PRACTICE EXAM 6: CHST SIMULATION (200 QUESTIONS)

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

1. Which statement about the hierarchy of controls is correct?

A. Elimination is more effective than personal protective equipment

B. Personal protective equipment is the most reliable control

C. Administrative controls outrank engineering controls

D. Substitution is the least effective control level

2. All of the following are engineering controls EXCEPT:

A. local exhaust ventilation at the source

B. a machine guard enclosing a blade

C. a rotation schedule limiting exposure time

D. a sound-dampening enclosure on equipment

3. The general fall protection trigger for construction walking/working surfaces is best described as:

A. four feet to a lower level

B. six feet to a lower level

C. eight feet to a lower level

D. ten feet to a lower level

4. Which is true of a "competent person" under OSHA?

A. the title requires a professional engineer license

B. the role is limited to the project safety manager

C. a 30-hour course automatically confers the status

D. the person can identify hazards and is authorized to correct them

5. Which statement about hazard versus risk is accurate?

A. a hazard is the calculated likelihood of harm

B. risk is the physical source of potential harm

C. a hazard is a source of potential harm; risk combines likelihood and severity

D. hazard and risk are interchangeable terms

6. A protective system is required in an excavation when its depth reaches:

A. five feet or greater, unless in stable rock

B. four feet or greater in all soils

C. six feet or greater regardless of soil

D. eight feet or greater in any condition

7. Which is the maximum allowable slope for Type C soil?

A. vertical with no benching

B. 0.75:1 from the horizontal

C. 1:1 from the horizontal

D. 1.5:1 from the horizontal

8. In a trench four feet or deeper, a means of egress must be within a lateral travel distance of:

A. fifty feet

B. twenty-five feet

C. ten feet

D. one hundred feet

9. All of the following correctly describe spoil placement EXCEPT:

A. spoil must be set back at least two feet from the edge

B. spoil adds surcharge load that can trigger collapse

C. spoil may be piled directly at the lip if it is dry

D. setback reduces material rolling back into the trench

10. Which is true of the confined-space atmospheric testing order?

A. toxicity is always tested first

B. flammability is always tested first

C. the order does not affect meter accuracy

D. oxygen is tested first, then flammability, then toxicity

11. The minimum acceptable oxygen concentration for confined-space entry is:

A. 19.5%

B. 16.0%

C. 20.9%

D. 23.5%

12. An oxygen reading above which value indicates an oxygen-enriched atmosphere?

A. 20.9%

B. 23.5%

C. 22.0%

D. 21.5%

13. Confined-space entry generally requires the flammable atmosphere to be below:

A. fifty percent of the LEL

B. twenty-five percent of the LEL

C. five percent of the LEL

D. ten percent of the LEL

14. Which statement about a personnel-protection GFCI is correct?

A. it trips on overcurrent at twenty amperes

B. it responds only to a short circuit

C. it trips at roughly a five-milliampere ground fault

D. it protects equipment but not people

15. When GFCIs are not used on a construction site, the accepted alternative is:

A. an Assured Equipment Grounding Conductor Program

B. using only battery-powered tools

C. a licensed-electrician inspection once a year

D. installing permanent wiring exclusively

16. All of the following are required lockout/tagout steps EXCEPT:

A. notifying affected employees of the shutdown

B. removing a co-worker's lock to speed restart

C. verifying zero energy before work begins

D. releasing or restraining stored energy

17. Which statement explains why a lock is preferred over a tag alone?

A. a tag lasts longer in outdoor conditions

B. a tag is easier to read at a distance

C. a lock and a tag provide identical protection

D. a lock physically prevents operation; a tag only warns

18. The arc flash boundary is the distance at which incident energy reaches:

A. 1.2 cal/cm²

B. 8 cal/cm²

C. 40 cal/cm²

D. 0.1 cal/cm²

19. A standard guardrail top rail is set at a nominal height of approximately:

A. thirty-six inches

B. thirty inches

C. forty-two inches

D. forty-eight inches

20. Which force requirement is correct for guardrail components?

A. the midrail must withstand two hundred pounds

B. the top rail must withstand two hundred pounds

C. the midrail must withstand two hundred fifty pounds

D. the top rail must withstand one hundred pounds

21. Fall protection on a supported scaffold is required at a platform height of:

A. four feet

B. six feet

C. fifteen feet

D. ten feet

22. A supported scaffold and its components must support their own weight plus:

A. four times the maximum intended load

B. two times the maximum intended load

C. 1.5 times the maximum intended load

D. six times the maximum intended load

23. Suspension ropes on a suspended scaffold require a safety factor of:

A. two times the intended load

B. four times the intended load

C. six times the intended load

D. ten times the intended load

24. Which statement about the 4:1 ladder rule is correct?

A. the base sits one-half of the working length from the wall

B. the base sits one-quarter of the working length from the wall

C. the base sits one-eighth of the working length from the wall

D. the base distance is unrelated to working length

25. A non-engineered fall-arrest anchorage must support at least:

A. five thousand pounds per attached worker

B. eighteen hundred pounds per worker

C. twenty-five hundred pounds per worker

D. three thousand six hundred pounds per worker

26. With a full-body harness, the maximum arresting force permitted on the worker is:

A. five thousand pounds

B. nine hundred pounds

C. twenty-five hundred pounds

D. eighteen hundred pounds

27. Which is true of body belts for fall arrest?

A. they distribute force across the thighs and pelvis

B. they are prohibited because they concentrate force on the abdomen

C. they are preferred for their low cost

D. they provide the same protection as a full-body harness

28. A worker left motionless in a harness after an arrested fall is at risk of:

A. immediate cardiac arrest from impact

B. hypothermia from harness restriction

C. suspension trauma from blood pooling in the legs

D. forearm compartment syndrome

29. The maximum free fall distance permitted in a personal fall arrest system is:

A. six feet

B. two feet

C. four feet

D. twelve feet

30. Which statement about sling leg angles is correct?

A. tension is unaffected by the sling angle

B. a flatter angle reduces leg tension

C. as the angle to horizontal decreases, leg tension increases

D. tension is unsafe only above sixty degrees from horizontal

31. A synthetic sling with no legible capacity tag must be:

A. used at half its estimated capacity

B. removed from service

C. limited to loads under five hundred pounds

D. returned to use after a visual check

32. Under Subpart CC, the minimum clearance from an energized line up to 50 kV is:

A. twenty feet

B. thirty-five feet

C. fifteen feet

D. ten feet

33. Which condition requires a qualified signal person to direct a lift?

A. the load travels out of the operator's line of sight

B. the load exceeds five thousand pounds

C. the lift uses more than one sling leg

D. the rigger is newly certified

34. During a lift, a STOP signal must be obeyed when given by:

A. only the designated signal person

B. anyone who observes a hazard

C. only the crane operator

D. only the lift director

35. Which statement about crane radius and capacity is correct?

A. capacity increases as the radius increases

B. radius has no effect on rated capacity

C. only boom length, not radius, affects capacity

D. capacity decreases as the radius increases

36. A bench grinder work rest must be adjusted to within how much of the wheel?

A. one-half inch

B. one-quarter inch

C. one-eighth inch

D. one inch

37. A bench grinder tongue (spark) guard must be kept within how much of the wheel?

A. one-half inch

B. one-quarter inch

C. one-eighth inch

D. one inch

38. A powder-actuated tool may be operated only by:

A. a trained, certified operator

B. any worker over eighteen

C. a foreman on the crew

D. a licensed electrician

39. A fire watch after hot work must be maintained for at least:

A. ten minutes

B. fifteen minutes

C. sixty minutes

D. thirty minutes

40. Under NFPA 51B, combustibles should be relocated or protected within what distance of hot work?

A. ten feet

B. twenty feet

C. thirty-five feet

D. fifty feet

41. The three elements of the fire triangle are fuel, heat, and:

A. nitrogen

B. oxygen

C. pressure

D. carbon dioxide

42. A fire in energized electrical equipment requires which agent?

A. a pressurized water stream

B. aqueous film-forming foam

C. a wet chemical agent

D. carbon dioxide or dry chemical

43. Oxygen and acetylene cylinders in storage must be separated by at least:

A. twenty feet or a rated barrier

B. five feet with no barrier

C. ten feet or a screen

D. no separation if caps are on

44. To prevent static ignition when transferring a flammable liquid between metal containers:

A. wear nitrile gloves during transfer

B. use a plastic funnel to slow flow

C. bond and ground the containers

D. pour quickly to finish sooner

45. The OSHA permissible exposure limit for respirable crystalline silica (8-hour TWA) is:

A. one hundred µg/m³

B. twenty-five µg/m³

C. two hundred fifty µg/m³

D. fifty µg/m³

46. The action level for respirable crystalline silica is:

A. fifty µg/m³

B. twenty-five µg/m³

C. one hundred µg/m³

D. ten µg/m³

47. On the silica standard's Table 1, integrated water delivery to suppress dust is:

A. an administrative control

B. respiratory protection

C. an engineering control

D. a worker-rotation measure

48. Welding stainless steel primarily generates which toxic fume?

A. hexavalent chromium

B. lead

C. asbestos

D. silica

49. Under OSHA's 5-dB exchange rate, exposure at 95 dBA is permitted for:

A. eight hours

B. four hours

C. two hours

D. one hour

50. A Safety Data Sheet is organized into a standardized number of sections totaling:

A. eight

B. twelve

C. sixteen

D. twenty

51. Under the current Hazard Communication Standard, the chemical hazard document is the:

A. Safety Data Sheet

B. Material Safety Data Sheet

C. Chemical Hazard Bulletin

D. Product Information Record

52. Which statement about respirator seal is correct?

A. an in-date cartridge ensures a seal regardless of fit

B. a tight feeling alone confirms an adequate seal

C. prescription glasses always break the seal

D. facial hair crossing the sealing surface prevents protection

53. Before respirator fit testing, a worker must first receive:

A. the annual refresher course

