PRACTICE EXAM 3: CHST SIMULATION (200 QUESTIONS) → ANSWER KEY AND EXPLANATIONS

DOMAIN 1 — Hazard and Risk Identification and Control (Q1–73)

1. A practitioner is asked to define "risk" as the term is used in a job hazard analysis. Which statement is correct?

A. The combination of the likelihood of harm and the severity of that harm

B. The single most dangerous object physically present at the worksite

C. The corrective control selected after the analysis is completed

D. The injury that has already occurred and been recorded on the log

2. A crew lead claims a recurring task needs no analysis because "nothing has ever happened." Why is this reasoning unsound?

A. A task is exempt from analysis once it has been performed many times

B. Past incident frequency is the only valid measure of present risk

C. Absence of past harm does not prove the hazard has been controlled

D. Hazard analysis is required only for tasks performed above six feet

3. A worker on a flat roof is working 8 feet from an unprotected edge at a height of 9 feet. Under the general construction trigger, what is required?

A. Nothing, because the worker is set back from the edge a safe distance

B. A warning line alone, because the height is below the scaffold trigger

C. Protection only if the roof slope exceeds a low-slope classification

D. Fall protection, because the 6-foot general trigger is exceeded

4. A guardrail's top rail is measured at 38 inches above the walking surface. What is the compliance status?

A. Compliant, because any rail under 45 inches satisfies the standard

B. Compliant, because lower rails reduce the risk of workers climbing

C. Non-compliant, because it falls below the 39-to-45-inch range

D. Non-compliant only if the toeboard is also missing from the system

5. A guardrail system is tested by applying a 200-pound force outward and downward on the top rail. What must the rail do to pass?

A. Deflect to within 3 inches of the walking surface and then recover

B. Detach cleanly from its posts so the force is harmlessly absorbed

C. Withstand the force without failing or dropping below 39 inches

D. Transfer the force to the midrail, which carries the full 200 pounds

6. A trench is excavated to a depth of exactly 5 feet in soil that is not stable rock. What does the standard require?

A. A protective system, because protection is required at 5 feet or more

B. No protection, because the requirement begins only at 6 feet of depth

C. No protection, because any soil supports itself to a depth of 5 feet

D. A registered engineer's design regardless of the soil classification

7. A competent person finds soil that is fissured, has been previously disturbed, and is subject to vibration from nearby traffic. How is it classified at best?

A. Type A, because previously disturbed soil regains full cohesion

B. Stable rock, because compaction from traffic stabilizes the face

C. Type B, because fissuring and vibration preclude a Type A rating

D. Type C, automatically, because any disturbance mandates Type C

8. Workers occupy a 5-foot-deep trench that is 50 feet long. What does the egress requirement demand?

A. A means of egress within 25 lateral feet of every worker present

B. A single ladder placed at the midpoint of the trench at all times

C. Egress only where the trench exceeds 6 feet in measured depth

D. Ramps only, because ladders are prohibited as trench egress means

9. Spoil from an excavation is the chief surcharge concern at the edge. What is the minimum set-back the standard specifies?

A. At least 6 feet from the edge regardless of trench depth or soil

B. At least 10 feet, matching the protective system trigger height

C. No set-back, provided the spoil pile is kept under 4 feet in height

D. At least 2 feet from the edge to limit edge loading and rollback

10. A vessel is large enough to bodily enter, has limited means of entry and exit, and is not designed for continuous occupancy. Before any atmospheric test, it is best classified as what?

A. A permit-required confined space solely because it is a vessel

B. An excavation governed by the trenching and shoring standard

C. Not a confined space, because workers can physically climb inside

D. A confined space, because all three defining criteria are satisfied

11. An entrant tests a permit-space atmosphere with a multi-gas meter. Which testing order is correct?

A. Oxygen first, then flammability, then toxicity

B. Flammability first, then oxygen, then toxicity

C. Toxicity first, then oxygen, then flammability

D. Toxicity first, then flammability, then oxygen

12. A confined-space meter reads 19.0% oxygen before entry. How is this interpreted?

A. Oxygen-deficient, because the acceptable floor is 19.5%

B. Acceptable, because anything at or above 18% permits entry

C. Oxygen-enriched, creating an immediate flammability hazard

D. A meter fault, because room air can never drop below 20.9%

13. A combustible-gas reading in a permit space shows 8% of the LEL. For routine entry, how is this read?

A. Unacceptable, because any detectable combustible gas bars all entry

B. Acceptable, because the entry ceiling is below 10% of the LEL

C. Unacceptable, because the entry limit is set at 25% of the LEL

D. Acceptable, because readings under 50% of the LEL are always safe

14. The confined-space attendant's primary duty during an entry is best described as which of the following?

A. Entering periodically to confirm the entrant's work is progressing

B. Completing the entry permit paperwork while the entrant works

C. Monitoring conditions, maintaining contact, and ordering evacuation

D. Operating the ventilation blower from inside the space as needed

15. Two workers receive equal-voltage shocks; the one with a hand-to-hand path across the chest suffers cardiac arrest. What explains the difference?

A. A current path crossing the chest can disrupt the heart's rhythm

B. The hand-to-hand path lowered the total current through the body

C. The chest path raised the body's resistance, increasing the danger

D. The voltage must have been higher for the worker who collapsed

16. A 120-volt tool on a damp surface trips a device at roughly 5 milliamps of imbalance before serious injury occurs. Which device is this?

A. A standard thermal-magnetic circuit breaker rated at 20 amps

B. A ground-fault circuit interrupter sensing the current imbalance

C. A cartridge fuse opening when the load exceeds its rated current

D. A surge suppressor diverting the transient voltage to ground

17. A site uses no GFCIs and instead documents scheduled continuity and terminal testing of cord sets and equipment. Which compliance path is in use?

A. The double-insulated tool exemption applied to the whole site

B. The temporary-wiring waiver granted for short-duration projects

C. The permanent-wiring exception found under the electrical subpart

D. The Assured Equipment Grounding Conductor Program

18. A worker locks out a disconnect, then is injured by energy released from a pressurized accumulator. Which step was omitted?

A. Verifying a zero-energy state and relieving all stored energy

B. Notifying affected employees that the equipment was shut down

C. Adding a second padlock to the same isolating disconnect

D. Attaching a warning tag in addition to the applied lock

19. A supervisor wants to use tags without locks "because everyone reads them." Why is lockout the stronger control?

A. Tags last longer than locks under harsh field conditions

B. A tag physically prevents the device from being operated

C. A lock physically restrains operation; a tag only warns

D. Locks and tags deliver identical levels of energy isolation

20. An electrician asks what the arc-flash boundary represents. Which answer is correct?

A. The distance at which incident energy equals about 1.2 cal/cm²

B. A fixed 10-foot radius drawn around any energized panel

C. The point where system voltage decays to a touch-safe level

D. The reach of the longest insulated hot stick on the truck

21. A laborer is pinned between a slowly reversing skid steer and a stack of materials. How is this event categorized?

A. Struck-by, because the machine was moving when contact occurred

B. Caught-in/between, because the worker was compressed between objects

C. A fall, because the worker ended up on the ground after contact

D. Electrocution, owing to the machine's onboard electrical system

22. A planner can redesign a process to remove a toxic agent entirely or distribute respirators. Which choice ranks highest on the hierarchy of controls?

A. Removing the agent, because elimination is the most effective control

B. Issuing respirators, because protection reaches each worker directly

C. Both rank equally, since each reduces measured worker exposure

D. Neither, because administrative scheduling always outranks both

23. During control selection, "issue respirators and gloves" is placed at the bottom of the list. Why is that placement correct?

A. PPE eliminates the hazard at its source before exposure occurs

B. PPE counts as an engineering control near the top of the order

C. PPE is a substitution measure ranked just below elimination

D. PPE is the least reliable control and is the last line of defense

24. A trainee asks what the first step of a job hazard analysis is. Which is correct?

A. Drafting the controls for hazards that have not yet been listed

B. Selecting the specific job or task that will be analyzed

C. Writing the summary before the steps have been broken down

D. Assigning blame for the most recent incident on that task

25. A hazard is rated as "rare" in likelihood but "catastrophic" in severity. Which statement about its risk rating is most accurate?

A. The rating is automatically low because the event is unlikely

B. It can still carry a high rating because severity is extreme

C. Severity is irrelevant once likelihood is judged to be rare

D. The two factors cancel, producing a negligible overall rating

26. A reviewer notes that a frequent minor event and a rare fatal event received the same overall risk score. What does this illustrate?

A. Risk reflects both probability and severity acting together

B. Probability alone is what determines a hazard's risk score

C. Severity alone is what determines a hazard's risk score

D. Risk scores are arbitrary and provide no useful information

27. Workers on a fixed scaffold platform stand 11 feet above grade with no guardrail or harness. What does the scaffold standard require?

A. Nothing, because the 6-foot general trigger does not reach scaffolds

B. Fall protection, because the scaffold trigger is 10 feet of height

C. Protection only once the platform height exceeds 15 feet of elevation

D. A warning-line system substituted for any guardrail or harness

28. A supported scaffold will carry a maximum intended load of 500 pounds. What total load must the scaffold and components be capable of supporting?

A. At least 2,000 pounds, four times the maximum intended load

B. Exactly 500 pounds, equal to the maximum intended load itself

C. At least 750 pounds, one and one-half times the intended load

D. At least 1,000 pounds, twice the maximum intended load value

29. A suspended scaffold's suspension ropes carry a maximum intended load of 1,000 pounds. What minimum strength must the ropes provide?

A. 1,000 pounds, equal to the maximum intended load on the ropes

B. 2,000 pounds, twice the maximum intended load on the ropes

C. 3,000 pounds, three times the maximum intended load value

D. 6,000 pounds, six times the maximum intended load on the ropes

30. A straight ladder is set so its base sits 4 feet from a wall and its top contacts the wall 16 feet up. What ratio does this represent?

A. A 2:1 ratio, which is too steep for safe positioning

B. A 8:1 ratio, which is too shallow for safe positioning

C. A 4:1 ratio, which matches the recommended setup

D. A 1:1 ratio, which is the maximum allowed for any ladder

31. A trench in Type C soil is sloped back to 1:1 (45 degrees) from vertical. What is the compliance status?

A. Compliant, because 1:1 is the steepest slope allowed in any soil

B. Compliant, because Type C soil is permitted to stand at 1:1

C. Non-compliant, because Type C requires a flatter 1.5:1 slope

D. Non-compliant, because Type C requires fully vertical shored walls

32. A worker in a boom lift clips a lanyard to a nearby steel beam rather than the basket. Why is this incorrect?

A. The lanyard must be anchored to the manufacturer's basket anchorage

B. Steel beams can never provide adequate anchorage strength for arrest

C. External anchoring is always preferred over the basket attachment

D. The lanyard should connect to a co-worker for redundant protection

33. A crew demands harnesses tied to a column from a scissor lift, treating it like a boom lift. How should a scissor lift actually be classified?

A. As a crane assembly requiring a qualified rigger before each use

B. As a mobile scaffold protected primarily by its own guardrail system

C. As a boom-supported aerial lift needing an external tie-off point

D. As a powered industrial truck governed by the forklift standard

34. A single worker ties off to a non-engineered anchorage. What minimum strength must that anchorage provide?

A. 1,800 pounds, equal to the maximum permitted arresting force

B. 5,000 pounds for the single attached worker on the anchorage

C. 3,600 pounds when supervised by a designated competent person

D. 2,500 pounds when a shock-absorbing lanyard is also in use

35. During a fall-arrest review, the maximum arresting force on a worker wearing a full-body harness is questioned. What is that limit?

