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## SAMPLE LEVEL 3 THEORY QUESTIONS

The theory areas are important parts of the level 3 assessment, comprised of three elements:

- **Risk Assessment Form** and **Method Statement Form** which should be completed from a scenario provided by the assessor .
- **Equipment Inspection Report** is to be completed specific to equipment provided by the assessor.
- Theory questions; 20 level 2 questions and 10 level 3 questions. The 20 level 2 questions should be completed on the day, the level 3 questions may be completed prior to the assessment.

### Level 3 theory questions.

Assessors should select 10 examples from below or use their own comparable questions.

1. What are the five steps to Risk Assessment?
2. If the first is to avoid the hazard, summarise the other three “hierarchy of measures” to protect against falls as stated in the Construction (Health, Safety and Welfare) Regulations 1996, Regulation 6 [falls].
3. List four situations where the loading of the equipment or system used for rope access could exceed one person (i.e. beyond normal deployment).
4. What is the SWL of a sewn tape sling with a breaking load of 25kN. What would be the SWL if the sling was lark’s footed or choked?
5. What are the specific SWL’s of the following items of equipment.
  - Low stretch rope with a breaking load of 3000kg.
  - Dynamic rope.
  - Petzl Stop descender.
  - Karabiner with a breaking load of 25kN.
6. Under Lifting Operations and Lifting Equipment Regulations (LOLER) 1998, at what intervals should a ‘Thorough Examination’ take place.
7. Under Lifting Operations and Lifting Equipment Regulations (LOLER) 1998, what ‘inspections’ are necessary apart from ‘Thorough Examinations’.
8. Give the full title to four documents you may have referenced to complete this assessment.
9. How would you use the Materials Safety Data Sheet (COSHH sheet) to determine whether a product had any harmful effects on rope or webbing?
10. What is the difference between, Working Load Limit (WLL) and Safe Working Load (SWL).



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11. Give the full EN standard for the following items of equipment;
  - Low stretch rope
  - Sit harness
  - Descender
  - 'Shunt' type back-up device
  - Helmet suitable for rope access
12. Give the full EN standard for the following items of equipment:
  - Dynamic rope
  - Karabiners
  - Ascenders
  - Full body harness
  - Flexible line, guided type fall arrestor
13. What information should be available on site as recommended by the IRATA Guidelines?
14. Write a brief definition of each of the following categories of working at height; Work Positioning, Work Restraint, Fall Arrest.
15. If you were hauling a load with a 2:1 mechanical advantage, and you added a 3:1 to it, and then a further 3:1 to that, what would the mechanical advantage now be?
16. Detail five key safety factors when considering lead climbing as a method of access.
17. A CE mark on a PPE product indicates what?
18. Most PPE used for rope access is category 3.
  - What does this mean?
  - Is it a sign of quality?
19. Explain how, and in what circumstances a Fall Factor 5 might be achieved.
20. Define a "Competent Person" who is capable of carrying out a Thorough Examination.
21. Name three important considerations when signing other technicians log books.
22. What does a level 3 "T" status mean?