B. cartridge color selection

C. a medical evaluation

D. a respirator storage case

54. The key to preventing heat illness in new workers during a heat wave is:

A. mandatory salt tablets for all workers

B. acclimatization with water, rest, and shade

C. eliminating breaks to finish faster

D. issuing sunscreen as the primary control

55. The most effective control for repetitive manual lifting of heavy bags is:

A. providing mechanical lifting aids

B. retraining workers in lifting form

C. issuing back belts to all workers

D. rotating workers more frequently

56. Soil with water freely seeping from the trench face must be classified as:

A. Type A

B. Type B

C. stable rock

D. Type C

57. Which statement about a trench shield (box) is correct?

A. it prevents the surrounding soil from moving

B. it eliminates the need for a competent person

C. it protects occupants even if the soil moves

D. it permits vertical walls to twenty-five feet

58. A worker crushed between a backing vehicle and a fixed wall is a hazard of which category?

A. caught-in/between

B. struck-by

C. electrocution

D. a same-level fall

59. The first step in a job hazard analysis is to:

A. list all required controls

B. select the job to be analyzed

C. write the procedure summary

D. assign blame for prior incidents

60. Which statement about risk is correct?

A. severity alone determines the risk rating

B. probability alone determines the risk rating

C. risk ratings are arbitrary and unreliable

D. risk reflects severity and probability together

61. Benching as a protective system is permitted only in:

A. Type C soil

B. all soil types equally

C. Type A and Type B soil

D. stable rock only

62. Which statement about guardrails as fall protection is correct?

A. a guardrail is a passive system requiring no worker action

B. a guardrail is an active system requiring worker connection

C. a guardrail is a positioning device

D. a guardrail functions only as a restraint device

63. A standard toeboard must be at least how tall vertically?

A. one inch

B. two inches

C. six inches

D. three and one-half inches

64. Before selecting personal protective equipment, the employer must first conduct:

A. a respirator fit test

B. a hazard assessment

C. a medical examination

D. annual refresher training

65. Excavations must be inspected by a competent person:

A. once per week

B. only after rainfall

C. daily and as conditions change

D. once per month

66. Replacing a toxic solvent with a less hazardous one is an example of:

A. an engineering control

B. personal protective equipment

C. an administrative control

D. substitution

67. Which is true of the OSHA permissible exposure limit for lead in construction?

A. it is fifty µg/m³ as an 8-hour TWA

B. it is thirty µg/m³ as an 8-hour TWA

C. it is one hundred µg/m³ as an 8-hour TWA

D. it is twenty-five µg/m³ as an 8-hour TWA

68. The OSHA action level for lead in construction is:

A. fifty µg/m³

B. thirty µg/m³

C. one hundred µg/m³

D. ten µg/m³

69. All of the following are caught-in/between hazards EXCEPT:

A. a worker pinned between a swinging load and a column

B. a hand drawn into an unguarded gear set

C. a worker buried in a trench collapse

D. a worker shocked by a frayed extension cord

70. The primary purpose of a guard on a table saw blade is to control:

A. noise exposure over time

B. dust inhalation

C. contact with the moving blade

D. same-level slip hazards

71. Under the scaffold standard, the minimum clearance from an uninsulated line up to 50 kV is:

A. three feet

B. ten feet

C. twenty feet

D. thirty-five feet

72. Which statement about a permit-required confined space is correct?

A. it is a confined space that also contains a serious hazard

B. any space with an access hatch qualifies automatically

C. a permit is required for every confined space

D. it is defined solely by being below ground level

73. A practitioner ranks four options for the same hazard. Which ranks highest on the hierarchy of controls?

A. issuing respirators to each exposed worker

B. limiting exposure time by rotation

C. removing the hazardous process entirely

D. posting warning signs at the work area

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

74. Which is the foundation of an effective safety and health program?

A. a longer written hazard inventory

B. more frequent third-party audits

C. a stricter written disciplinary policy

D. management leadership and worker participation

75. The continuous-improvement cycle of plan, do, check, and act is known as:

A. the hazard-control sequence

B. Plan-Do-Check-Act

C. the risk-reduction ladder

D. the Deming triangle

76. The certifiable international standard for occupational health and safety management systems is:

A. ISO 45001

B. ISO 14001

C. NFPA 70E

D. ANSI/ASSP Z359

77. The U.S. national consensus standard for occupational health and safety management systems is:

A. ISO 14001

B. NFPA 51B

C. OSHA 29 CFR 1926

D. ANSI/ASSP Z10

78. Which statement correctly distinguishes an inspection from an audit?

A. an inspection evaluates the management system

B. an audit checks physical conditions at a point in time

C. an inspection checks conditions; an audit evaluates the system

D. the two are functionally interchangeable

79. A corrective action is not complete until it is:

A. verified effective and tracked to closure

B. logged a single time

C. signed by a supervisor

D. discussed in a meeting

80. Which best describes a polished written program that no one uses in daily work?

A. fully effective if kept current

B. documentation, not an effective program

C. sufficient proof of a working system

D. a complete substitute for daily activity

81. Training peer observers to record behaviors and give immediate feedback describes:

A. Behavior-Based Safety

B. a lagging-indicator audit

C. permit-required entry

D. a programmed inspection

82. Investigating the system after honest error while still holding reckless conduct accountable is:

A. zero-tolerance discipline

B. elimination of accountability

C. reliance on automated monitoring

D. a just culture

83. Which of the following is a leading indicator?

A. total recordable incident rate

B. days away from work last quarter

C. percentage of inspections completed on time

D. annual injury severity rate

84. OSHA incidence rates are calculated using a standardized hours base of:

A. one hundred thousand hours

B. two hundred thousand hours

C. one million hours

D. two thousand hours

85. A site with five recordable cases over 250,000 hours worked has a TRIR of:

A. 4.0

B. 5.0

C. 2.0

D. 8.0

86. The OSHA 300A summary must be posted during the period:

A. January 1 to March 1

B. March 1 to May 31

C. February 1 to April 30

D. January 1 to December 31

87. The OSHA 300A summary must be certified by:

A. the site safety coordinator

B. the first-aid provider on duty

C. an outside compliance auditor

D. a company executive

88. A work-related fatality must be reported to OSHA within:

A. twenty-four hours

B. eight hours

C. forty-eight hours

D. seventy-two hours

89. An in-patient hospitalization from a work injury must be reported to OSHA within:

A. twenty-four hours

B. eight hours

C. four hours

D. seventy-two hours

90. The running log on which each recordable case is recorded as it occurs is the:

A. OSHA 301

B. OSHA 300 log

C. OSHA 300A summary

D. OSHA 174

91. Which case is recordable as medical treatment beyond first aid?

A. removing a splinter with tweezers

B. applying a bandage to a minor cut

C. closing a wound with sutures

D. using a non-prescription drug at non-prescription strength

92. A case is recordable when it is work-related, a new case, and:

A. witnessed by a supervisor

B. costly to the employer

C. subject to litigation

D. meets a recording criterion

93. OSHA injury and illness records must be retained for:

A. five years following the covered year

B. one year from the end of the year

C. three years from the date logged

D. ten years for all records

94. OSHA's highest inspection priority is:

A. a programmed high-hazard inspection

B. a worker complaint inspection

C. an imminent-danger situation

D. a routine follow-up inspection

95. A violation with substantial probability of death or serious harm that the employer should have known about is:

A. an other-than-serious violation

B. a serious violation

C. a de minimis notice

D. a failure-to-post violation

96. A knowing, intentional disregard of a requirement is which violation type?

A. serious

B. other-than-serious

C. de minimis

D. willful

97. An employer intending to contest a citation must file a Notice of Contest within:

A. thirty working days

B. five working days

C. fifteen working days

D. ten working days

98. A contested OSHA citation is adjudicated by the:

A. Occupational Safety and Health Review Commission

B. National Labor Relations Board

C. Department of Labor Wage Board

D. local federal district court

99. OSHA's multi-employer citation policy uses the roles of creating, exposing, correcting, and:

A. owning

B. designing

C. inspecting

D. controlling

100. A controlling employer's duty on a multi-employer site is to:

A. create all site hazards deliberately

B. exercise reasonable care to detect and correct hazards

C. expose only its own employees

D. avoid any supervisory authority

101. Which best describes a safety management system?

A. a purely reactive response to incidents

B. a set of unrelated, isolated activities

C. an integrated, systematic business function

D. the sole duty of frontline workers

102. Auditing and measuring performance against objectives is which PDCA phase?

A. Check

B. Plan

C. Do

D. Act

103. When the same guard is repeatedly removed, effective corrective action requires:

A. reinstalling it each time

B. addressing the root cause of removal

C. disciplining the last person to remove it

D. documenting the reinstallation cost

104. A safety committee becomes effective when it has:

A. only senior managers as members

B. a purely advisory role

C. annual meetings with no worker input

D. real authority and management representation

105. A survey of workers' current safety perceptions at one point in time measures:

A. enduring deep safety culture

B. the number of citations issued

C. safety climate

D. the written safety policy

106. The rate that isolates cases involving days away, restriction, or transfer is the:

A. total recordable incident rate

B. DART rate

C. first-aid case count

D. training-hours total

107. Reviewing results and revising the system to improve it is which PDCA phase?

A. Act

B. Plan

C. Do

D. Check

108. The document describing how a site implements labels, SDS access, and chemical training is the:

A. emergency action plan

B. OSHA 300A summary

C. critical lift plan

D. written hazard communication program

109. A near-miss reporting system most depends on:

A. financial penalties for each report

B. a culture free of unfair blame

C. reporting limited to supervisors

D. an annual anonymous review

110. A small residential framing contractor's OSHA recordkeeping status is:

A. exempt with fewer than twenty-five workers

B. limited to recording fatalities

C. covered and non-exempt

D. fully exempt as low-hazard

111. An evaluation of whether programs exist, are implemented, and are effective across a site is a:

A. safety management system audit

B. single-ladder condition inspection

C. weather-condition assessment

D. lifting-technique observation

112. ISO 45001 and ANSI/ASSP Z10 are best described as:

A. enforceable OSHA regulations

B. mandatory standards with penalties

C. recordkeeping requirements

D. voluntary continuous-improvement frameworks

113. Which of the following is a lagging indicator?

A. percentage of inspections completed

B. on-time training completion

C. total recordable incident rate

D. hazards corrected proactively

114. A before-shift check of a scaffold for new hazards by a competent person is a:

A. five-year recertification review

B. pre-shift competent-person inspection

C. third-party management audit

D. annual comprehensive crane inspection

115. Tracking only injury rates with no proactive measures is best described as:

A. the recommended best practice

B. proactive and predictive

C. fully compliant with all standards

D. steering by the rearview mirror

116. Compared with lagging indicators, leading indicators:

A. measure proactive activity before incidents

B. count injuries after they occur

C. report lost workdays per quarter

D. record the annual severity rate

117. All of the following belong in a written hazard communication program EXCEPT:

A. how chemical labels are maintained

B. how SDS access is provided to workers

C. the company's quarterly revenue forecast

D. how chemical-hazard training is delivered

118. Which statement about safety culture versus safety climate is correct?

A. climate is the enduring substrate and culture is the snapshot

B. climate is a point-in-time read of perceptions; culture is the enduring substrate

C. the two terms describe identical concepts

D. climate is measured only by counting citations

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

119. The instruction a crew needs before a course is designed is determined by:

A. a training needs assessment

B. posting the attendance roster

C. selecting the classroom venue

D. scheduling the refresher in advance

120. Watching a slideshow on harness use is insufficient because donning a harness must be:

A. issued only at hire

B. tested by a written quiz

C. demonstrated by the trainer alone

D. trained and verified hands-on

121. OSHA-required training must be delivered:

A. only as written English handouts

B. in a language and at a level workers comprehend

C. exclusively through online modules

D. once at hire with no comprehension check

122. The theory describing how adults learn is called:

A. pedagogy of children

B. ergonomics

C. behaviorism

D. andragogy

123. The most effective adult-learning adjustment for veteran workers is to:

A. draw on and respect their experience

B. remove all discussion

C. focus only on citation numbers

D. avoid links to their actual tasks

124. A brief jobsite talk on the day's specific hazard before work begins is a:

A. formal certification course

B. written examination

C. toolbox talk

D. disciplinary meeting

125. The most effective toolbox talks are:

A. long and lecture-only

B. short, specific, and two-way

C. generic and identical across sites

D. delivered solely by consultants

126. For an unsafe act with no immediate danger present, the best response is to:

A. address the behavior respectfully and explain the consequence

B. publicly reprimand the worker

C. wait for the next scheduled audit

D. issue written discipline without discussion

127. A worker observed entering an unshored 7-foot trench right now requires:

A. coaching during the next shift

B. a note in the weekly report

C. discussion after the task ends

D. immediate stop-work and removal

128. Coaching that durably changes behavior should focus on:

A. the worth and character of the worker

B. blame for the prior incident

C. the behavior and the system reasons behind it

D. comparison with top performers

129. Safety culture is best defined as:

A. the shared values and behaviors regarding safety

B. the number of safety posters displayed

C. the written disciplinary policy

D. the annual inspection total

130. Safety culture is most strongly shaped by:

A. the use of slogans

B. the length of the safety manual

C. the frequency of overtime

D. leaders' choices when safety conflicts with schedule

131. Training documentation should capture who was trained, on what topic, when, and:

A. the trainer's title only

B. confirmation of comprehension

C. the total session cost

D. the weather that day

132. Competence to operate a powered platform is appropriately verified by:

A. a signed attendance sheet alone

B. a verbal acknowledgment

C. demonstrated hands-on performance

D. a passing written quiz alone

133. The primary purpose of periodic refresher training is to:

A. maintain and update worker competency

B. replace initial training entirely

C. satisfy a disciplinary requirement

D. reduce the number of toolbox talks

134. Analyzing a non-routine lift's hazards and controls before the work is:

A. signing the daily log

B. pre-task planning

C. reviewing company finances

D. completing the recordkeeping summary

135. Adult-learner retention is highest when the material is:

A. abstract and disconnected from tasks

B. delivered only once at hire

C. focused on citation numbers

D. relevant, problem-centered, and immediately applicable

136. Effective safety communication is:

A. one-directional from management down

B. limited strictly to written memos

C. clear, specific, two-way, and audience-adapted

D. delivered only during annual reviews

137. Presenting a ventilation budget justification to executives is communicating:

A. downward to the workforce

B. upward to management

C. laterally to peers

D. outward to the public

138. More effective than discipline alone for changing unsafe behavior is:

A. explaining the hazard once and stopping

B. asking only why the choice was made

C. modeling shortcuts to fit in

D. pairing positive reinforcement with correction

139. Provable operator training typically requires:

A. certification or documentation of the training

B. an annual verbal reminder only

C. no documentation for experienced workers

D. a one-time certification never renewed

140. Despite many posters, safety culture is actually built by:

A. adding more documents to the program

B. enlarging the safety department budget

C. consistent leadership decisions and behavior

D. increasing the inspection rate

141. Supervised practice on the actual equipment in the real work setting is:

A. a classroom lecture

B. a self-paced online module

C. an end-of-course written exam

D. on-the-job training

142. Logging attendance without checking understanding is a problem because:

A. it raises the session cost

B. attendance alone does not confirm understanding

C. it lengthens the required time

D. it satisfies only the insurance broker

143. The legally required training for a site's tasks is most reliably found in:

A. the company's marketing materials

B. last year's profit statements

C. the applicable standards for the operations

D. the crew's personal preferences

144. An imminent-danger situation is chiefly distinguished by:

A. whether death or serious harm could occur immediately

B. whether the worker is a recent new hire

C. whether a supervisor is present

D. whether the task is on the schedule

145. To make a toolbox talk participatory, the foreman should:

A. read a long generic script

B. include only management

C. end without any discussion

D. ask workers what hazards they foresee

146. Genuine stop-work authority strengthens culture by:

A. increasing the number of citations

B. centralizing all decisions with management

C. empowering workers to halt unsafe tasks without reprisal

D. removing the need for training

147. When leaders repeatedly choose production over safety, the workforce learns that:

A. safety is negotiable in practice

B. the written program is trusted

C. leadership values consistency

D. stop-work authority is respected

148. Building a course around workers' existing knowledge and real tasks reflects:

A. behavior-based discipline

B. adult learning

C. lagging-indicator analysis

D. permit-required entry control

149. The main purpose of documenting training is to:

A. lengthen the safety manual

B. replace refresher training

C. prove compliance and track who is qualified

D. support the marketing department

150. A worker who reasonably believes a task is unsafe should be able to:

A. stop the work until the concern is addressed

B. file a grievance only after the shift

C. request a transfer to another crew

D. continue the task and report it later

151. A training-related leading indicator is:

A. counting recordable injuries after they occur

B. measuring lost workdays per quarter

C. reporting the annual severity rate

D. tracking on-time completion of required training

152. Training effectiveness is best verified by:

A. counting the slides presented

B. confirming the worker can demonstrate the competency

C. recording only the session date

D. assuming experienced workers need no check

153. A pre-task meeting differs from formal training in that it is:

A. a multi-day certification course

B. a written exam of all workers

C. brief, task-specific, and conducted on site

D. required only after a recordable injury

154. Coordinating hazard information among several subcontractors is communication that is:

A. across to peers and other employers

B. downward to the direct workforce only

C. upward to corporate only

D. outward to the public only

155. The most credible proof of management commitment is:

A. a signed policy posted at the entrance

B. allocating resources and choosing safety under pressure

C. an annual safety awards luncheon

D. a detailed written procedures manual

156. Effective correction of an unsafe act is:

A. focused on embarrassing the worker publicly

B. delayed until the annual review

C. identical regardless of the situation

D. specific to the behavior and its consequence

157. Measuring safety climate is useful because it:

A. gives a measurable read on current perceptions

B. replaces incident investigation

C. eliminates the need for training records

D. guarantees a zero-injury year

158. A course built on workers' real tasks reflects the principle of:

A. lagging-indicator analysis

B. permit-required entry

C. adult-learning relevance

D. behavior-based discipline