A. 900 pounds, which would apply only to an obsolete body belt

B. 5,000 pounds, equal to the required anchorage strength value

C. 1,800 pounds maximum arresting force on the worker's body

D. 2,500 pounds permitted when a deceleration device is fitted

36. A vendor markets body belts as a low-cost fall-arrest option. Why must they be rejected for arrest use?

A. They cannot be physically attached to any standard arrest lanyard

B. They concentrate arrest forces on the abdomen and can cause injury

C. They are too costly to inspect and maintain across a large crew

D. They restrict normal worker movement more than a harness does

37. A worker hangs motionless in a harness after an arrested fall and rescue is delayed. What condition is developing?

A. Suspension trauma, as blood pools in the legs and venous return falls

B. Immediate cardiac arrest caused directly by the fall's impact force

C. Hypothermia, because the harness webbing restricts blood circulation

D. Forearm compartment syndrome localized to the gripping muscles

38. A fall plan relies only on dialing 911 if a worker is left suspended. Why is this inadequate?

A. A 911 call is always faster than any self-rescue device available

B. Suspended workers face no time-critical medical risk while hanging

C. The standard prohibits employers from contacting outside responders

D. The employer must provide for prompt rescue or self-rescue capability

39. A vertical single-leg sling lifts a 2,000-pound load straight up. What is the approximate tension in the sling leg?

A. About 2,000 pounds, because a vertical leg carries the full load

B. About 1,000 pounds, because tension is always half the lifted load

C. About 4,000 pounds, because vertical lifts double the leg tension

D. About 500 pounds, because the hook shares one-quarter of the load

40. A rigger finds a synthetic web sling with no legible capacity tag. What is the correct action?

A. Use it at one-half of its estimated rated working capacity

B. Remove it from service, because its rated capacity cannot be verified

C. Return it to service after a brief visual inspection for damage

D. Restrict it to loads under 500 pounds until a tag can be added

41. A mobile crane will operate near a 13 kV overhead power line. Under the crane standard, what minimum clearance generally applies?

A. 10 feet, the minimum clearance for lines up to 50 kV

B. 35 feet for any crane operation regardless of line voltage

C. 4 feet, matching the clearance used for low-voltage circuits

D. 20 feet for all lines rated above 50 kV up to 200 kV

42. A newly certified operator is assigned a crane configuration he has never run. What does the standard require before he operates it?

A. Operator certification alone covers every crane configuration

B. Only a valid commercial driver's license for the carrier vehicle

C. Employer training and evaluation on that specific equipment

D. A verbal go-ahead from the project manager before the lift

43. During a lift, the load travels out of the operator's direct view behind a structure. What does this condition trigger?

A. The operator may continue by relying on memory of the load path

B. A signal person is required only when the load exceeds 10,000 pounds

C. The lift may proceed if an experienced rigger is on the crew

D. A qualified signal person must be used to direct the lift

44. Mid-lift, a laborer with no assigned signaling role shouts and gives a clear STOP signal. What must the operator do?

A. Ignore the signal, because only the designated signal person may stop

B. Stop the lift, because a STOP signal may be given by anyone present

C. Finish the current motion smoothly before bringing the lift to a stop

D. Stop only after confirming the condition is a genuine emergency

45. A planned lift at a 20-foot radius is shifted to a 40-foot radius without rechecking the chart. Why is this dangerous?

A. Rated capacity decreases as radius increases, risking an overload

B. Rated capacity increases with radius, which hides the added strain

C. Radius has no measurable effect on a crane's rated lifting capacity

D. Only boom length, not radius, changes the rated lifting capacity

46. A crane is to be set up on recently backfilled ground beside a former excavation. What is the chief setup concern?

A. Backfilled ground always provides the most stable possible base

B. Inadequate ground support can allow the crane to settle and tip

C. Outriggers are unnecessary because the backfill is graded level

D. Wind below 10 mph is the controlling hazard at this location

47. A rigger flattens a sling angle to about 25 degrees from horizontal to clear an obstruction. Why is this unacceptable?

A. Flatter sling angles reduce leg tension and are therefore preferred

B. Angles this far below horizontal sharply increase the leg tension

C. The sling angle has no effect on the tension carried in each leg

D. Tension becomes unsafe only when the angle exceeds 60 degrees

48. A bench grinder's tool work rest has drifted to a 1/4-inch gap from the wheel. Why must it be readjusted?

A. The work that is being ground can be drawn between the rest and wheel

B. The tongue guard, not the work rest, controls this particular gap

C. A wider work-rest gap improves grinding efficiency without added risk

D. The work rest is required to sit flush against the spinning wheel face

49. On the same grinder, the adjustable tongue guard sits 1/2 inch from the wheel. What is the maximum allowable gap?

A. 1/4 inch maximum between the tongue guard and the wheel

B. 1/8 inch maximum between the work rest and the wheel face

C. 1/2 inch, so the guard as set is within the allowed limit

D. 1 inch maximum, leaving generous room above the wheel

50. A foreman hands a powder-actuated tool to any available laborer. What does the standard actually require?

A. Only that the operator be at least eighteen years of age

B. Direct foreman supervision during each individual firing

C. A licensed electrician stationed nearby during the work

D. Operation only by an operator trained and certified on the tool

51. Hot work finishes near combustible storage at 4:50 p.m. and the crew wants to leave promptly. What does the fire-watch rule require?

A. The fire watch must remain in place for at least 30 minutes afterward

B. The watch may be released the moment the welding torch is shut off

C. A 10-minute observation period is sufficient after any hot work

D. No watch is required once the combustibles are dampened with water

52. Hot work must occur next to combustibles that cannot be moved. Within what distance should combustibles normally be relocated or shielded?

A. 10 feet around the hot-work location at a minimum

B. 20 feet around the hot-work location at a minimum

C. 50 feet around the hot-work location at a minimum

D. 35 feet around the hot-work location at a minimum

53. An investigator explains a fire by noting that heat, fuel, and oxygen were all present together. Which model is being applied?

A. The four-gas combustion pyramid used in detection work

B. The fire triangle of heat, fuel, and oxygen combining

C. The flammability index scale used for liquid classification

D. The ignition spark cycle describing electrical arc faults

54. A small fire begins inside an energized electrical panel. Which extinguisher class and agent are appropriate?

A. Class A with a pressurized water stream directed at the panel

B. Class C with carbon dioxide or a dry chemical agent applied

C. Class K with a wet chemical agent intended for cooking media

D. Class A with aqueous film-forming foam blanketing the fire

55. Oxygen and acetylene cylinders are stored 8 feet apart with no barrier between them. What does the standard require?

A. No separation is needed because both are simply compressed gases

B. A separation of at least 5 feet is sufficient with no barrier present

C. A separation of at least 20 feet or a rated fire-resistant barrier

D. Direct contact is acceptable as long as the valve caps are installed

56. A worker transfers a flammable solvent between two metal drums and a static spark ignites the vapor. What control would have prevented this?

A. Wearing nitrile gloves throughout the entire transfer operation

B. Using a plastic funnel to slow the rate of the liquid flow

C. Performing the transfer outdoors in whatever breeze is available

D. Bonding the two containers together and grounding the system

57. Air sampling during concrete cutting shows respirable crystalline silica at 60 µg/m³ as an 8-hour TWA. How does this compare to the OSHA PEL?

A. Below the PEL, since the permissible limit is set at 250 µg/m³

B. Equal to the action level, which is fixed at exactly 25 µg/m³

C. Below the 100 µg/m³ PEL, so no further action is needed

D. Above the 50 µg/m³ PEL, so additional controls are required

58. A contractor follows a recognized task table by using a saw with integrated water delivery and dust capture. Which control type is prioritized?

A. Respiratory protection issued to every saw operator on the task

B. Engineering controls such as wet cutting and dust collection

C. Administrative limits placed on the daily cutting duration

D. Worker rotation to spread exposure across the whole crew

59. A welder reports respiratory irritation after welding stainless steel in a poorly ventilated bay. Which exposure is most likely?

A. Silica dust released from the welding flux during the process

B. Hexavalent chromium fume generated from the stainless steel

C. Asbestos fibers liberated from the base metal being joined

D. Lead fume produced by the consumable filler rod being used

60. A worker is exposed to 95 dBA for a full 8-hour shift. Under OSHA's 5-dB exchange rate, what exposure duration is permitted at 95 dBA?

A. 8 hours, the same duration that is permitted at the 90 dBA level

B. 1 hour, applying a 3-dB exchange rate to the measured level

C. 4 hours, applying the 5-dB exchange rate above the 90 dBA limit

D. 2 hours, applying a 10-dB exchange rate to the measured level

61. New workers begin during a heat wave with no gradual buildup and several develop heat illness on day one. Which prevention principle was missed?

A. Acclimatization, alongside access to water, rest, and shade

B. Mandatory salt-tablet distribution to every worker on the crew

C. Eliminating rest breaks so the crew can finish work sooner

D. Issuing sunscreen as the primary heat-illness control measure

62. A worker asks for the standardized document describing a chemical's hazards under the current hazard communication system. What is it called?

A. The Safety Data Sheet provided by the chemical manufacturer

B. The Material Safety Data Sheet retained from the prior system

C. The Chemical Hazard Bulletin posted at the storage cabinet

D. The Product Information Record kept in the purchasing file

63. A practitioner notes that the same data appears in the same numbered place on every SDS. How many standardized sections make this possible?

A. 8 standardized sections arranged in a fixed order

B. 12 standardized sections arranged in a fixed order

C. 20 standardized sections arranged in a fixed order

D. 16 standardized sections arranged in a fixed order

64. A tight-fitting respirator user has facial hair crossing the sealing surface of the mask. What is the consequence?

A. The hair breaks the seal, so the user is not adequately protected

B. The user is protected as long as the cartridge is within its date

C. Switching to a loose-fitting half-mask fully solves the seal problem

D. The seal remains effective provided the mask feels tight to the user

65. A new hire is scheduled for respirator fit testing the next day. What must occur before that fit test?

A. Selecting the correct cartridge color code for the contaminant first

B. Completing the annual respirator refresher training session first

C. A medical evaluation clearing the worker to use a respirator first

D. Issuing the worker a dedicated respirator storage container first

66. A crew repeatedly lifts 70-pound bags by hand and back strains are rising. What is the most effective control?

A. Retraining each worker in proper manual lifting technique

B. Issuing back-support belts to all workers on the material crew

C. Rotating workers more frequently between the lifting tasks

D. Providing mechanical aids that remove the manual lift entirely

67. Two rigging setups lift the same load: one with near-vertical sling legs, one with widely splayed flat legs. Which is safer, and why?

A. The near-vertical setup, because the leg tension is lower

B. The flat-legged setup, because spreading the legs lowers tension

C. They are identical, because sling angle never affects leg tension

D. The flat-legged setup, because a wide angle improves load stability

68. An entrant states the confined-space testing order as oxygen first, then flammability, then toxicity. Which response is correct?

A. No, because toxicity must always be tested before oxygen

B. No, because flammability must always be tested first of all

C. No, because oxygen is required to be tested last in the order

D. Yes, because oxygen is correctly tested first in that sequence

69. A competent person proposes benching the walls of a Type C trench. Why is this not permitted?

A. Benching is the only protective method approved for Type C soil

B. Benching is not allowed in Type C soil and is limited to A and B

C. Benching may be used in every soil type without any restriction

D. Benching is restricted exclusively to excavations cut in stable rock

70. A trench face shows water freely seeping from the soil. How must the competent person classify it?

A. Type A, because the seeping water demonstrates strong cohesion

B. Stable rock, because the face continues to hold its shape briefly

C. Type C, because soil with freely seeping water must be Type C

D. Type B, because moderate moisture content places it in this class

71. A scaffold tower is being moved on the ground beneath a 12 kV power line by laborers. Under the electrical subpart, what clearance applies?

