a) When abseiling
 - b) When using Work Restraint techniques
 - c) When aid climbing
 - e) Never
- 37. If you are asked to use a rope access manoeuvre you have forgotten how to do. You should:**
- a) Improvise
 - b) Carry on quietly
 - c) Ask the supervisor for refresher training
 - d) Muddle through safely
- 38. Which of the following is at the top of the UK legislative hierarchy:**
- a) The Health and Safety at Work Act
 - b) Lifting Operations and Lifting Equipment Regulations
 - c) IRATA Guidelines
 - d) Equipment Standards
- 39. In the UK; under the Health and Safety at Work Act (1974), who is responsible for the safety of the public, within or outside the workplace, who may be affected by work activities?**
- a) The employer
 - b) Employees
 - c) Self-employed people
 - d) All of the above
- 40. 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
- 41. 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 hours
 - b) A minimum of 6 months rope access experience as a level 1 with 500 logged hours
 - c) A maximum of 6 months rope access experience as a level 1 with 500 logged hours



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- 42. From what material are harnesses and ropes usually made:**
- a) Nylon
 - b) Kevlar
 - c) Polypropylene
 - d) Hemp
- 43. 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
- 44. 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
- 45. 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
- 46. Before you use any item of rope access equipment you should:**
- a) Stamp it with your name
 - b) Read the information supplied by the manufacturer
 - c) Try it out at home
 - d) All of the above
- 47. 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



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48. **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