159. Periodic refresher training primarily serves to:

A. replace initial training

B. satisfy a disciplinary need

C. reduce the number of talks

D. maintain current competency

160. A practitioner most powerfully shapes safety culture by:

A. increasing the number of posted signs

B. modeling safe behavior and helping leaders choose it

C. lengthening the written program

D. expanding the disciplinary policy

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

161. An Emergency Action Plan must include evacuation procedures, routes, and:

A. employee accountability

B. quarterly financial projections

C. subcontractor bid amounts

D. site manager resumes

162. A generic EAP reused at every project is inadequate because the plan must be:

A. stored only at corporate

B. reviewed only after an emergency

C. site-specific to the actual hazards

D. identical across all sites

163. Before confined-space entry, the employer must:

A. rely exclusively on a 911 call

B. assume the nearest fire department is equipped

C. wait until an emergency to find resources

D. evaluate and arrange adequate rescue in advance

164. The purpose of an incident investigation is to:

A. satisfy the insurer only

B. find causes and prevent recurrence

C. document rule violations only

D. assign blame efficiently

165. An event that nearly caused injury but did not is called a:

A. near-miss

B. recordable case for the 300 log

C. first-aid case requiring treatment

D. citation issued by an inspector

166. Near-misses are worth investigating because they:

A. always become recordable injuries later

B. require mandatory OSHA reporting

C. remove the need for any investigation

D. share root causes with injuries but occur more often

167. The "four P's" of incident evidence are People, Parts, Position, and:

A. Plans

B. Procedures

C. Paper

D. Photos

168. Witnesses to an incident should be interviewed:

A. together to form one account

B. promptly, separately, with open-ended questions

C. after several days have passed

D. with pointed, accusatory questions

169. The statement "the worker was not tied off" is best classified as:

A. the systemic root cause

B. a corrective action

C. a disciplinary outcome

D. an immediate cause

170. Concluding an investigation with "worker error" is flawed because it is:

A. a symptom, not a root cause

B. the true and complete root cause

C. sufficient for effective correction

D. a fully thorough analysis

171. Repeatedly asking "why?" to move from a symptom toward the systemic cause is the:

A. witness-counting method

B. cost-ranking method

C. 5 Whys technique

D. citation-category selection

172. Organizing possible causes into categories branching off a central spine is a:

A. chronological event timeline

B. fishbone (Ishikawa) diagram

C. ranked repair-cost list

D. single linear cause chain

173. Immediately after a serious injury, priority over preserving the scene goes to:

A. medical care and controlling ongoing hazards

B. photographing the undisturbed scene

C. collecting written witness statements

D. notifying the legal department

174. At a remote site far from medical facilities, the medical-services standard requires:

A. a full-time physician on site

B. a hospital built within one mile

C. an onsite trained first-aid provider

D. an ambulance parked at the project

175. Where corrosives can splash the eyes or skin, the employer must provide:

A. additional paid break time

B. a written chemical inventory only

C. long-sleeved cotton clothing only

D. quick-drenching and eye-flushing facilities

176. A post-incident review should evaluate:

A. only the injured worker's record

B. both the causes and the emergency response

C. only the dollar cost of the claim

D. only whether discipline was applied

177. After reaching the assembly point following evacuation, the next step is to:

A. return immediately to inspect the scene

B. wait for OSHA inspectors to arrive

C. collect a signed statement from each evacuee

D. account for every person

178. An EAP must be practiced beforehand so that:

A. workers know it before, not during, an emergency

B. it can replace the written safety program

C. it satisfies the insurer

D. fewer toolbox talks are needed

179. Corrective action from an investigation should target:

A. the reputation of the injured worker

B. the cost of the investigation report

C. the systemic root cause

D. the immediate unsafe act only

180. Severe weather most directly affects which operations?

A. payroll processing and billing

B. crane, scaffold, and fall-protection work

C. document retention practices

D. marketing and client outreach

181. A traumatic finger amputation on a saw must be reported to OSHA within:

A. eight hours

B. four hours

C. twenty-four hours

D. seventy-two hours

182. Documenting the locations of equipment and the victim at the scene captures which element of the four P's?

A. Position

B. Paper

C. People

D. Parts

183. Lessons learned from an investigation should be fed into:

A. the company's marketing strategy

B. the payroll processing system

C. the client billing records

D. the broader safety program and procedures

184. When a co-worker is buried in a trench collapse, a nearby worker should:

A. immediately jump in to dig the victim out

B. stay out, call trained rescue, and secure the scene

C. climb down a ladder to assist directly

D. wait inside the trench for instructions

185. The most reliable rescue for a collapsed permit-space entrant is:

A. immediate entry by the standby attendant

B. a 911 call with no other preparation

C. non-entry retrieval using a harness and retrieval line

D. waiting for the entry supervisor to enter

186. Loss of an eye in a struck-by event must be reported to OSHA within:

A. twenty-four hours

B. eight hours

C. four hours

D. forty-eight hours

187. Applying PDCA's "Act" step to an incident means:

A. logging the case on the OSHA 300 form

B. turning the event into systemic improvement

C. re-interviewing the witnesses

D. re-photographing the scene

188. A first-aid responder who may contact a co-worker's blood must follow:

A. crane operator certification rules

B. confined-space attendant duties

C. powder-actuated tool certification

D. bloodborne pathogen precautions and PPE

189. Which question best reflects root-cause thinking after a fall?

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

B. Which crew member should be disciplined?

C. How much will the claim cost?

D. When can the worker return to duty?

190. A head count taken against a roster after evacuation supports which EAP function?

A. atmospheric testing of a space

B. certification of the 300A summary

C. employee accountability

D. scheduling refresher training

191. Evacuation assembly points should be located:

A. as close to the building entrance as possible

B. inside the nearest enclosed structure

C. wherever workers first happen to gather

D. at safe distances clear of operations

192. Beyond first-aid supplies, the medical-services standard requires that:

A. a full-time physician be onsite at all times

B. medical personnel be available for advice and prompt attention

C. an ambulance be stationed at every project

D. a hospital be located within one mile

193. Concluding a report with "failure to follow procedure" is problematic because it:

A. stops the analysis before the real cause

B. always identifies the correct systemic root

C. guarantees the incident will not recur

D. satisfies all corrective-action needs

194. The leading cause of multiple fatalities in confined-space incidents is:

A. failure of monitoring equipment

B. excessive atmospheric monitoring

C. issuing too many entry permits

D. untrained would-be rescuers entering the space

195. Useful lessons learned from an investigation should be:

A. kept confidential to one supervisor

B. communicated across the organization as appropriate

C. discarded once the case file closes

D. reported only to the marketing team

196. The strongest reason to investigate near-misses is that they:

A. are always more severe than injuries

B. require an OSHA citation by law

C. provide early warning before an injury occurs

D. remove the need for corrective action

197. A work-related fatality has an OSHA reporting deadline of:

A. eight hours

B. twenty-four hours

C. forty-eight hours

D. seventy-two hours

198. Gathering JHAs, training records, and procedures represents which element of the four P's?

A. People

B. Position

C. Parts

D. Paper

199. Emergency eyewash for corrosive work must be located:

A. at the main site office

B. at the nearest public facility

C. within the immediate work area

D. anywhere within the property line

200. Recurrence of an incident is truly prevented when:

A. the report is closed with no system change

B. root causes are controlled and lessons fed back into the system

C. discipline is applied to the involved worker

D. a photo archive of the scene is kept

PRACTICE EXAM 6: ANSWERS AND EXPLANATIONS

1. A — Elimination sits at the top of the hierarchy and PPE at the bottom, so elimination is far more effective. Elimination removes the hazard entirely while PPE only shields the individual and depends on correct use. Ranking them correctly drives sound control selection.
2. C — A rotation schedule is an administrative control because it manages how people interact with a hazard rather than altering the hazard physically. Ventilation, guards, and enclosures all physically modify the hazard or its path, making them engineering controls. The exception is the administrative measure.
3. B — Subpart M sets the general construction fall protection trigger at six feet to a lower level. Above this height, guardrails, arrest systems, or nets are required. The ten-foot figure belongs to scaffolds, not general surfaces.
4. D — A competent person can identify existing and predictable hazards and has the authority to take prompt corrective action. Neither a PE license, a particular job title, nor a course alone confers the status. The authority element is decisive.
5. C — A hazard is a source or condition with potential to cause harm, while risk combines the likelihood and severity of that harm. Conflating the two blurs analysis. Keeping them distinct keeps a JHA precise.
6. A — A protective system is required at five feet or greater unless the excavation is entirely in stable rock. The depth trigger is independent of the fall-protection trigger. Below five feet, conditions may still warrant protection.
7. D — Type C soil, the least stable, permits a maximum slope of 1.5:1 (about 34° from horizontal). The flatter ratio compensates for low cohesion. Steeper slopes like 1:1 are not permitted in Type C.
8. B — In a trench four feet or deeper, a stairway, ladder, or ramp must be within twenty-five feet of lateral travel. This ensures rapid egress during a cave-in. Distant egress points violate the rule.