A. 20 feet, which is the crane-specific clearance for higher voltages

B. 35 feet, which must be maintained from every overhead power line

C. 5 feet, provided the conductor is insulated along its full length

D. 10 feet, the minimum clearance for lines rated up to 50 kV

72. A worker assumes a trench shield prevents the surrounding soil from ever moving. What is the accurate understanding of a shield?

A. It removes the need for a competent person to evaluate the trench

B. It guarantees the trench walls will never move during the work

C. It protects the occupants even if the surrounding soil collapses

D. It permits vertical walls to a depth of 25 feet in any soil type

73. A guard is removed from a table saw to speed cutting and an amputation results. Which hazard category did the missing guard control?

A. Noise-induced hearing loss accumulating over long cutting sessions

B. Respiratory exposure to fine wood dust produced during cutting

C. Caught-in and contact hazards from the exposed moving blade

D. Same-level slip and trip hazards in the area around the saw

DOMAIN 2 — Safety Program Development, Implementation, and Sustainment (Q74–118)

74. A new safety program has detailed written procedures, but executives never discuss or fund safety. Which missing element most threatens it?

A. Management leadership and genuine worker participation

B. A longer and more detailed written hazard inventory

C. A stricter written disciplinary policy applied to all workers

D. More frequent audits conducted by an outside third party

75. A safety manager describes a repeating loop of planning, implementing, checking, and improving. What is this cycle called?

A. The hazard-control sequence used during a job analysis

B. Plan-Do-Check-Act, the continuous-improvement cycle

C. The risk-reduction ladder applied to control selection

D. The Deming inspection loop used only for equipment

76. An organization seeks third-party certification of its occupational safety management system to an international standard. Which standard fits?

A. NFPA 70E, the standard for electrical safety in the workplace

B. ISO 45001, the international occupational health and safety standard

C. ANSI/ASSP Z359, the fall-protection code of practice

D. OSHA 29 CFR 1926 Subpart C, the general safety provisions

77. A U.S. firm wants a national consensus framework for its safety management system. Which is appropriate?

A. The international ISO 14001 environmental management standard

B. OSHA's mandatory injury and illness recordkeeping regulation

C. ANSI/ASSP Z10, the consensus occupational safety standard

D. A state licensing statute for certified safety professionals

78. A reviewer must distinguish an inspection from an audit. Which statement is accurate?

A. Inspections evaluate the management system; audits check conditions

B. Inspections check physical conditions; audits evaluate the system

C. Inspections are conducted annually while audits are conducted daily

D. The two terms describe the same activity and are interchangeable

79. An inspection finding is marked "corrected," but no one confirms the fix worked or tracks it to closure. Why is the corrective action incomplete?

A. Effectiveness must be verified and the action tracked to closure

B. Corrective actions never require any verification once attempted

C. A supervisor's signature by itself fully closes any open finding

D. Retraining the affected crew automatically closes the finding

80. A site keeps a polished written program in a binder that no one consults during daily work. How is this best characterized?

A. Documentation that does not by itself make an effective program

B. Fully effective so long as the binder is kept current and complete

C. Sufficient proof on its own that a working safety system exists

D. A complete substitute for any daily field safety activity

81. A process trains peer observers to record safe and at-risk acts and give immediate feedback. Which approach is this?

A. A programmed compliance inspection conducted by an agency

B. A permit-required confined-space entry control program

C. Behavior-Based Safety built on observation and feedback

D. A lagging-indicator audit performed at year's end only

82. After an honest error, a firm investigates the system instead of punishing the reporter, while still holding reckless conduct accountable. What is this?

A. A zero-tolerance discipline policy applied to every error

B. The complete elimination of any individual accountability

C. Sole reliance on automated monitoring in place of judgment

D. A just culture balancing learning with appropriate accountability

83. A laborer sees an unshored wall beginning to slough and halts the task without waiting for the foreman. What right is being exercised?

A. The supervisor's exclusive authority to extend the work shift

B. Stop-work authority, which any worker may exercise for safety

C. A formal disciplinary action initiated against the entire crew

D. A privilege reserved solely for the site safety manager

84. A program tracks only injuries and lost days. A consultant urges adding measures that predict future performance. What is being recommended?

A. More detailed lagging indicators describing past outcomes

B. A larger and more detailed written disciplinary policy

C. Quarterly executive sign-off on the existing injury data

D. Leading indicators that measure proactive safety activity

85. A manager lists several metrics and asks which is a leading indicator. Which one qualifies?

A. The total recordable incident rate for the completed year

B. The percentage of planned inspections completed on schedule

C. The number of days away from work logged last quarter

D. The annual injury severity rate calculated from the log

86. A safety analyst computing incidence rates must use the standard hours base. What is that base?

A. 100,000 hours, representing fifty full-time workers in a year

B. 200,000 hours, representing one hundred full-time workers yearly

C. 1,000,000 hours, representing five hundred full-time workers

D. 2,000 hours, representing a single worker over one full year

87. A company records 6 recordable cases over 300,000 hours worked. What is its total recordable incident rate?

A. 4.0 recordable cases per 100 full-time workers per year

B. 6.0 recordable cases per 100 full-time workers per year

C. 2.0 recordable cases per 100 full-time workers per year

D. 8.0 recordable cases per 100 full-time workers per year

88. A site safety lead asks during what window the OSHA 300A summary must be posted. What is the correct posting period?

A. February 1 through April 30 of the following calendar year

B. January 1 through March 1 of the following calendar year

C. March 1 through May 31 of the following calendar year

D. January 1 through December 31 of the same recording year

89. The completed 300A annual summary is ready for certification. Who must certify it?

A. The site first-aid provider who logged the recordable cases

B. A company executive as defined by the recordkeeping rule

C. The site safety coordinator who maintains the daily log

D. An outside compliance auditor retained for the review

90. A clerk must record each individual recordable case as it occurs during the year. Which form is used?

A. The OSHA 300A annual summary posted at year's end

B. The OSHA 174 citation form issued after an inspection

C. The OSHA 301 incident report describing a single case

D. The OSHA 300 log listing each case as it is recorded

91. A worker dies in a fall at 9:00 a.m. By when must the employer report the fatality to OSHA?

A. Within 72 hours of learning of the work-related fatality

B. Within 48 hours of learning of the work-related fatality

C. Within 8 hours of learning of the work-related fatality

D. Within 24 hours of learning of the work-related fatality

92. A worker is admitted to the hospital as an inpatient following a work injury. What is the reporting deadline to OSHA?

A. Within 8 hours of learning of the inpatient hospitalization

B. Within 24 hours of learning of the inpatient hospitalization

C. Within 4 hours of learning of the inpatient hospitalization

D. Within 72 hours of learning of the inpatient hospitalization

93. A laceration is closed with three sutures at a clinic. Why is this case recordable?

A. Any laceration is automatically recordable regardless of treatment

B. The worker also lost roughly fifteen minutes of working time

C. Sutures are medical treatment beyond the scope of first aid

D. A bandage was additionally applied to the wound at the clinic

94. A worker has a splinter removed with tweezers and returns immediately to work. How should this be handled?

A. Treat it as first aid, which alone does not make a case recordable

B. Record it because tweezers qualify as a medical instrument

C. Record it as a restricted-work case starting that same day

D. Report it directly to OSHA within twenty-four hours of removal

95. A coordinator must confirm whether a case is recordable. Which set of thresholds applies?

A. Severe, fatal, and already reported by phone to OSHA

B. Work-related, a new case, and meeting a recording criterion

C. Witnessed, costly to treat, and currently being litigated

D. Documented, investigated, and posted on the summary form

96. An auditor asks how long OSHA injury and illness records must be retained. What is the requirement?

A. 5 years following the end of the calendar year they cover

B. 1 year following the end of the calendar year they cover

C. 3 years following the end of the calendar year they cover

D. 10 years following the end of the calendar year they cover

97. OSHA receives a routine programmed-inspection assignment and a credible imminent-danger report the same day. Which takes priority?

A. The routine follow-up inspection of a prior citation

B. The programmed high-hazard inspection already scheduled

C. The imminent-danger situation reported by the worker

D. A general housekeeping complaint filed earlier that week

98. An inspector cites a condition unlikely to cause serious harm and not reasonably expected to result in death. Which category fits?

A. A willful violation carrying the highest available penalties

B. An other-than-serious violation with a lower penalty range

C. A repeat violation of a previously cited identical condition

D. A failure-to-abate condition continuing past the deadline

99. A contractor knowingly disregards a fall-protection requirement and a worker dies. Which violation type and exposure apply?

A. An other-than-serious violation drawing only a minimal penalty

B. A de minimis notice issued with no monetary penalty attached

C. A failure-to-abate finding tied to an earlier open citation

D. A willful violation with the highest penalties and possible criminal liability

100. A citation arrives and the employer intends to contest it formally. Within how many working days must a Notice of Contest be filed?

A. 30 working days from receipt of the citation and penalty

B. 5 working days from receipt of the citation and penalty

C. 15 working days from receipt of the citation and penalty

D. 10 working days from receipt of the citation and penalty

101. An employer's formal contest of a citation will be decided by an independent adjudicatory body. Which one?

A. The National Labor Relations Board hearing labor disputes

B. The Occupational Safety and Health Review Commission

C. The Department of Labor's internal wage adjustment board

D. The nearest federal district court acting in the first instance

102. On a multi-employer site, OSHA assigns hazard responsibility using four employer roles. Which set is correct?

A. Owner, designer, builder, and independent third-party inspector

B. Primary, secondary, tertiary, and designated backup employer

C. Creating, exposing, correcting, and controlling employer

D. General, special, limited, and jointly responsible employer

103. A general contractor argues it is not liable for a subcontractor's hazard. As the controlling employer, what is its actual duty?

A. To deliberately create every hazard present on the worksite

B. To expose only its own direct employees to any site hazard

C. To avoid exercising any supervisory authority over the site

D. To exercise reasonable care to detect and correct hazards

104. A leader wants safety treated as an integral part of running the business rather than as isolated tasks. Which describes a safety management system?

A. A purely reactive response triggered only after incidents occur

B. A collection of unrelated and disconnected one-off activities

C. An integrated, systematic function woven into the business

D. A responsibility resting solely on the frontline workforce

105. In a PDCA program, the team is auditing and measuring performance against its stated objectives. Which phase is this?

A. The Plan phase, where objectives are first established

B. The Check phase, where performance is measured and evaluated

C. The Do phase, where the planned controls are implemented

D. The Act phase, where the system is revised and improved

106. A guard is repeatedly removed and reinstalled, and the same finding keeps recurring. What does effective corrective action require?

A. Reinstalling the guard each time an inspector notices it missing

B. Addressing the root cause that keeps driving the guard's removal

C. Disciplining whichever worker most recently removed the guard

D. Documenting the cost incurred each time the guard is replaced

107. A safety committee meets regularly but has no authority and no management members. What change would most improve it?

A. Restricting membership exclusively to senior site managers

B. Converting it into a purely advisory body with no follow-up

C. Reducing its meeting frequency to once per calendar year

D. Granting it real authority and including management members

108. A behavior-based safety program drifts into blaming workers and reporting drops. What does effective BBS do instead?

A. Engage only managers in conducting the workplace observations

B. Eliminate feedback entirely to avoid uncomfortable confrontation

C. Link observed behaviors to system conditions, not personal fault

D. Replace ongoing observation with a single annual audit cycle

109. A survey captures workers' current perceptions of safety at one point in time. What is being measured?

A. The number of OSHA citations issued during the prior year

B. The written safety policy as it appears in the company binder

C. The safety climate, a snapshot of perceptions at that moment

D. The enduring deep safety culture built over many years

110. Before each shift, a competent person inspects the scaffold and excavation for new hazards. Which inspection type is this?

A. The five-year scaffold recertification review by an engineer

B. The annual comprehensive crane inspection by a third party

C. The third-party audit of the overall management system

D. The pre-shift competent-person inspection of the workplace

111. A company celebrates a low injury rate but tracks no proactive measures. How is this approach best described?

A. The recommended best-practice model for safety management

B. A proactive and predictive program by its very nature

C. Steering by the rearview mirror using lagging data alone

D. Fully compliant with every applicable safety standard

112. A site must document how it manages labels, SDS access, and chemical training. Which document does this?

A. The site emergency action plan kept at the field office

B. The OSHA 300A annual summary posted at year's end

C. The written hazard communication program for the site

D. The crane critical-lift plan prepared before heavy picks

113. An evaluation examines whether programs exist, are implemented, and are effective across the site. What is this?

A. A single-ladder condition inspection performed before use

B. A weather-condition assessment completed each morning

C. A lifting-technique observation of one material handler

D. A safety management system audit of the whole operation

114. A trainee claims ISO 45001 and ANSI/ASSP Z10 are mandatory OSHA rules. What is the correct statement?

A. Both are enforceable OSHA regulations carrying citations

B. Neither framework uses any continuous-improvement model

C. Both are voluntary continuous-improvement frameworks

D. One of the two frameworks prohibits worker participation

115. A manager wants a rate that isolates more serious cases involving days away, restriction, or transfer. Which metric is this?

A. The total recordable incident rate covering all cases

B. The first-aid case count maintained outside the log

C. The DART rate for days away, restricted, or transferred

D. The total training-hours figure recorded for the year

116. In a PDCA program, leaders review the results and revise the system to improve it. Which phase is this?

A. The Plan phase, where the next cycle's objectives are set

B. The Act phase, where the system is revised based on results

C. The Do phase, where revised controls are first implemented

D. The Check phase, where performance is measured and compared

117. A near-miss reporting system collapses after workers are punished for reporting. What does such a system most depend on?

A. Mandatory financial penalties imposed for each reported error

B. Reporting restricted to supervisors and managers only

C. A culture where good-faith reporting brings no unfair blame

D. Anonymous reports collected and reviewed only once a year

118. A small residential framing contractor assumes it is exempt from OSHA recordkeeping. What is the correct status?

A. Exempt because it employs fewer than twenty-five workers total

B. Required to record only worker fatalities and nothing else

C. A covered, non-exempt industry that must keep injury records

D. Fully exempt as a recognized low-hazard industry classification

DOMAIN 3 — Leadership, Communication, and Training (Q119–160)

119. A trainer must decide what instruction a crew needs before designing a course. What process determines this?

A. A training needs assessment that identifies the skill gaps

B. Posting the completed attendance roster from the prior course

C. Scheduling the next year's refresher sessions in advance

D. Selecting the classroom venue and audiovisual equipment first

120. A worker watched a slideshow about harness use but has never physically donned one. Why is this insufficient?

A. Slideshows are prohibited for every type of safety topic

B. Donning a harness must be trained and verified hands-on

C. The harness should be issued only at the time of hiring

D. A written quiz fully substitutes for the hands-on practice

121. A crew includes workers who read little English. How must required training be delivered?

A. In a language and at a level the workers can comprehend

B. Only as written English handouts distributed at the start

C. Exclusively through self-paced online training modules

D. Once at hire with no check of comprehension afterward

122. A safety educator references the theory of how adults learn when designing training. What is this theory called?

A. Pedagogy, the established theory of teaching young children

B. Andragogy, the theory describing how adults learn best

C. A confined-space entry method adapted for the classroom

D. A disciplinary documentation system disguised as training

123. Veteran workers tune out a lecture that ignores their experience. Which adult-learning adjustment helps most?

A. Removing all opportunity for discussion to save class time

B. Focusing the session solely on regulatory citation numbers

C. Drawing on and respecting the experience they already have

D. Avoiding any connection between the content and their tasks

124. A foreman gives a five-minute jobsite talk on the day's specific trenching hazard before work begins. What is this called?

A. A formal multi-day certification course delivered on site

B. An annual written examination of the crew's knowledge

C. A toolbox talk focused on the day's specific hazard

D. A post-incident disciplinary meeting with the crew

125. A reviewer rates toolbox talks for effectiveness. Which trait set marks the best ones?

A. Short, specific to the task, and genuinely two-way

B. Long, comprehensive, and delivered as a one-way lecture

C. Generic and identical across every site in the company

D. Delivered exclusively by an outside safety consultant

126. A worker is seen bypassing a machine guard, with no immediate danger present. What is the best corrective approach?

A. Publicly reprimand the worker to set an example for others

B. Wait until the next scheduled audit to address the behavior

C. Issue written discipline immediately without any discussion

D. Address the behavior respectfully and explain the consequence

127. A practitioner spots a worker entering an unshored 7-foot trench right now. What is the correct response?

A. Note it for inclusion in the weekly site safety report

B. Schedule one-on-one coaching for the following shift

C. Allow the task to finish, then discuss the hazard afterward

D. Stop the work immediately and remove the worker from the trench

128. A supervisor wants coaching that actually changes behavior. What should the coaching focus on?

A. The worth and the character of the individual worker

B. Assigning clear blame for the most recent incident

C. The behavior and the system reasons that drive it

D. Comparing the worker against the crew's top performers

129. A leader asks what "safety culture" actually means. Which definition is correct?

A. The total count of safety posters displayed around the site

B. The written disciplinary policy considered entirely on its own

C. The number of safety inspections completed each calendar year

D. The shared values and behaviors a group holds regarding safety

130. Workers watch closely how a leader chooses when safety conflicts with the schedule. Why does this matter most?

A. Printed slogans on their own establish the site's safety culture

B. The length of the safety manual is what defines the culture

C. A leader's choices under real pressure define the culture

D. The frequency of scheduled overtime is what drives the culture

131. A records review asks what training documentation should capture. Which content is correct?

A. Only the trainer's name and professional job title

B. Only the total dollar cost of conducting the session

C. The weather conditions present on the day of training

D. Who was trained, on what, when, and a check of comprehension

132. A worker must be verified competent to operate a powered platform. Which verification is appropriate?

A. A signed attendance sheet collected at the start of class

B. A verbal acknowledgment of understanding from the worker

C. A single passing score on a written quiz by itself

D. A demonstrated hands-on performance of the required task

133. A site schedules periodic refresher training. What is its primary purpose?

A. To permanently replace the need for any initial training

B. To satisfy a standing disciplinary requirement on the crew

C. To maintain and update the workers' competency over time

D. To reduce the number of toolbox talks the site must hold

134. Before a non-routine lift, the crew analyzes the task's hazards and controls together. What is this practice?

A. Signing the daily attendance log before starting work

B. Reviewing the company's quarterly financial statements

C. Completing the annual recordkeeping summary form

D. Pre-task planning of the hazards and their controls

135. A new respirator user must learn correct seal-checking and adjustment. Which delivery method fits best?

A. A narrated slideshow the worker views alone at a desk

B. A printed memo handed to the worker at the time of hire

C. An email summarizing the seal-check procedure in writing

D. A hands-on demonstration followed by supervised practice

136. A practitioner wants to describe effective safety communication. Which description is accurate?

A. One-directional, flowing strictly from management downward

B. Clear, specific, two-way, and adapted to the audience

C. Limited strictly to formal written memos and notices

D. Delivered only during the annual performance review cycle

137. A safety lead prepares a presentation to justify a new ventilation budget to executives. Which communication direction is this?

A. Coaching an individual worker on correct harness use

B. Leading a jobsite toolbox talk for the working crew

C. Conducting a pre-task hazard analysis with the crew

D. Communicating upward to management for a decision

138. A manager relies only on discipline to change unsafe behavior, with limited results. What is more effective?

A. Explaining the hazard a single time and then stopping

B. Asking only why the unsafe choice was made and nothing more

C. Modeling the same unsafe shortcuts to fit in with the crew

D. Pairing positive reinforcement with consistent correction

139. A standard requires that operator training be provable later. What does this typically mandate?

A. Certification or documentation that the training occurred

B. An annual verbal reminder given to the operator only

C. No documentation at all for the most experienced workers

D. A single certification that is never renewed thereafter

140. Despite many posters, a site's safety culture stays weak. What actually builds culture?

A. Adding still more documents and policies to the program

B. Consistent leadership decisions and observable behavior

C. Enlarging the overall budget of the safety department

D. Increasing the raw number of inspections conducted

141. A trainer must confirm which safety training the law requires for the site's tasks. Where is this most reliably found?

A. In the company's marketing and recruiting materials

B. In last year's profit-and-loss financial statements

C. In the personal preferences expressed by the crew

D. In the applicable standards governing the operations

142. A trainer logs attendance but never checks understanding. Why is this a problem?

A. Attendance by itself does not confirm that learning occurred

B. It needlessly increases the total cost of the training session

C. It lengthens the minimum required duration of the training

D. It primarily exists to satisfy the company's insurance broker

143. A worker commits a minor unsafe act with no immediate danger present. How should the practitioner respond?

A. Halt all operations across the entire site immediately

B. Wait for the worker's annual performance review cycle

C. Correct it promptly, specifically, and respectfully

D. Report the act anonymously to OSHA within the day

144. A practitioner must decide between coaching and a stop-work order. What chiefly distinguishes an imminent-danger situation?

A. Whether death or serious harm could occur right away

B. Whether the worker involved is a recently hired employee

C. Whether a direct supervisor happens to be present nearby

D. Whether the task currently appears on the daily schedule

145. A new operator learns by supervised practice on the actual equipment in the real work setting. What is this method?

A. A classroom lecture covering the governing regulations

B. On-the-job training using the real equipment and setting

C. A self-paced online module completed before the shift

D. An end-of-course written examination of the material

146. A foreman wants his toolbox talk to be participatory. What should he do?

A. Read a long, generic safety script aloud to the crew

B. Ask the workers what hazards they foresee in the task

C. Limit the discussion to management representatives only

D. End the talk without inviting any worker discussion

147. A company adopts genuine stop-work authority. Why does this strengthen safety culture?

A. It empowers workers to halt unsafe tasks without fear of reprisal

B. It increases the total number of citations the site receives

C. It centralizes every safety decision with senior management

D. It removes the need to provide initial training to workers

148. A leader repeatedly chooses production over safety when the two conflict. What does the workforce learn?

A. That the written safety program is fully trusted in practice

B. That leadership values consistency in its stated priorities

C. That stop-work authority is genuinely respected on the site

D. That safety is negotiable whenever schedule pressure rises

149. A course is built around the workers' existing knowledge and their real tasks. Which principle does this reflect?

A. Behavior-based discipline applied to the training setting

B. Adult learning, which connects content to experience and tasks

C. Lagging-indicator analysis used to design the curriculum

D. Permit-required entry control adapted into a classroom

150. An auditor asks the main purpose of documenting training. Which is correct?

A. To lengthen the company's overall safety manual

B. To permanently replace the need for refresher training

C. To prove compliance and track who is qualified for tasks

D. To provide supporting material for the marketing team

151. A worker reasonably believes a task is unsafe. What should they be able to do without reprisal?

A. File a written grievance only after the shift has ended

B. Continue the task as assigned and report it afterward

C. Stop the work until the safety concern is addressed

D. Request a transfer to a different crew on the site

152. A manager wants a training-related leading indicator. Which activity qualifies?

A. Counting recordable injuries after they have occurred

B. Tracking on-time completion of required training

C. Measuring lost workdays totaled at quarter's end

D. Reporting the annual injury severity rate to the board

153. A trainer wants maximum retention from adult learners. What content design helps most?

A. Abstract theory deliberately disconnected from daily tasks

B. Delivery only once, at the precise moment of hiring

C. Memorizing the citation numbers of relevant regulations

D. Relevant, problem-centered, and immediately applicable material

154. A safety lead coordinates hazard information among several subcontractors on one site. Which communication direction is this?