9. C — Spoil may never be piled at the lip regardless of dryness; it must be set back at least two feet. Surcharge load from edge spoil can trigger collapse, and setback also prevents material rolling back in. The dryness claim is the false statement.
10. D — The correct testing order is oxygen first, then flammability, then toxicity. Oxygen must be confirmed because combustible-gas sensors need adequate O_2 to read accurately, and flammability is cleared before toxicity. The order directly affects meter accuracy and life safety.
11. A — The minimum acceptable oxygen concentration for entry is 19.5%. Below this, the atmosphere is oxygen-deficient and dangerous. The 23.5% figure marks the upper enrichment boundary.
12. B — Oxygen above 23.5% is classified as oxygen-enriched. Enrichment dramatically increases combustion intensity and ignition risk. Both deficiency and enrichment are hazardous deviations from the 20.9% normal level.
13. D — Confined-space entry generally requires the flammable atmosphere to be below ten percent of the LEL. This conservative margin keeps the atmosphere well clear of the ignitable range. The 25% figure applies to other hot-work contexts.
14. C — A personnel-protection GFCI trips at roughly a five-milliampere ground-fault imbalance, fast enough to prevent a dangerous shock. It responds to leakage current, not overcurrent. This is what makes it a personnel-protection device.
15. A — When GFCIs are not used, the Assured Equipment Grounding Conductor Program is the accepted alternative. It requires scheduled continuity and terminal testing of cord sets and equipment. Double insulation or annual inspection alone does not satisfy the requirement.
16. B — Removing a co-worker's lock is never a permitted step; locks may only be removed by the authorized worker who applied them, under strict procedures. Notifying employees, verifying zero energy, and releasing stored energy are all required steps. The lock-removal shortcut is the exception.
17. D — A lock physically prevents operation of the isolating device, while a tag is only a warning that can be ignored or bypassed. The physical restraint removes the human-error pathway. That is why lockout is preferred over tagout alone.
18. A — The arc flash boundary is the distance at which incident energy reaches 1.2 cal/cm², the threshold for a second-degree skin burn. It is energy-based, not a fixed radius. PPE selection flows from this boundary.
19. C — A standard guardrail top rail is set at a nominal forty-two inches (within a 39–45 inch range). This height stops a worker from going over while remaining workable. Heights outside the range are non-compliant.
20. B — The top rail must withstand at least 200 pounds applied outward or downward, while the midrail requirement is 150 pounds. Option B states the top-rail value correctly. The other options misstate the figures.
21. D — Scaffold fall protection is required at a platform height of ten feet above a lower level. The general six-foot trigger does not govern scaffolds. Below ten feet, scaffold guardrails or harnesses are not required.
22. A — A supported scaffold and its components must support their own weight plus at least four times the maximum intended load. This factor accounts for dynamic loading and material variability. Suspended scaffold ropes use a higher factor.
23. C — Suspension ropes on a suspended scaffold require a safety factor of six times the maximum intended load. The higher factor reflects the catastrophic consequence of a rope failure. Supported scaffold components use a factor of four.

24. B — The 4:1 rule sets the base out from the wall by one-quarter of the working length. For a twenty-foot working length, the base sits about five feet out. This angle balances stability against tip-back risk.
25. A — A non-engineered fall-arrest anchorage must support at least five thousand pounds per attached worker. This conservative value accounts for arrest forces without a qualified-person design. The eighteen-hundred-pound figure is the arresting force on the worker, not the anchor.
26. D — A full-body harness system limits the maximum arresting force on the worker to eighteen hundred pounds. This protects the body from internal injury during arrest. The five-thousand-pound value applies to the anchorage.
27. B — Body belts are prohibited for fall arrest because they concentrate arrest forces on the abdomen, risking severe internal injury. A full-body harness distributes forces across the thighs, pelvis, chest, and shoulders. Cost is irrelevant to the prohibition.
28. C — A worker hanging motionless in a harness develops suspension trauma as blood pools in the legs and venous return drops. It can become life-threatening within minutes. This is why prompt rescue is mandatory.
29. A — The maximum free fall distance in a personal fall arrest system is six feet. Limiting free fall keeps arrest forces within tolerable limits. Exceeding it risks both excessive force and inadequate fall clearance.
30. C — As the sling-to-horizontal angle decreases, the tension in each leg increases sharply. A flatter angle places more load along the line of the sling rather than vertically. This is why low sling angles are dangerous.
31. B — A synthetic sling without a legible capacity tag has unverifiable rated capacity and must be removed from service. Guessing or derating an unknown sling is not acceptable. Capacity must be traceable to use the sling safely.
32. D — Under Subpart CC, the minimum clearance from an energized line up to 50 kV is ten feet. A 13 kV line falls within this range. The twenty-foot value applies only when line voltage cannot be determined.
33. A — When the load or its path leaves the operator's line of sight, a qualified signal person must direct the lift. The blind condition triggers the requirement regardless of load weight. Relying on memory of the path is unacceptable.
34. B — Anyone who observes a hazard may give the STOP signal, and the operator must obey it. This universal authority is a safety backstop independent of signaling roles. The operator does not judge its validity first.
35. D — Rated lifting capacity decreases as operating radius increases because the load moment grows. Moving the load farther out without rechecking the chart can cause an overload. Radius is a primary determinant of capacity.
36. C — A bench grinder work rest must be adjusted to within one-eighth inch of the wheel. A wider gap allows the workpiece to be drawn in and jam, fracturing the wheel. The small gap prevents this catch hazard.
37. B — The tongue (spark) guard on a bench grinder must be kept within one-quarter inch of the wheel. This limits exposure if the wheel disintegrates. It is distinct from the one-eighth-inch work-rest requirement.
38. A — A powder-actuated tool may be operated only by a trained, certified operator. Age, foreman status, or having an electrician nearby does not satisfy the requirement. The tool's hazard demands documented operator qualification.

39. D — A fire watch must be maintained for at least thirty minutes after hot work ends to detect smoldering ignition. Stopping when the torch shuts off defeats the purpose. The duration is non-negotiable.
40. C — Under NFPA 51B, combustibles within thirty-five feet of hot work should be relocated or protected. When they cannot be moved, guarding within that radius is required. The thirty-five-foot zone is the standard.
41. B — The fire triangle consists of fuel, heat, and oxygen. Removing any one element extinguishes the fire. It is the foundational model for prevention and suppression.
42. D — A fire in energized electrical equipment is Class C and requires a non-conductive agent such as carbon dioxide or dry chemical. Water and foam conduct electricity and create a shock hazard. De-energizing changes the classification.
43. A — Oxygen and acetylene cylinders must be separated by at least twenty feet or by a noncombustible barrier of adequate height and fire rating. This prevents a fuel-oxygen fire escalation. Lesser separation without a barrier is non-compliant.
44. C — Bonding and grounding the containers equalizes electrical potential and dissipates static charge built up by the flowing liquid, preventing an ignition spark. Gloves, plastic funnels, and fast pouring do not address the static hazard. This is the controlling measure.
45. D — The OSHA permissible exposure limit for respirable crystalline silica is fifty µg/m³ as an 8-hour TWA. Exposures above it require controls. The 100 and 250 figures are not the applicable limit.
46. B — The action level for respirable crystalline silica is twenty-five µg/m³ as an 8-hour TWA. Reaching it triggers monitoring and medical surveillance obligations. The PEL of fifty µg/m³ is twice the action level.
47. C — Integrated water delivery to suppress dust is an engineering control because it reduces the hazard at the source. Table 1 prioritizes such controls over respirators and administrative measures. Source control protects everyone in the area.
48. A — Welding stainless steel generates hexavalent chromium fume, a respiratory irritant and known carcinogen. The base metal's chromium content is the source. Lead, asbestos, and silica are not characteristic of stainless welding.
49. B — Using the 5-dB exchange rate from the 90-dBA, 8-hour baseline, a 5-dB increase to 95 dBA halves the permitted time to four hours. The 3-dB rate belongs to other standards. The halving rule is the key.
50. C — A Safety Data Sheet uses a standardized sixteen-section format under the GHS-aligned HazCom standard. The consistent order lets users find information quickly across manufacturers. Sections 1–11 are mandatory for OSHA enforcement.
51. A — Under the current Hazard Communication Standard, the document is the Safety Data Sheet, which replaced the older Material Safety Data Sheet. The change aligned U.S. requirements with the GHS. The SDS uses the sixteen-section format.
52. D — Facial hair crossing the sealing surface prevents a proper face-to-facepiece seal, so a tight-fitting respirator cannot protect the wearer. Cartridge currency or a tight feeling does not overcome a broken seal. The worker is effectively unprotected.
53. C — A medical evaluation clearing the worker must occur before fit testing and respirator use. Respirator use imposes physiological burden, so clearance is the prerequisite. Cartridge selection and refreshers do not precede it.