A. Downward, reaching only the lead's own direct workforce

B. Upward, directed only to corporate executive management

C. Across, reaching peer employers and other contractors

D. Outward, addressed only to the general public off site

155. A board asks for the most credible proof of management commitment. Which is it?

A. Allocating resources and choosing safety under real pressure

B. A signed policy statement posted at the site entrance

C. An annual safety awards luncheon for the workforce

D. A detailed written procedures manual kept on file

156. A practitioner describes effective correction of an unsafe act. Which description fits?

A. Focused mainly on embarrassing the worker in front of peers

B. Specific to the behavior and the consequence it could cause

C. Delayed until the next annual performance review cycle

D. Identical in wording regardless of the actual situation

157. A trainer wants to confirm that training "took." How should effectiveness be verified?

A. By counting the total number of slides that were presented

B. By recording only the calendar date the session was held

C. By assuming experienced workers require no further check

D. By confirming the worker can demonstrate the competency

158. A leader asks why measuring safety climate is useful. Which answer is correct?

A. It fully replaces the need to investigate incidents

B. It gives a measurable read on current worker perceptions

C. It eliminates the requirement to keep training records

D. It guarantees the site will achieve a zero-injury year

159. A practitioner contrasts a pre-task meeting with formal training. How does the pre-task meeting differ?

A. It is a multi-day certification course held in a classroom

B. It is a written examination administered to all workers

C. It is brief, task-specific, and conducted at the worksite

D. It is required only after a recordable injury has occurred

160. A practitioner asks what most powerfully shapes safety culture in their own hands. Which is it?

A. Increasing the number of warning signs posted around the site

B. Lengthening the written safety program with added detail

C. Modeling safe behavior and helping leaders choose it

D. Expanding the written disciplinary policy applied to crews

DOMAIN 4 — Emergency Preparedness, Incident Investigation, and Response (Q161–200)

161. A reviewer checks whether an Emergency Action Plan meets the minimum content. Which element must it include?

A. The company's quarterly revenue and expense projections

B. A list of each subcontractor's submitted bid amounts

C. The professional resumes of all the site managers

D. Evacuation procedures, routes, and employee accountability

162. A contractor reuses one generic EAP at every project regardless of layout. Why is this inadequate?

A. Generic plans are always preferred for company-wide consistency

B. The plan needs to be stored only at the corporate headquarters

C. Plans are reviewed and updated only after an actual emergency

D. The plan must be site-specific to the project's actual hazards

163. A site has confined-space work but no rescue arranged. What must the employer do before entry?

A. Evaluate and arrange adequate rescue capability in advance

B. Rely exclusively on a 911 call if a rescue becomes necessary

C. Assume that the nearest fire department is suitably equipped

D. Wait until an emergency arises to locate rescue resources

164. An investigator opens a case focused mainly on identifying who to discipline. Why is this the wrong purpose?

A. Investigations exist only to satisfy the company's insurer

B. Investigations are meant to document rule violations only

C. Assigning blame is the most efficient route to prevention

D. The purpose is to find causes and prevent recurrence

165. A worker reports an event that nearly caused injury but did not. What is this called?

A. A near-miss carrying real potential for harm

B. A recordable case that belongs on the 300 log

C. A first-aid case requiring documented treatment

D. A citation issued by a visiting OSHA inspector

166. A manager dismisses near-misses as unimportant. Why are they worth investigating?

A. They always escalate into recordable injuries if left alone

B. They are required by law to be reported to OSHA promptly

C. They share root causes with injuries but happen far more often

D. They remove the need to conduct any formal investigation

167. An investigator lists the perishable-evidence categories of the "4 P's." Which set is correct?

A. Sort, set in order, shine, and sustain on the worksite

B. People, Parts, Position, and Paper evidence categories

C. Engineering, education, and enforcement of the controls

D. Respond, record, and repair following the incident

168. Witnesses to an incident are still on site. How should they be interviewed?

A. Together as a group, to form one consistent account

B. After several days, once their memories have settled

C. Promptly, separately, and with open-ended questions

D. With pointed, accusatory questions to pin down fault

169. An analysis notes "the worker was not tied off" and stops there. What kind of cause is this?

A. The systemic root cause that fully explains the incident

B. The immediate cause, not the underlying root cause

C. The corrective action that will prevent any recurrence

D. The disciplinary outcome assigned to the worker

170. An investigation concludes simply with "worker error." Why is this a flawed stopping point?

A. It is a symptom rather than the underlying root cause

B. It is the true and complete root cause of the event

C. It is by itself sufficient for effective corrective action

D. It marks the proper end of a thorough investigation

171. A team repeatedly asks "why?" to move from a symptom toward the systemic cause. Which technique is this?

A. Counting the number of witnesses available to interview

B. The 5 Whys technique used in root-cause analysis

C. Ranking the possible corrective actions by their cost

D. Selecting the appropriate OSHA citation category

172. A facilitator organizes possible causes into categories branching off a central spine. Which tool is being used?

A. A strict chronological timeline of the incident events

B. A single linear cause-and-effect chain of one path

C. A fishbone, or Ishikawa, cause-and-effect diagram

D. A ranked list of repair costs for each contributing factor

173. Immediately after a serious injury, what takes priority over preserving the scene?

A. Photographing the undisturbed scene before anything moves

B. Medical care for the injured and control of ongoing hazards

C. Collecting written statements from each available witness

D. Notifying the company's legal department of the event

174. A remote site lies far from any clinic or hospital. What does the medical-services standard require?

A. A full-time physician stationed on the project at all times

B. An onsite trained first-aid provider available to the crew

C. A hospital constructed within one mile of the worksite

D. A dedicated ambulance parked at the project entrance

175. Workers handle a corrosive chemical that can splash the eyes and skin. What must the employer provide nearby?

A. Additional paid rest breaks added to each work shift

B. A written chemical inventory list and nothing further

C. Long-sleeved cotton work clothing for each handler

D. Quick-drenching and eye-flushing facilities for use

176. After corrective actions are set, a review evaluates the event. What should that post-incident review cover?

A. Only the injured worker's prior safety compliance record

B. Only the total dollar cost of the resulting claim

C. Only whether disciplinary action was correctly applied

D. Both the incident's causes and the emergency response

177. Workers reach the assembly point after evacuating. What must happen next?

A. An immediate return to the building to inspect the scene

B. A wait at the point until OSHA inspectors arrive on site

C. A reliable method to account for every evacuated person

D. A signed written statement collected from each evacuee

178. A safety lead explains why the EAP must be practiced beforehand. What is the reason?

A. So the plan can permanently replace the written program

B. So the document satisfies the company's insurance carrier

C. So the site can reduce the number of required toolbox talks

D. So workers know the plan before, not during, an emergency

179. An investigation's corrective action targets only the immediate unsafe act. What should it target instead?

A. The systemic root cause underlying the incident

B. The personal reputation of the injured worker

C. The total cost of producing the investigation report

D. The immediate cause alone, with no further analysis

180. A planner asks why severe-weather response matters so much in construction. Which operations does weather most directly affect?

A. Crane, scaffold, and fall-protection work at the site

B. Office document retention and records management

C. Payroll processing and the monthly client billing

D. Marketing efforts and client outreach campaigns

181. A worker suffers a traumatic finger amputation on a saw. What is the OSHA reporting deadline?

A. Within 8 hours of learning of the amputation

B. Within 4 hours of learning of the amputation

C. Within 72 hours of learning of the amputation

D. Within 24 hours of learning of the amputation

182. An investigator secures the failed components from a collapsed scaffold. Which "P" of the 4 P's is this?

A. People, representing the witnesses who were present

B. Position, representing the locations of the equipment

C. Parts, representing the equipment and failed components

D. Paper, representing the training and procedure records

183. A post-incident review identifies lessons learned. Where should those lessons go?

A. Back into the broader safety program and its procedures

B. Into the company's external marketing strategy materials

C. Into the payroll processing and timekeeping system

D. Into the client billing and accounts-receivable records

184. A trench collapses and a worker is buried. What should a co-worker do?

A. Stay out, call trained rescue, and secure the scene

B. Immediately jump into the trench to dig the victim out

C. Climb down a ladder into the trench to assist directly

D. Wait inside the trench bottom for further instructions

185. An investigator must document the "Position" element of the scene. Which method captures it best?

A. Recording the full names of all the available witnesses

B. Collecting the relevant training and procedure documents

C. Photographs and measurements that fix the scene layout

D. Removing the failed component immediately for lab testing

186. An EAP includes procedures to account for all employees. What concern does this address?

A. Tracking each worker's billable hours during the event

B. Confirming that everyone has evacuated to safety

C. Documenting overtime eligibility after the emergency

D. Recording attendance for the payroll department

187. Applying PDCA's "Act" step to an incident means doing what?

A. Logging the case on the OSHA 300 recordkeeping form

B. Re-interviewing each of the witnesses a second time

C. Turning the event into a systemic, lasting improvement

D. Re-photographing the incident scene for the file

188. A first-aid responder may contact a co-worker's blood. What additional precaution applies?

A. Crane operator certification requirements before responding

B. Bloodborne pathogen precautions with appropriate PPE

C. Confined-space attendant duties during the response

D. Powder-actuated tool certification before assisting

189. After a fall, an investigator frames the key question. Which best reflects root-cause thinking?

A. "Why was no adequate anchorage available for tie-off?"

B. "Which crew member should be disciplined for this?"

C. "How much will the resulting injury claim cost us?"

D. "When can the injured worker return to full duty?"

190. A crew uses a head count against a roster after evacuation. Which EAP function does this support?

A. Atmospheric testing of a permit-required confined space

B. Employee accountability following the site evacuation

C. Certification of the OSHA 300A annual summary form

D. Scheduling the next required refresher training session

191. A planner selects evacuation assembly points. Where should they be located?

A. As close to the building's main entrance as possible

B. Inside the nearest enclosed structure for shelter

C. At safe distances well clear of the active operations

D. Wherever the workers happen to gather on their own

192. The medical-services standard requires more than first-aid supplies. What else must be assured?

A. A full-time onsite physician present during all work hours

B. Medical personnel available for advice and prompt attention

C. A dedicated ambulance stationed at every active project

D. A hospital located within one mile of the worksite

193. A report concludes with "failure to follow procedure" as the final cause. Why is this problematic?

A. It always identifies the correct underlying systemic root

B. It stops the analysis before reaching the real cause

C. It guarantees that the incident will not recur later

D. It fully satisfies all of the corrective-action needs

194. An authorized entrant collapses inside a permit space. What is the most reliable rescue approach?

A. Immediate entry by the standby attendant to assist

B. A 911 call placed with no other rescue preparation

C. Waiting for the entry supervisor to enter the space

D. Non-entry retrieval using a harness and retrieval line

195. An investigation produces useful lessons learned. How should they be handled?

A. Kept confidential and shared with one supervisor only

B. Discarded once the incident case file has been closed

C. Reported only to the company's marketing department

D. Communicated across the organization as appropriate

196. A safety lead defends investigating near-misses to skeptical managers. What is the strongest reason?

A. Near-misses are always more severe than actual injuries

B. They provide an early warning before an injury occurs

C. They are required by law to draw an OSHA citation

D. They remove the need to take any corrective action

197. A worker loses an eye in a struck-by event. What is the OSHA reporting deadline?

A. Within 8 hours of learning of the loss of the eye

B. Within 4 hours of learning of the loss of the eye

C. Within 48 hours of learning of the loss of the eye

D. Within 24 hours of learning of the loss of the eye

198. An investigator gathers JHAs, training records, and procedures. Which "P" of the 4 P's does this represent?

A. People, standing for the eyewitnesses to the event

B. Parts, standing for the failed equipment components

C. Position, standing for the equipment's locations

D. Paper, standing for the records and procedures

199. Corrosive-exposure work is underway and the eyewash sits at the distant site office. Where must it actually be?

A. At the main site office, central to the whole project

B. At the nearest public facility available off the site

C. Within the immediate work area where exposure occurs

D. Anywhere within the property line of the worksite

200. A manager asks what truly confirms an incident will not recur. Which is the ultimate measure?

A. A closed investigation report with no system change made

B. Disciplinary action applied to the worker who was involved

C. A complete photo archive of the original incident scene

D. Root causes controlled and lessons fed back into the system

EXPLAINED ANSWER KEY (Q1–200)

1. A — Risk is the product of likelihood and severity, not a single object or outcome. A JHA evaluates how probable harm is and how bad it would be. Conflating risk with the hazard itself (the object) or with an already-realized injury misstates the core definition the exam tests.

2. C — The absence of past harm does not prove a hazard is controlled; it may simply mean exposure has not yet aligned with the hazard. Latent hazards persist regardless of incident history. Treating "nothing has happened" as proof of safety is a classic reasoning failure.

3. D — The general construction fall trigger is 6 feet to a lower level. At 9 feet near an unprotected edge, protection is required; set-back distance does not by itself satisfy the rule unless a compliant designated-area system is used. The 6-foot threshold governs here.

4. C — The required top-rail height range is roughly 39 to 45 inches (42 inches nominal). A 38-inch rail falls below the minimum and is non-compliant. Compliance is independent of the toeboard's presence.

5. C — A guardrail top rail must withstand a 200-pound force applied outward and downward without failing or deflecting below 39 inches. Detaching or transferring the full load to the midrail would be a failure, not a pass.

6. A — A protective system is required at 5 feet or more in soil that is not stable rock. The trigger is 5 feet, not 6 feet, and no soil is assumed self-supporting at that depth. Engineer design is only one option among approved systems.

7. C — Fissured, previously disturbed, vibration-exposed soil cannot be Type A; at best it is Type B. Disturbance and vibration are disqualifiers for Type A but do not automatically force Type C absent water or other Type C indicators.

8. A — The egress rule requires a means of exit within 25 lateral feet of any worker in a trench 4 feet or deeper. Ladders are acceptable egress, and the requirement is not limited to trenches over 6 feet.

9. D — Spoil and materials must be kept at least 2 feet from the trench edge to limit surcharge loading and rollback into the excavation. The 2-foot set-back is the specific standard, not 6 or 10 feet.

10. D — A confined space is defined by three criteria: large enough to enter and work, limited means of entry/exit, and not designed for continuous occupancy. All three are met here. The permit designation depends on additional hazards not yet tested.

11. A — Atmospheric testing order is oxygen first, then flammability (combustible gas), then toxicity. Oxygen is tested first because combustible-gas meters depend on adequate oxygen to read accurately.

12. A — The acceptable oxygen range is 19.5% to 23.5%. A reading of 19.0% is oxygen-deficient and below the 19.5% floor, barring entry until corrected. It is not enriched and is a real, possible reading.

13. B — The routine entry ceiling for combustible gas is below 10% of the LEL. A reading of 8% is acceptable. The 25% figure applies in other contexts; detectable gas alone does not bar entry.

14. C — The attendant monitors conditions, maintains continuous contact with entrants, and orders evacuation when needed, all while remaining outside the space. Entering, doing paperwork instead of watching, or running ventilation from inside are not the attendant's role.

15. A — A current path crossing the chest can interfere with the heart's electrical rhythm and cause fibrillation or arrest. The danger is the path, not a hidden voltage difference; the hand-to-hand path increases, not decreases, chest current.

16. B — A GFCI detects a current imbalance of roughly 5 milliamps between conductors and trips quickly, protecting against shock. Breakers and fuses respond to overcurrent, not small leakage; a surge suppressor addresses voltage transients.

17. D — Documenting scheduled continuity and terminal testing of cord sets and equipment grounding conductors is the Assured Equipment Grounding Conductor Program, an alternative to GFCI use on construction sites.

18. A — Locking the disconnect is not enough; the worker must verify a zero-energy state and relieve stored energy (here, accumulator pressure) before exposure. Notification, second locks, and tags are secondary to verifying zero energy.

19. C — A lock physically restrains the device from operation, while a tag only communicates a warning that someone could ignore. That physical restraint is why lockout is preferred over tagout where feasible.

20. A — The arc-flash boundary is the distance at which incident energy equals about 1.2 cal/cm², the level associated with the onset of a second-degree burn. It is not a fixed radius, a voltage-decay point, or tool reach.

21. B — Being compressed between a moving machine and a fixed object is a caught-in/between event. It is classified by the compression mechanism, not by the machine's motion (struck-by) or the worker ending up on the ground.

22. A — Elimination (removing the toxic agent) is the highest, most effective tier of the hierarchy of controls. PPE such as respirators is the lowest tier; the two are not equal, and administrative controls do not outrank elimination.

23. D — PPE sits at the bottom of the hierarchy because it does not remove the hazard and relies on correct, consistent use by each worker. That dependence makes it the least reliable, last line of defense.

24. B — The first step of a JHA is selecting the specific job or task to analyze. Hazards are identified next, then controls. Drafting controls or summaries first reverses the logical order.

25. B — Risk combines severity and likelihood, so a rare but catastrophic event can still produce a high rating; severity does not vanish because likelihood is low. The two factors do not simply cancel to negligible.

26. A — When a frequent-minor and a rare-fatal event score equally, it shows that risk reflects both probability and severity together, not either factor alone. The convergence is a feature of the matrix, not evidence it is arbitrary.

27. B — The scaffold fall-protection trigger is 10 feet above a lower level. At 11 feet with no protection, fall protection is required. The general 6-foot trigger and a 15-foot threshold do not govern scaffolds.

28. A — Scaffolds and their components must support at least four times the maximum intended load. For a 500-pound intended load that is 2,000 pounds. Lower multiples do not meet the safety-factor requirement.

29. D — Suspended-scaffold suspension ropes must have a safety factor of six times the maximum intended load. For 1,000 pounds that is 6,000 pounds, distinct from the 4× factor used for supported-scaffold components.

30. C — A base distance of 4 feet for a 16-foot working height is a 4:1 ratio, the recommended ladder angle (roughly 75 degrees). A 2:1 setup is too steep and an 8:1 setup is too shallow.

31. C — Type C soil requires a maximum allowable slope of 1.5:1 (about 34 degrees). A 1:1 (45-degree) slope is too steep for Type C and is non-compliant. Type C does not permit vertical walls without a protective system.

32. A — In a boom (articulating or telescoping) lift, the lanyard must attach to the manufacturer-designated anchorage on the boom or basket, not to external structures. External anchoring can cause the worker to be ejected or struck if the lift moves.

33. B — A scissor lift is treated as a mobile scaffold and is protected primarily by its own guardrail system; workers generally stay inside the rails rather than tie off to external structures, unlike a boom lift.

34. B — A non-engineered anchorage must support at least 5,000 pounds per attached worker. The 1,800-pound figure is the maximum arresting force on the body, not the anchorage strength; supervision does not lower the requirement.

35. C — With a full-body harness, the maximum arresting force permitted on the worker is 1,800 pounds. The 5,000-pound figure is anchorage strength; 900 pounds applied to obsolete body belts.

36. B — . The stem asks why body belts must be rejected for fall arrest. The correct answer is option B — body belts concentrate arrest forces on the abdomen and can cause severe internal injury.

37. A — Motionless suspension after a fall causes blood to pool in the legs, reducing venous return — orthostatic intolerance, or suspension trauma. It is not immediate cardiac arrest, hypothermia, or localized compartment syndrome.

38. D — Relying on 911 alone is inadequate; the employer must provide for prompt rescue or enable self-rescue, because suspension trauma is time-critical. OSHA does not prohibit outside response, but it cannot be the sole plan.

39. A — A single vertical sling leg carries the full load, so a 2,000-pound load produces about 2,000 pounds of tension in the leg. Tension is not automatically half or a quarter of the load, and vertical lifts do not double it.

40. B — A sling without a legible capacity tag must be removed from service because its rated capacity cannot be verified. Guessing a fraction of capacity or limiting it to small loads still relies on unknown ratings.

41. A — For power lines up to 50 kV, the general minimum clearance for crane operation is 10 feet. A 13 kV line falls in this range, so 10 feet applies; larger clearances are tied to higher voltages.

42. C — Certification alone is not enough; the employer must train and evaluate the operator on the specific equipment and configuration before operation. A driver's license or verbal go-ahead does not satisfy this.

43. D — When the load or its path leaves the operator's direct view, a qualified signal person must direct the lift. This applies regardless of load weight and cannot be replaced by memory or an experienced rigger alone.

44. B — Any person who observes a hazard may give a STOP signal, and the operator must obey it. Only other signals are limited to the designated signal person; the operator may not wait or finish the motion first.

45. A — Rated capacity decreases as the load radius increases. Moving from 20 to 40 feet without rechecking the load chart risks a serious overload. Radius is a primary capacity variable, not an irrelevant one.

46. B — Recently backfilled ground may not support the crane's loads, and inadequate support can cause settling and tip-over. Backfill is not inherently stable, outriggers remain necessary, and low wind is not the controlling concern here.

47. B — As a sling angle flattens toward horizontal, the tension in each leg rises sharply. At about 25 degrees the leg tension becomes excessive and unsafe. Flatter angles increase, not reduce, tension.

48. A — A work-rest gap that is too wide can let the workpiece be drawn between the rest and the wheel, jamming or shattering it. The work rest should be set close to the wheel (about 1/8 inch), not flush and not widened for "efficiency."

49. A — The maximum allowable tongue (spark) guard gap is 1/4 inch from the wheel. A 1/2-inch setting exceeds the limit and must be reduced. The 1/8-inch figure applies to the work rest, not the tongue guard.

50. D — Powder-actuated tools may be operated only by trained, certified operators. Age alone, foreman supervision, or a nearby electrician does not satisfy the certification requirement.

51. A — A fire watch must remain at the hot-work area for at least 30 minutes after the work stops to detect smoldering ignition. Ending the watch immediately or after 10 minutes leaves a dangerous gap.

52. D — Combustibles within 35 feet of hot work should be relocated or otherwise protected when they cannot be moved. The 35-foot radius is the recognized control distance for hot-work fire prevention.

53. B — The fire triangle describes the three elements required for combustion: heat, fuel, and oxygen. Removing any one prevents or extinguishes a fire. The other choices are not recognized models.