54. B — Acclimatization—gradually building heat exposure over days—paired with water, rest, and shade is the key to preventing heat illness in new workers. New workers are at highest risk without it. Salt tablets and skipping breaks are not the preventive principle.
55. A — Providing mechanical lifting aids removes the manual-handling hazard, an engineering control, and is the most effective fix. Training, back belts, and rotation rely on behavior and do not eliminate the load. Removing the lift addresses the root exposure.
56. D — Freely seeping water from the trench face mandates a Type C classification, the least stable category. Seepage overrides any appearance of cohesion. Type C requires the most protective system.
57. C — A trench shield (box) is designed to protect occupants from a cave-in even if the surrounding soil moves; it does not prevent soil movement. It does not remove the need for a competent person or permit unlimited vertical walls. Its function is occupant protection.
58. A — Being crushed between a moving object and a fixed object is the caught-in/between hazard category. Although the vehicle was moving, the defining feature is compression between two objects. Correct categorization drives the right control.
59. B — The first step of a job hazard analysis is selecting and defining the specific job to analyze. Hazards and controls cannot be identified until the task is scoped. Listing controls first reverses the logical sequence.
60. D — Risk reflects both severity and probability considered together. Neither dimension alone defines risk. This is why a rare-but-fatal event and a frequent-but-minor event can share a rating.
61. C — Benching is permitted only in cohesive soils, namely Type A and Type B, never in Type C. Type C lacks the cohesion to hold a benched face. A sloped or shielded system is required for Type C.
62. A — A guardrail is a passive fall-protection system because it works without any action by the worker once installed. Active systems like personal fall arrest require the worker to don and connect equipment. Passive protection does not depend on user behavior.
63. D — A standard toeboard must be at least three and one-half inches tall vertically. It prevents tools and materials from falling to workers below. This is the minimum dimension under the guardrail provisions.
64. B — Before selecting PPE, the employer must conduct a hazard assessment to identify what hazards are present and what protection is needed. Fit tests, exams, and training follow from the assessment. Selecting PPE without it risks the wrong protection.
65. C — Excavations must be inspected by a competent person daily and as conditions change, such as after rainfall. A weekly or monthly schedule is insufficient given how quickly trench conditions deteriorate. The inspection must precede entry each shift.
66. D — Replacing a toxic solvent with a less hazardous one is substitution, the second tier of the hierarchy of controls. It reduces the hazard without relying on the worker. It ranks below elimination but above engineering controls.
67. A — The OSHA permissible exposure limit for lead in construction is fifty $\mu g/m^3$ as an 8-hour TWA. Exposures above it require controls and protections. The action level of thirty $\mu g/m^3$ is the lower trigger.
68. B — The OSHA action level for lead in construction is thirty $\mu g/m^3$ as an 8-hour TWA. Reaching it triggers monitoring and other obligations. The PEL is higher than the action level.
69. D — A shock from a frayed cord is an electrocution hazard, not a caught-in/between event. A pinned worker, a hand drawn into gears, and a trench burial all involve compression or engulfment between objects. The electrical hazard is the exception.

70. C — A blade guard controls contact with the moving blade, the caught-in/contact-with hazard. Removing it exposes the operator directly to the cutting element. Dust, noise, and slips are unrelated to the guard's function.
71. B — Under the scaffold standard, the minimum clearance from an uninsulated line up to 50 kV is ten feet. The twenty-foot value is the crane-specific clearance. The ten-foot rule matches the line voltage range.
72. A — A permit-required confined space is a confined space that also contains a serious hazard such as a hazardous atmosphere, engulfment potential, or a dangerous configuration. An access hatch or below-ground location alone does not make it permit-required. The added hazard is what triggers the permit.
73. C — Removing the hazardous process entirely is elimination, the highest tier of the hierarchy of controls. Respirators (PPE), rotation (administrative), and signs (administrative) all rank lower. Elimination removes the hazard at its source.
74. D — Management leadership and worker participation are the foundation of an effective safety program. Without funded, visible leadership and engaged workers, procedures fail in practice. This core element most determines program success.
75. B — The cycle of plan, do, check, and act is Plan-Do-Check-Act, the continuous-improvement engine of modern safety management systems. The loop iterates rather than terminating. It underlies ISO 45001 and ANSI Z10.
76. A — ISO 45001 is the certifiable international standard for occupational health and safety management systems. ISO 14001 covers environmental management, and the NFPA/ANSI references are not international OHS certifications. ISO 45001 fits the description.
77. D — ANSI/ASSP Z10 is the U.S. national consensus standard for occupational health and safety management systems. It provides a voluntary continuous-improvement framework. The OSHA regulation and NFPA 51B do not fit.
78. C — An inspection checks physical conditions at a point in time, while an audit evaluates whether the management system is designed, implemented, and effective. The two differ in scope, not just frequency. They are not interchangeable.
79. A — A corrective action is incomplete until its effectiveness is verified and the item is tracked to documented closure. A "fixed" finding with no verification can recur unnoticed. Verification and tracking close the loop.
80. B — A polished but unused written program is documentation, not an effective safety program. Effectiveness is shown by implementation in daily work, not by the binder's existence. Paper alone does not protect workers.
81. A — Training peer observers to record safe and at-risk behaviors and give immediate feedback is Behavior-Based Safety. BBS targets the behavioral component of incident causation. It is proactive, not a lagging audit.
82. D — Investigating the system after honest error while still holding reckless conduct accountable describes a just culture. It balances learning from error against accountability for willful risk. This sustains trust and reporting.
83. C — The percentage of inspections completed on time is a leading indicator because it measures proactive activity before incidents. TRIR, days away, and severity rate are lagging outcomes. Leading metrics forecast; lagging metrics report.
84. B — OSHA incidence rates use a 200,000-hour base, representing 100 full-time workers over a year. This standardizes rates for comparison across employers. The figure is fixed by the recordkeeping methodology.

85. A — TRIR = (recordable cases × 200,000) ÷ hours worked = (5 × 200,000) ÷ 250,000 = 4.0. The 200,000-hour base normalizes the rate. The result is 4.0 recordable cases per 100 full-time-equivalent workers.
86. C — The OSHA 300A summary must be posted from February 1 through April 30 of the following year. This window lets workers review the prior year's data. Posting outside it is non-compliant.
87. D — A company executive must certify the 300A summary, attesting to its accuracy. This places accountability at a responsible management level. A coordinator or first-aid provider cannot substitute.
88. B — A work-related fatality must be reported to OSHA within eight hours of the employer learning of it. This is the shortest reporting deadline given the event's severity. Hospitalizations and amputations have longer windows.
89. A — In-patient hospitalization must be reported to OSHA within twenty-four hours. This is distinct from the eight-hour fatality deadline. The twenty-four-hour window also covers amputations and loss of an eye.
90. B — Each recordable case is entered on the OSHA 300 log as it occurs through the year. The 301 captures incident detail and the 300A summarizes at year-end. The running log is the 300.
91. C — Closing a wound with sutures is medical treatment beyond first aid, making the case recordable. Removing a splinter, applying a bandage, and using non-prescription drugs at non-prescription strength are all first aid. The treatment level determines recordability.
92. D — A case is recordable when it is work-related, a new case, and meets at least one recording criterion (death, days away, restricted work or transfer, medical treatment beyond first aid, loss of consciousness, or a significant diagnosis). All three conditions must align. This is the core recordability test.
93. A — OSHA injury and illness records must be retained for five years following the year they cover. This supports trend analysis and inspection review. Shorter or longer periods are incorrect.
94. C — An imminent-danger situation receives the highest inspection priority because of the immediate threat to life. It outranks worker complaints and programmed inspections. Priority follows severity and immediacy.
95. B — A serious violation exists when there is a substantial probability of death or serious harm and the employer knew or should have known of the condition. This matches the described scenario. It is more severe than other-than-serious or de minimis.
96. D — A knowing, intentional disregard of a requirement is a willful violation, carrying the highest civil penalties and potential criminal liability. It reflects deliberate indifference to worker safety. This is the most serious classification.
97. C — A Notice of Contest must be filed within fifteen working days of receiving a citation. Missing the deadline makes the citation final. The window is counted in working days.
98. A — Contested citations are adjudicated by the Occupational Safety and Health Review Commission, an independent body separate from OSHA. It is not the NLRB or a federal district court in the first instance. The OSHRC hears the formal contest.
99. D — OSHA's multi-employer policy uses the creating, exposing, correcting, and controlling employer roles. Each role carries distinct duties on a shared site. This framework determines citation exposure.
100. B — The controlling employer must exercise reasonable care to detect and correct hazards it has authority over, even those created by others. It cannot disclaim responsibility because a subcontractor created the hazard. Reasonable care is the standard.