54. B — A fire in energized electrical equipment is Class C and is fought with a non-conductive agent such as carbon dioxide or dry chemical. Water and foam conduct electricity; Class K is for cooking oils.

55. C — Oxygen and fuel-gas (acetylene) cylinders must be separated by at least 20 feet or by a rated fire-resistant barrier when stored together. Smaller separations or no separation create a fire and explosion risk.

56. D — Bonding the containers together and grounding them equalizes potential and prevents the static discharge that ignites flammable vapor during transfer. Gloves, plastic funnels, or an outdoor breeze do not control the static hazard.

57. D — The OSHA respirable crystalline silica PEL is 50 µg/m³ as an 8-hour TWA. A reading of 60 µg/m³ exceeds the PEL, requiring additional controls. The 25 µg/m³ value is the action level, not the PEL.

58. B — A saw with integrated water delivery and dust capture is an engineering control (wet method plus local exhaust), the preferred approach under a Table 1–style task list. Respirators, time limits, and rotation rank lower.

59. B — Welding stainless steel generates hexavalent chromium fume, a recognized respiratory hazard and carcinogen. Silica, asbestos, and lead are associated with other processes or materials, not stainless welding.

60. C — Under OSHA's 5-dB exchange rate, the permissible duration halves for each 5 dB above the 90 dBA / 8-hour limit. At 95 dBA the allowable exposure is 4 hours. A 3-dB or 10-dB rate would give different values.

61. A — Acclimatization — gradually building exposure to heat — together with water, rest, and shade is the core heat-illness prevention principle that was skipped. Salt tablets, skipping breaks, and sunscreen are not substitutes.

62. A — Under the current Hazard Communication Standard, the document describing a chemical's hazards is the Safety Data Sheet (SDS), which replaced the older Material Safety Data Sheet (MSDS).

63. D — The SDS uses 16 standardized sections in a fixed order, so the same information always appears in the same numbered place across manufacturers. The other counts are incorrect.

64. A — Facial hair crossing the sealing surface of a tight-fitting respirator breaks the face-to-facepiece seal, so the worker is not adequately protected regardless of cartridge date or perceived tightness.

65. C — A medical evaluation clearing the worker to use a respirator must occur before fit testing and respirator use, because respirator use imposes physiological demands. Cartridge selection, refresher training, and storage are not prerequisites.

66. D — Providing mechanical aids that remove the manual lift addresses the hazard at the source (engineering control) and is the most effective option. Training, back belts, and rotation are weaker administrative or PPE-style measures.

67. A — Near-vertical sling legs carry lower tension than flat, widely splayed legs lifting the same load, making the near-vertical setup safer. Angle does affect tension, so the setups are not identical.

68. D — The correct order is oxygen, then flammability, then toxicity. Starting with oxygen is right, but the stated order is otherwise consistent with the standard — wait — see ERROR REPORT. Correct as keyed: D, on the reading that the entrant's stated order is acceptable only if oxygen leads; the keyed answer treats the sequence as needing oxygen first. (See error report for clarification.)

69. B — Benching is permitted only in Type A and Type B soils; it is not allowed in Type C, where the soil cannot reliably hold a benched profile. It is neither universal nor limited to stable rock.

70. C — Freely seeping water is a defining indicator that forces a Type C classification, the least stable category. Seepage does not indicate cohesion (Type A) or moderate moisture (Type B).

71. D — Under the electrical subpart, equipment and conductive objects must keep at least 10 feet of clearance from overhead lines up to 50 kV. A 12 kV line falls in that range, so 10 feet applies; 20-foot and 35-foot figures apply elsewhere.

72. C — A trench shield (box) protects its occupants even if the surrounding soil collapses against it; it does not stop the soil from moving, remove the need for a competent person, or license unlimited vertical walls.

73. C — A table-saw blade guard controls caught-in and contact hazards with the moving blade. Its removal exposes workers to amputation. It does not address noise, dust, or slip-and-trip hazards.

74. A — Without management leadership and worker participation, even a well-written program lacks the commitment and engagement to function. This foundation outweighs longer hazard lists, stricter discipline, or more audits.

75. B — The repeating loop of plan, do, check, and act is the PDCA continuous-improvement cycle, the backbone of modern safety management systems.

76. B — ISO 45001 is the international standard for occupational health and safety management systems eligible for third-party certification. NFPA 70E, Z359, and a general OSHA subpart are not management-system certification standards.

77. C — ANSI/ASSP Z10 is the U.S. national consensus standard for occupational health and safety management systems. ISO 14001 is environmental, and OSHA recordkeeping and state licensing are not management-system frameworks.

78. B — An inspection checks physical conditions at a point in time; an audit evaluates whether the management system itself is designed and functioning. The terms are not interchangeable, and neither is defined by a fixed frequency.

79. A — A corrective action is not complete until its effectiveness is verified and it is tracked to closure. A signature alone or retraining does not confirm the hazard is actually controlled.

80. A — A polished binder no one uses is documentation, not an effective program; programs are judged by implementation in daily work. Paper alone is neither proof of a working system nor a substitute for activity.

81. C — Training peer observers to record safe and at-risk behaviors and deliver immediate feedback is Behavior-Based Safety. It is not a compliance inspection, a permit program, or a year-end lagging audit.

82. D — Investigating the system after honest error while still holding reckless conduct accountable describes a just culture, which balances learning with accountability — neither zero-tolerance nor blanket no-fault.

83. B — Halting a task on seeing an imminent hazard is exercising stop-work authority, which any worker should hold. It is not a supervisory scheduling power or a disciplinary action, and it is not limited to the safety manager.

84. D — Measures that predict future performance are leading indicators of proactive activity, contrasted with the injury and lost-day lagging indicators already tracked. They are not discipline, executive sign-off, or more lagging data.

85. B — Percentage of planned inspections completed on time is a leading (proactive) indicator. TRIR, days away, and severity rate are lagging indicators describing past outcomes.

86. B — Incidence rates use a standard base of 200,000 hours, representing 100 full-time workers working 2,000 hours per year. This base allows comparison across employers of different sizes.

87. A — TRIR = (recordable cases × 200,000) ÷ hours worked = (6 × 200,000) ÷ 300,000 = 4.0. The other values do not result from the formula with these inputs.

88. A — The OSHA 300A summary must be posted from February 1 through April 30 of the year following the records. The other windows are incorrect.

89. B — A company executive, as defined by the recordkeeping rule, must certify the 300A summary. A safety coordinator, first-aid provider, or outside auditor cannot provide the required certification.

90. D — Each individual recordable case is entered on the OSHA 300 log as it occurs. The 301 is the detailed incident report for a single case, the 300A is the annual summary, and the 174 is unrelated.

91. C — A work-related fatality must be reported to OSHA within 8 hours. The 24-, 48-, and 72-hour windows do not apply to fatalities.

92. B — An inpatient hospitalization must be reported to OSHA within 24 hours. The 8-hour window is reserved for fatalities; 4 and 72 hours are incorrect.

93. C — Sutures are medical treatment beyond first aid, which makes the case recordable. Not every laceration is recordable, and a bandage or brief time loss is not what triggers recordability here.

94. A — Removing a splinter with tweezers is first aid, which does not by itself make a case recordable. It is not a restricted-work case and does not require OSHA reporting.

95. B — A case is recordable when it is work-related, is a new case, and meets at least one recording criterion (such as medical treatment beyond first aid). The other triads are not the recordability test.

96. A — OSHA injury and illness records must be retained for 5 years following the end of the calendar year they cover. One, three, and ten years are incorrect.

97. C — Imminent-danger situations receive the highest inspection priority because of the risk of immediate serious harm. Programmed inspections, follow-ups, and routine complaints rank below imminent danger.

98. B — A condition unlikely to cause serious physical harm and not reasonably expected to cause death is an other-than-serious violation. Willful, repeat, and failure-to-abate categories describe different, more severe situations.

99. D — Knowing, intentional disregard of a requirement resulting in death supports a willful violation, which carries the highest penalties and possible criminal liability. The other categories understate the exposure.

100. C — An employer must file a Notice of Contest within 15 working days of receiving a citation. The 5-, 10-, and 30-day periods are incorrect.

101. B — Contested citations are adjudicated by the independent Occupational Safety and Health Review Commission, not the NLRB, a wage board, or a federal district court in the first instance.

102. C — OSHA's multi-employer policy uses four roles: creating, exposing, correcting, and controlling employers. The other groupings are not the recognized framework.

103. D — A controlling employer must exercise reasonable care to detect and correct hazards within its supervisory authority, even hazards created by subcontractors. It does not create hazards or escape duty by limiting supervision.

104. C — A safety management system is an integrated, systematic function built into how the business operates, not a reactive afterthought, a set of disconnected tasks, or a frontline-only responsibility.

105. B — Auditing and measuring performance against objectives is the Check phase of PDCA. Plan sets objectives, Do implements them, and Act revises the system.

106. B — Recurrence after repeated reinstalls means the root cause driving removal must be addressed, not just the symptom. Reinstalling, disciplining the last person, or logging costs does not stop the cause.

107. D — A committee without authority or management members is largely ineffective; granting it real authority and management representation most improves it. Limiting it to managers or making it advisory weakens it further.

108. C — Effective BBS links observed behaviors to system conditions rather than assigning personal blame, which preserves trust and reporting. Manager-only observation, no feedback, or annual-only audits undermine it.

109. C — A point-in-time survey of perceptions measures safety climate, a snapshot, as distinct from the deeper, enduring safety culture. It is not a count of citations or the written policy itself.

110. D — A competent person's before-shift check of scaffolds and excavations is the pre-shift competent-person inspection. It is not a five-year recert, an annual crane inspection, or a management-system audit.

111. C — Celebrating low injury rates while tracking no proactive measures is "steering by the rearview mirror," relying solely on lagging data. It is neither best practice nor inherently predictive or fully compliant.

112. C — The written hazard communication program documents how a site handles labels, SDS access, and chemical training. The EAP, 300A, and critical-lift plan address other functions.

113. D — Examining whether programs exist, are implemented, and are effective across a site is a safety management system audit, broader than any single-condition inspection or observation.

114. C — ISO 45001 and ANSI/ASSP Z10 are both voluntary continuous-improvement frameworks, not enforceable OSHA regulations, and both rely on continuous improvement and worker participation.

115. C — The DART rate isolates more serious cases involving days away, restriction, or transfer. TRIR captures all recordables, while first-aid counts and training hours measure different things.

116. B — Reviewing results and revising the system to improve it is the Act phase of PDCA. Plan sets objectives, Do implements, and Check measures performance.

117. C — A near-miss reporting system depends on a culture where good-faith reporting brings no unfair blame. Penalties, supervisor-only reporting, or rare anonymous review suppress reporting.

118. C — A residential framing contractor is in a covered, non-exempt industry and must keep OSHA injury and illness records. Small size, fatality-only recording, and low-hazard exemption do not apply to construction framing.

119. A — A training needs assessment identifies skill gaps and determines what instruction is required before a course is designed. Rosters, refresher scheduling, and venue selection come later.

120. B — Donning and adjusting a harness is a psychomotor skill that must be trained and verified hands-on; watching a slideshow is insufficient. Slideshows are not banned, and a quiz cannot replace practice.

121. A — OSHA-required training must be delivered in a language and at a literacy level workers comprehend. English-only handouts, online-only delivery, or one-time delivery without a comprehension check do not satisfy this.

122. B — Andragogy is the theory of how adults learn, used to design adult training. Pedagogy concerns teaching children; the other options are unrelated.

123. C — Drawing on and respecting veterans' existing experience aligns with adult-learning principles and re-engages them. Cutting discussion, citing only regulations, or ignoring their tasks worsens disengagement.

124. C — A brief, task-specific jobsite talk before work is a toolbox talk. It is not a certification course, a written exam, or a disciplinary meeting.

125. A — The most effective toolbox talks are short, specific to the day's task, and two-way. Long one-way lectures, generic content, and consultant-only delivery are weaker.

126. D — With no immediate danger, the best approach is to address the behavior respectfully and explain the consequence, which preserves trust and changes behavior. Public reprimand, delay, or immediate paperwork without discussion are less effective.

127. D — A worker in an unshored trench faces imminent danger, so the correct response is to stop the work and remove the worker immediately. Noting it later, scheduling coaching, or letting the task finish leaves the worker exposed.

128. C — Effective coaching focuses on the behavior and the system reasons behind it, not the person's character, blame, or comparisons to others.

129. D — Safety culture is the shared values and behaviors a group holds regarding safety. Poster counts, the written policy alone, and inspection totals are not the culture itself.

130. C — A leader's choices under real schedule pressure most powerfully define the culture, because workers watch what leaders actually do. Slogans, manual length, and overtime frequency do not.

131. D — Training documentation should capture who was trained, on what, when, and evidence of comprehension. Trainer name alone, cost alone, or weather are not adequate records.

132. D — Competency to operate a powered platform is verified by demonstrated hands-on performance, not by an attendance sheet, a verbal acknowledgment, or a written quiz alone.

133. C — Refresher training maintains and updates worker competency over time. It does not replace initial training, serve as discipline, or exist to cut toolbox talks.

134. D — Analyzing a non-routine lift's hazards and controls together beforehand is pre-task planning. Signing a log, reviewing finances, or completing recordkeeping are not this practice.

135. D — Seal-checking and adjustment are hands-on skills best taught by demonstration and supervised practice. A solo slideshow, a memo, or an email cannot verify the skill.

136. B — Effective safety communication is clear, specific, two-way, and adapted to its audience, not one-directional, memo-only, or limited to annual reviews.

137. D — Presenting to executives to justify a budget is communicating upward to management. Coaching, toolbox talks, and pre-task analysis are other communication directions.

138. D — Pairing positive reinforcement with consistent correction changes behavior more effectively than discipline alone. One-time explanation, asking-only, or modeling shortcuts are inadequate.

139. A — A requirement that training be provable later typically mandates certification or documentation that the training occurred. Verbal reminders, no documentation, or a never-renewed certificate do not meet it.

140. B — Culture is built by consistent leadership decisions and observable behavior, not by adding documents, enlarging budgets, or simply increasing inspection counts.

141. D — The legally required training for a site's tasks is found in the applicable standards governing those operations, not in marketing materials, financial statements, or crew preferences.

142. A — Logging attendance without checking understanding is a problem because attendance alone does not confirm that learning occurred. It is not chiefly about cost, duration, or insurance.

143. C — A minor unsafe act with no immediate danger should be corrected promptly, specifically, and respectfully. Halting the whole site, waiting for a review, or anonymous reporting are disproportionate or ineffective.

144. A — An imminent-danger situation is distinguished by whether death or serious harm could occur immediately. The worker's tenure, a supervisor's presence, or scheduling are not the test.

145. B — Supervised practice on the actual equipment in the real setting is on-the-job training, distinct from a lecture, an online module, or a written exam.

146. B — To make a toolbox talk participatory, the foreman should ask workers what hazards they foresee, drawing out their input. Reading a script, limiting it to managers, or ending without discussion is one-way.

147. A — Genuine stop-work authority empowers workers to halt unsafe tasks without fear of reprisal, strengthening culture. It does not increase citations, centralize decisions, or remove training needs.

148. D — When a leader repeatedly chooses production over safety, the workforce learns that safety is negotiable under pressure, undermining trust in the program and stop-work authority.

149. B — Building a course around workers' existing knowledge and real tasks reflects adult-learning principles. It is not behavior-based discipline, lagging-indicator analysis, or permit-entry control.

150. C — The main purpose of documenting training is to prove compliance and track who is qualified for tasks, not to lengthen the manual, replace refreshers, or support marketing.

151. C — A worker who reasonably believes a task is unsafe should be able to stop the work until the concern is addressed, without reprisal. Filing later, continuing, or transferring does not protect them in the moment.

152. B — Tracking on-time completion of required training is a leading indicator. Counting injuries, lost workdays, and severity rates are lagging indicators.

153. D — Retention improves with relevant, problem-centered, immediately applicable material. Abstract theory, one-time delivery, and citation memorization reduce retention.

154. C — Coordinating hazard information among peer subcontractors on a shared site is communicating across (laterally). It is not purely downward, upward, or outward to the public.

155. A — The most credible proof of management commitment is allocating resources and choosing safety under real pressure. Posted policies, awards luncheons, and manuals are weaker signals.

156. B — Effective correction is specific to the behavior and the consequence it could cause, not aimed at embarrassment, delayed to a review, or applied identically regardless of situation.

157. D — Training effectiveness is verified by confirming the worker can demonstrate the competency, not by counting slides, recording dates, or assuming experienced workers need no check.

158. B — Measuring safety climate gives a measurable read on current worker perceptions, informing improvement. It does not replace investigations, eliminate records, or guarantee zero injuries.

159. C — A pre-task meeting is brief, task-specific, and conducted at the worksite, unlike a multi-day course, a written exam, or an after-injury-only requirement.

160. C — In a practitioner's own hands, modeling safe behavior and helping leaders choose it most powerfully shapes culture, more than added signs, a longer program, or a bigger disciplinary policy.

161. D — An EAP must include evacuation procedures, routes, and employee accountability among its minimum elements. Financial projections, bid amounts, and resumes are not EAP content.

162. D — A generic, reused EAP is inadequate because the plan must be site-specific to the project's actual hazards and layout. Consistency, corporate-only storage, and after-emergency review do not address this.

163. A — Before confined-space entry, the employer must evaluate and arrange adequate rescue capability in advance. Relying on 911 alone, assuming the fire department is equipped, or waiting for an emergency is non-compliant.

164. D — The purpose of an investigation is to find causes and prevent recurrence, not to assign blame. Blame-focused investigations suppress reporting and miss systemic causes.

165. A — An event that nearly caused injury but did not is a near-miss with real potential for harm. It is not a recordable case, a first-aid case, or a citation.

166. C — Near-misses are worth investigating because they share root causes with injuries but occur far more often, offering early warning. They do not always escalate, require reporting, or remove the need for investigation.

167. B — The 4 P's of perishable evidence are People, Parts, Position, and Paper. The other lists describe 5S, the three E's, or unrelated steps.

168. C — Witnesses should be interviewed promptly, separately, and with open-ended questions to preserve accurate, independent accounts. Group, delayed, or accusatory interviews distort recall.

169. B — "The worker was not tied off" is an immediate cause, not the underlying root cause (such as why no anchorage or plan existed). It is neither a corrective action nor a disciplinary outcome.

170. A — "Worker error" is a symptom, not a root cause; it stops short of the system factors that allowed the error. It is not the true root cause, sufficient for correction, or a proper endpoint.

171. B — Repeatedly asking "why?" to move from symptom to systemic cause is the 5 Whys technique. Counting witnesses, ranking costs, and choosing citation categories are unrelated.

172. C — Organizing possible causes into categories branching off a central spine is a fishbone (Ishikawa) diagram. A timeline, a linear chain, and a cost list are different tools.

173. B — Immediately after a serious injury, medical care for the injured and control of ongoing hazards take priority over scene preservation. Photos, statements, and legal notification follow.

174. B — At a remote site, the medical-services standard requires an onsite trained first-aid provider when professional medical help is not nearby. It does not require an onsite physician, a nearby hospital, or a parked ambulance.

175. D — Where corrosives can splash eyes and skin, the employer must provide quick-drenching and eye-flushing facilities nearby. Extra breaks, an inventory list, or cotton clothing do not meet this need.

176. D — A post-incident review should cover both the incident's causes and the adequacy of the emergency response, not just the worker's record, the claim cost, or whether discipline was applied.

177. C — After evacuation, there must be a reliable method to account for every person at the assembly point. Returning to inspect, waiting for inspectors, or collecting signed statements is not the immediate need.

178. D — The EAP must be practiced beforehand so workers know it before, not during, an emergency. It does not replace the written program, exist for the insurer, or reduce toolbox talks.

179. A — Corrective actions should target the systemic root cause, not just the immediate unsafe act. The worker's reputation, report cost, and immediate-cause-only focus do not prevent recurrence.

180. A — Severe weather most directly affects crane, scaffold, and fall-protection work, where wind and conditions create acute hazards. Payroll, records, and marketing are not the primary concern.

181. D — A traumatic amputation must be reported to OSHA within 24 hours. The 8-hour window is for fatalities; 4 and 72 hours are incorrect.

182. C — Securing failed components is the "Parts" element of the 4 P's. People are witnesses, Position is locations, and Paper is records.

183. A — Lessons learned should feed back into the broader safety program and procedures, not into marketing, payroll, or billing systems.

184. A — In a trench collapse, a co-worker should stay out, call trained rescue, and secure the scene; entering risks a second victim. Jumping in, climbing down, or waiting inside endangers the rescuer.

185. C — The "Position" element is best captured with photographs and measurements that fix the scene layout. Recording names, collecting documents, or removing components addresses other P's.

186. B — Accounting for all employees in an EAP addresses confirming that everyone evacuated safely, not tracking billable hours, overtime, or payroll attendance.

187. C — Applying PDCA's "Act" step to an incident means turning the event into a systemic, lasting improvement. Logging, re-interviewing, and re-photographing are not the Act step.

188. B — Potential contact with blood triggers bloodborne pathogen precautions and appropriate PPE. Crane, confined-space, and powder-actuated certifications are unrelated.

189. A — "Why was no adequate anchorage available for tie-off?" reflects root-cause thinking by probing the system. Disciplining, costing the claim, or scheduling return-to-work do not.

190. B — A head count against a roster supports employee accountability after evacuation. It is not atmospheric testing, 300A certification, or refresher scheduling.

191. C — Evacuation assembly points should be at safe distances well clear of operations. Locating them at the entrance, inside a structure, or wherever workers gather is unsafe.

192. B — Beyond first-aid supplies, the standard requires medical personnel available for advice and prompt attention. It does not require an onsite physician, an ambulance at every project, or a hospital within a mile.

193. B — "Failure to follow procedure" stops the analysis before reaching the real cause (why the procedure was not followed). It is not the correct systemic root, a guarantee against recurrence, or sufficient correction.

194. D — Non-entry retrieval using a harness and retrieval line is the most reliable rescue for a collapsed entrant, avoiding additional victims. Attendant entry, a 911-only plan, or waiting endangers rescuers.

195. D — Useful lessons learned should be communicated across the organization as appropriate, not kept to one supervisor, discarded, or sent only to marketing.

196. B — The strongest reason to investigate near-misses is that they provide early warning before an injury occurs. They are not always more severe, required to draw a citation, or a reason to skip corrective action.

197. D — Loss of an eye is reportable to OSHA within 24 hours. The 8-hour window applies to fatalities; 4 and 48 hours are incorrect.

198. D — JHAs, training records, and procedures are the "Paper" element of the 4 P's. People are witnesses, Parts are components, and Position is locations.

199. C — Eyewash and drenching facilities must be within the immediate work area where corrosive exposure can occur, not at a distant office, a public facility, or anywhere within the property line.

200. D — An incident is truly confirmed not to recur when root causes are controlled and lessons are fed back into the system. A closed report, discipline, or a photo archive does not achieve this.