101. C — A safety management system is an integrated, systematic function embedded in how the business operates. It is neither a set of isolated activities nor purely reactive. Integration is its defining feature.

102. A — Auditing and measuring performance against objectives is the "Check" phase of PDCA. Plan sets objectives, Do implements, and Act improves. Checking compares results to targets.

103. B — Recurring removal of a guard signals an unaddressed root cause, such as the guard impeding the work. Effective corrective action addresses why it keeps being removed, not just reinstalling or disciplining. Root-cause correction stops the recurrence.

104. D — A safety committee becomes effective when it has real authority and includes management representation. Without these, it cannot drive change. Advisory-only or manager-only membership undermines its purpose.

105. C — A snapshot of workers' current perceptions measures the safety climate, the time-bound surface read of culture. Deep culture is the enduring set of shared values. Climate is the measurable instant; culture is the substrate.

106. B — The DART rate isolates cases involving days away, restricted work, or job transfer—the more serious outcomes. TRIR counts all recordables. DART focuses on severity-weighted cases.

107. A — Reviewing results and revising the system to improve it is the "Act" phase of PDCA. Plan sets objectives, Do executes, Check measures. Act converts findings into system change.

108. D — The written hazard communication program documents how a site implements labels, SDS access, and chemical training. It is distinct from the emergency action plan or lift plan. HazCom requires this written program.

109. B — Near-miss reporting depends on a culture free of unfair blame. Punishing reporters suppresses the data the system needs. Trust is the load-bearing condition.

110. C — Residential construction framing is a covered, non-exempt industry that must keep OSHA injury and illness records. Small headcount and "low-hazard" assumptions do not exempt construction. Recordkeeping obligations apply.

111. A — Examining whether programs exist, are implemented, and are effective across a site is a safety management system audit. It evaluates the system, not a single condition. This is the audit's defining scope.

112. D — ISO 45001 and ANSI/ASSP Z10 are voluntary, continuous-improvement frameworks, not enforceable OSHA regulations. They guide management-system design. Neither carries OSHA penalties.

113. C — The total recordable incident rate is a lagging indicator because it counts injuries after they occur. Inspections completed, on-time training, and proactive corrections are leading indicators. TRIR reports outcomes, not prevention activity.

114. B — A before-shift check of a scaffold for new hazards by a competent person is the pre-shift competent-person inspection. It is task- and condition-focused, not a management-system audit. Scope and frequency distinguish it.

115. D — Tracking only injury rates with no proactive measures is "steering by the rearview mirror," reacting to past harm rather than preventing it. It is not a best practice or predictive. Leading indicators are absent.

116. A — Leading indicators measure proactive activity before incidents occur, such as inspections and training completed. Lagging indicators count injuries and lost days after the fact. Leading metrics forecast performance.

117. C — A quarterly revenue forecast has no place in a written hazard communication program. The program must address label maintenance, SDS access, and chemical-hazard training. The financial item is the exception.

118. B — Climate is a point-in-time read of workers' perceptions, while culture is the enduring substrate of shared values and assumptions. Climate is measurable at a moment; culture is deeper and slower to change. The two are related but distinct.

119. A — A training needs assessment identifies the skill gaps that determine what instruction is required before a course is designed. Rosters, venues, and schedules come afterward. The assessment drives content.

120. D — Donning and using a harness is a psychomotor skill that must be trained and verified hands-on, not merely viewed in a slideshow. Passive viewing does not confirm competence. Performance verification is required.

121. B — OSHA requires training delivered in a language and at a literacy level the workers comprehend. English-only handouts or unverified online modules fail comprehension. Understanding, not mere delivery, is the standard.

122. D — Andragogy is the theory of how adults learn, emphasizing relevance, experience, and self-direction. Pedagogy concerns children's learning. Designing adult training around andragogy improves retention.

123. A — Adults learn best when their existing experience is respected and drawn upon. Ignoring veterans' experience disengages them. Connecting content to their knowledge is the key adjustment.

124. C — A brief, task-specific jobsite talk on the day's hazard before work is a toolbox talk. It is informal and frequent, unlike formal courses or exams. Its purpose is timely, focused awareness.

125. B — The best toolbox talks are short, specific to the day's work, and two-way (interactive). Long, generic, lecture-only sessions lose attention and relevance. Engagement and specificity define effectiveness.

126. A — For an unsafe act without immediate danger, the best response is to address the behavior respectfully and explain the consequence. Public reprimand or silent waiting is counterproductive. Respectful, prompt correction supports learning.

127. D — A worker entering an unshored 7-foot trench is in immediate danger, so the correct response is immediate stop-work and removal. Coaching or logging it for later ignores the imminent risk. Stop-work takes precedence over scheduling.

128. C — Behavior-changing coaching focuses on the behavior and the system reasons behind it, not on character or blame. Understanding why the choice was made enables durable change. Coaching is forward-looking and constructive.

129. A — Safety culture is the shared values, beliefs, and behaviors regarding safety within an organization. It is not a poster count or a written policy alone. Culture lives in what people actually value and do.

130. D — Workers learn most from how leaders choose when safety conflicts with schedule, because those decisions reveal real priorities. Slogans and manual length do not shape behavior the way pressured choices do. Leadership under pressure defines the culture.

131. B — Training documentation should capture who was trained, on what topic, when, and confirmation of comprehension. Trainer title or cost alone is insufficient. Comprehension is the element that proves the training worked.

132. C — Operating a powered platform competently is verified by demonstrated hands-on performance. A signed sheet, verbal acknowledgment, or written quiz alone does not confirm skill. Performance verification is required for equipment operation.

133. A — Refresher training maintains and updates worker competency over time as skills fade or conditions change. It does not replace initial training or serve as discipline. Its primary purpose is currency.

134. B — Analyzing a non-routine lift's hazards and controls before the task is pre-task planning. It is a focused, just-in-time hazard analysis. This is distinct from recordkeeping or attendance logging.

135. D — Adult retention is highest with relevant, problem-centered material that is immediately applicable. Abstract, disconnected content or one-time delivery weakens retention. Practical relevance is the design principle.

136. C — Effective safety communication is clear, specific, two-way, and adapted to the audience. One-directional, memo-only, or annual-only communication is far weaker. Adaptation and dialogue make it effective.

137. B — Presenting a budget justification to executives is communicating upward to management. It differs from coaching workers or leading a toolbox talk. The direction of the message defines the category.

138. D — Pairing positive reinforcement with correction changes behavior more effectively than discipline alone. Reinforcing safe behavior builds durable habits. Discipline-only approaches yield limited, short-lived results.

139. A — Provable operator training typically requires certification or documentation of the training. A verbal reminder or undocumented experience does not satisfy the requirement. Documentation enables later proof of qualification.

140. C — Culture is built by consistent leadership decisions and behavior, not by more posters, bigger budgets, or more documents. Leaders' actions set the real norms. Consistency over time shapes culture.

141. D — Supervised practice on the actual equipment in the real setting is on-the-job training. It differs from lectures, online modules, or written exams. OJT builds skill in context.

142. B — Logging attendance does not confirm understanding, so training that omits comprehension checks cannot demonstrate effectiveness. Presence is not learning. Verification of understanding is the missing element.

143. C — Legally required training for site tasks is found in the applicable OSHA standards for those operations. Marketing materials, financials, or preferences are not authoritative. The regulations define the mandate.

144. A — An imminent-danger situation is distinguished by the potential for death or serious harm to occur immediately. New-hire status, supervisor presence, or scheduling do not define it. Immediacy of serious harm is the criterion.

145. D — Making a toolbox talk participatory means asking workers what hazards they foresee. Reading a script or excluding workers defeats interactivity. Eliciting input drives engagement.

146. C — Genuine stop-work authority empowers workers to halt unsafe tasks without reprisal, strengthening culture by signaling that safety outranks production. It does not centralize decisions or remove training needs. Empowerment builds trust.

147. A — When leaders repeatedly choose production over safety, the workforce learns that safety is negotiable in practice regardless of written policy. Actions override slogans. The lesson is that stated values are not real.

148. B — Building a course around workers' existing knowledge and real tasks reflects adult learning (andragogy). It leverages experience and relevance. This principle improves engagement and retention.
149. C — The main purpose of documenting training is to prove compliance and track who is qualified for which tasks. It is not to lengthen the manual or replace refreshers. Documentation supports accountability and verification.
150. A — A worker who reasonably believes a task is unsafe should be able to stop the work until the concern is addressed, without reprisal. Continuing or merely filing later does not protect them in the moment. Stop-work is the appropriate right.
151. D — Tracking on-time completion of required training is a leading indicator because it measures proactive activity. Recordable injuries, lost workdays, and severity are lagging. The metric forecasts rather than reports harm.
152. B — Training effectiveness is verified by confirming the worker can demonstrate the competency. Counting slides or recording the date does not prove learning. Demonstration is the test of effectiveness.
153. C — A pre-task meeting is brief, task-specific, and conducted on site, unlike multi-day formal training or written exams. It addresses the immediate job's hazards. Scope and setting distinguish it.
154. A — Coordinating hazard information among peer subcontractors is lateral (across) communication to other employers. It is neither downward to one's own crew nor upward to corporate. The peer direction defines it.
155. B — The most credible proof of management commitment is allocating resources and choosing safety when under pressure. Signed policies, luncheons, and manuals are weaker signals. Demonstrated priority outweighs symbolic gestures.
156. D — Effective correction is specific to the behavior and its consequence. Public embarrassment, delay, or one-size-fits-all responses are ineffective. Behavior-specific feedback drives change.
157. A — Measuring safety climate provides a measurable read on workers' current perceptions, useful for targeting improvement. It does not replace investigations or training records, nor guarantee outcomes. Its value is diagnostic.
158. C — Building a course on workers' real tasks reflects adult-learning relevance, which leverages experience and immediate applicability. It is not a lagging-indicator or entry-control concept. Relevance is the operative principle.
159. D — Periodic refresher training primarily serves to maintain current competency as skills fade and conditions change. It does not replace initial training or serve as discipline. Currency is its purpose.
160. B — The practitioner most powerfully shapes culture by modeling safe behavior and helping leaders choose it. More signs, longer programs, or expanded discipline do not build culture. Influence flows through demonstrated behavior and leadership coaching.
161. A — An Emergency Action Plan must include evacuation procedures, routes, and a means to account for employees. Financials, bid amounts, and resumes are irrelevant to emergency response. These core elements are mandatory content.
162. C — An EAP must be site-specific to the actual hazards and layout of each project. A generic plan reused everywhere fails to address real conditions. Specificity makes the plan usable in an emergency.

163. D — Before confined-space entry, the employer must evaluate prospective rescue services and arrange adequate rescue capability in advance. Assuming 911 or the local fire department is equipped is insufficient. Pre-arranged, verified rescue is required.

164. B — The purpose of an incident investigation is to identify causes and prevent recurrence, not to assign blame. A blame focus suppresses information and misses systemic factors. Prevention, not punishment, is the goal.

165. A — An event that nearly caused injury but did not is a near-miss, carrying the same potential for harm. It is not a recordable case, first-aid case, or citation. Near-misses are warning signals.

166. D — Near-misses share root causes with actual injuries but occur far more frequently, giving abundant prevention opportunities. They are not always destined to become injuries, nor mandatorily reportable. Investigating them prevents future harm.

167. C — The four P's of incident evidence are People, Parts, Position, and Paper. These categories organize the collection of perishable evidence. Each captures a distinct evidence type.

168. B — Witnesses should be interviewed promptly, separately, and with open-ended questions to preserve accurate, uncontaminated accounts. Group interviews and leading or delayed questioning distort recollection. Separate, timely, open questioning yields the best information.

169. D — "The worker was not tied off" is an immediate cause, the surface condition, not the root cause. The root cause asks why tie-off was unavailable or not used. Stopping at the immediate cause prevents real correction.

170. A — "Worker error" is a symptom, not a root cause; it stops short of why the error was possible. Effective analysis probes the systemic factors enabling the error. Treating it as the root cause yields ineffective fixes.

171. C — Repeatedly asking "why?" to move from symptom to systemic cause is the 5 Whys technique. It drills past surface conditions to underlying factors. The method is iterative questioning.

172. B — Organizing possible causes into categories branching off a central spine is a fishbone (Ishikawa) diagram. It visually groups potential contributing factors. This differs from a linear timeline or cost ranking.

173. A — Immediately after a serious injury, medical care for the injured and control of ongoing hazards take priority over preserving the scene. Life safety and stopping further harm come first. Evidence preservation follows once people are safe.

174. C — At a remote site far from medical facilities, the standard requires an onsite trained first-aid provider when timely outside help is unavailable. A full-time physician, nearby hospital, or parked ambulance is not required. Adequate first-aid capacity must be assured.

175. D — Where corrosives can splash eyes or skin, the employer must provide quick-drenching and eye-flushing facilities in the immediate work area. A written inventory or clothing alone does not meet the requirement. Emergency flushing must be readily accessible.

176. B — A post-incident review should evaluate both the incident's causes and the adequacy of the emergency response. Limiting it to the worker's record, claim cost, or discipline misses learning. Reviewing both dimensions improves the system.

177. D — After evacuating to the assembly point, a reliable method must account for every person. This confirms no one remains in danger. Accountability, not immediate re-entry, is the next step.

178. A — The EAP must be practiced beforehand so workers know it before, not during, an emergency. Drills build the familiarity needed under stress. Practice does not replace the safety program or reduce toolbox talks.

179. C — Corrective action should target the systemic root cause, not merely the immediate unsafe act. Fixing only the surface act leaves the underlying condition intact. Root-cause correction prevents recurrence.

180. B — Severe weather most directly affects crane, scaffold, and fall-protection work, where wind and conditions create acute hazards. Payroll, document retention, and marketing are not weather-sensitive operations. Weather response protects these high-exposure activities.

181. C — A traumatic amputation must be reported to OSHA within twenty-four hours. This shares the window with in-patient hospitalization and loss of an eye. It is longer than the eight-hour fatality deadline.

182. A — Documenting the locations of equipment and the victim captures the "Position" element of the four P's. People, Parts, and Paper are the other categories. Spatial documentation defines Position.

183. D — Lessons learned should feed back into the broader safety program and procedures. Routing them to marketing, payroll, or billing wastes the knowledge. Integration into the program closes the improvement loop.

184. B — In a trench collapse, a nearby worker must stay out, call trained rescue, and secure the scene, because entering risks a second burial. Jumping in or climbing down endangers the rescuer. Untrained entry compounds the emergency.

185. C — The most reliable rescue for a collapsed permit-space entrant is non-entry retrieval using a harness and retrieval line. This avoids exposing rescuers to the same hazard, the leading cause of multiple-fatality confined-space events. Non-entry retrieval is preferred whenever feasible.

186. A — Loss of an eye must be reported to OSHA within twenty-four hours. It shares this window with amputation and in-patient hospitalization. The eight-hour deadline applies only to fatalities.

187. B — Applying PDCA's "Act" step to an incident means turning the event into systemic improvement. Logging or re-interviewing are not the Act phase. Act converts findings into lasting change.

188. D — A first-aid responder who may contact blood must follow bloodborne pathogen precautions and use appropriate PPE. Crane, confined-space, or powder-actuated requirements are unrelated. BBP precautions protect the responder.

189. A — "Why was no anchorage available for tie-off?" reflects root-cause thinking by probing the system condition. Questions about discipline, cost, or return date do not address causation. Root-cause questions ask why the hazard existed.

190. C — A head count against a roster supports the employee accountability function of the EAP after evacuation. It is not atmospheric testing, 300A certification, or training scheduling. Accountability confirms all personnel are safe.

191. D — Assembly points should be at safe distances clear of operations and hazards. Locating them at the entrance, inside a structure, or wherever workers happen to gather can place evacuees in danger. Safe, deliberate siting is required.

192. B — Beyond first-aid supplies, the medical-services standard requires that medical personnel be available for advice and prompt attention. It does not mandate a full-time physician, onsite ambulance, or a hospital within a mile. Access to professional guidance must be assured.

193. A — "Failure to follow procedure" stops the analysis before the real cause—why the procedure was not followed or was unworkable. It does not identify the systemic root or guarantee prevention. Premature stopping yields weak corrective actions.

194. D — The leading cause of multiple fatalities in confined-space incidents is untrained would-be rescuers entering the space and succumbing to the same hazard. This is why non-entry retrieval and trained, equipped rescue are emphasized. Impulsive rescue compounds the toll.

195. B — Useful lessons learned should be communicated across the organization as appropriate. Confining them to one supervisor or discarding them wastes the insight. Broad sharing prevents recurrence elsewhere.

196. C — The strongest reason to investigate near-misses is that they provide early warning before an injury occurs. They are not always more severe, nor citation-required, and they do require corrective action. Early warning is their preventive value.

197. A — A work-related fatality must be reported to OSHA within eight hours of the employer learning of it. This is the shortest deadline because of the event's severity. Hospitalizations, amputations, and eye loss have a twenty-four-hour window.

198. D — Gathering JHAs, training records, and procedures represents the "Paper" element of the four P's—records and procedures. People, Position, and Parts are distinct categories. Documentary evidence is Paper.

199. C — Emergency eyewash for corrosive work must be located within the immediate work area, not at a distant office or public facility. Quick access within seconds is essential to limit injury. Proximity to the hazard is the requirement.

200. B — Recurrence is truly prevented only when root causes are controlled and lessons are fed back into the system. A closed report, discipline, or a photo archive without system change does not confirm prevention. Sustained control plus feedback is the ultimate measure.