

# 360 Training OSHA 30hr Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Every flight of stairs with \_\_\_ or more risers shall have standard stair railings or standard handrails.**
  - A. 2**
  - B. 3**
  - C. 4**
  - D. 5**
  
- 2. Which of the following is NOT a designation for industrial powered trucks?**
  - A. DP**
  - B. EX**
  - C. GV**
  - D. LP**
  
- 3. Belt driven machinery whose runs or horizontal belts are seven feet or less from the floor or working surfaces must have guards that are \_\_\_\_ inches above the belt**
  - A. 12**
  - B. 15**
  - C. 10**
  - D. 20**
  
- 4. Samantha is about to enter an 8 foot deep manhole. What must be onsite before she enters?**
  - A. Gas Detector**
  - B. Safety Harness**
  - C. Fire Extinguisher**
  - D. A mechanical device to retrieve workers**
  
- 5. A periodic inspection includes all of the following steps except;**
  - A. Identification and correction of any deficiencies or deviations**
  - B. Documentation of the inspection results**
  - C. Verification of compliance with procedures**
  - D. Replacing worn lockout devices**

- 6. What is the first step in the sequence of actions to temporarily remove a lockout/tagout after servicing?**
- A. All lockout tags may then be removed**
  - B. The machine must be cleared of tools and materials**
  - C. Authorized employees may then proceed to energize and test or position the equipment or machinery**
  - D. Employees must be removed from the machine area**
- 7. Which right allows employees to examine exposure and medical records, including monitoring or measuring toxic substances?**
- A. Right to examine exposure and medical records, including monitoring or measuring toxic substances**
  - B. Right to Health Insurance**
  - C. Right to Overtime Without Compensation**
  - D. Right to Refuse All Training**
- 8. A self-supporting portable ladder, non-adjustable in length, having flat steps and hinged back, may not exceed \_\_\_ feet in length.**
- A. 10 feet**
  - B. 15 feet**
  - C. 20 feet**
  - D. 25 feet**
- 9. What is the second step in the sequence of actions to temporarily remove lockout tag?**
- A. Authorized employees may then proceed to energize and test or position the equipment or machinery**
  - B. Employees must be removed from the machine area**
  - C. All lockout tags may then be removed**
  - D. The machine must be cleared of tools and materials**
- 10. The stair width shall have been a minimum of \_\_\_ inches.**
- A. 18**
  - B. 22**
  - C. 26**
  - D. 28**

## Answers

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1. C
2. A
3. B
4. D
5. A
6. B
7. A
8. C
9. B
10. B

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## **Explanations**

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**1. Every flight of stairs with \_\_\_ or more risers shall have standard stair railings or standard handrails.**

- A. 2
- B. 3
- C. 4**
- D. 5

Having a handrail on stair flights is a safety measure to provide support and prevent slips. Once a flight has four or more risers, it must have standard stair railings or standard handrails. This threshold reflects that longer stairways pose a greater fall risk and require a rail you can grab for stability. Shorter flights (fewer than four risers) aren't required to have rails by this rule, though general safety should still be maintained. "Standard" railings means they meet the applicable OSHA size and strength requirements so they perform reliably under expected use.

**2. Which of the following is NOT a designation for industrial powered trucks?**

- A. DP**
- B. EX
- C. GV
- D. LP

Designations for industrial powered trucks indicate the energy source powering the vehicle. Electric trucks are designated to show they run on batteries, LP-designated trucks run on liquefied petroleum gas, and GV-designated trucks indicate a gasoline-powered option. DP is not part of this common labeling system, so it doesn't correspond to a standard designation for industrial powered trucks. Knowing the correct designation helps you understand the specific fueling, ventilation, and fire safety requirements for the equipment you're using.

**3. Belt driven machinery whose runs or horizontal belts are seven feet or less from the floor or working surfaces must have guards that are \_\_\_\_\_ inches above the belt**

- A. 12
- B. 15**
- C. 10
- D. 20

Guarding moving parts of belt-driven machinery is essential to prevent contact with the belt where it can cause injury. When the belt runs are seven feet or less from the floor, the guard needs to be high enough above the belt to block a worker's hand or clothing from reaching the belt itself. Fifteen inches above the belt is the established minimum height that provides a practical barrier for most workers without making the guard unnecessarily tall. A lower height, like 12 or 10 inches, could leave a gap that increases entanglement risk, while a much higher guard, such as 20 inches, would still protect but isn't required by this rule. So, the correct minimum height is 15 inches.

**4. Samantha is about to enter an 8 foot deep manhole. What must be onsite before she enters?**

- A. Gas Detector**
- B. Safety Harness**
- C. Fire Extinguisher**
- D. A mechanical device to retrieve workers**

When entering a vertical permit-required confined space like an 8-foot manhole, having a retrieval system on site is the key safety measure. A mechanical device to retrieve workers, such as a tripod with a winch or similar setup, is provided before entry so a rescuer can pull the entrant out quickly if they become unable to exit themselves or are otherwise incapacitated. This requirement focuses on enabling a prompt rescue in a space where self-rescue may not be possible or safe. Atmosphere testing with a gas detector is important and should be done, but the retrieval device is the specific equipment mandated to ensure a safe extraction. A fire extinguisher isn't required for entry, and while a safety harness is part of the rescue setup, the mechanical retrieval device is the essential onsite item for rescue in this vertical space.

**5. A periodic inspection includes all of the following steps except;**

- A. Identification and correction of any deficiencies or deviations**
- B. Documentation of the inspection results**
- C. Verification of compliance with procedures**
- D. Replacing worn lockout devices**

Periodic inspections verify that energy-control procedures are being followed and are effective at protecting workers. The inspector observes how the lockout/tagout steps are applied in real work, checks that employees are following the procedures, and notes any deviations from the written plan. The results of the inspection are documented so the program stays accountable and can be reviewed later. If issues are found, they are addressed to correct deficiencies and prevent recurrence. Replacing worn lockout devices, while important for safety, is maintenance or replacement activity prompted by wear or damage—not a direct step of the periodic inspection itself.

**6. What is the first step in the sequence of actions to temporarily remove a lockout/tagout after servicing?**

- A. All lockout tags may then be removed**
- B. The machine must be cleared of tools and materials**
- C. Authorized employees may then proceed to energize and test or position the equipment or machinery**
- D. Employees must be removed from the machine area**

The first step is to clear the machine of tools and materials. After servicing, you need the work area free of loose tools and nonessential items so nothing can strike or interfere with re-energizing, and so controls and safety devices remain accessible. This preparation ensures you aren't introducing hazards when you start the equipment again. Only after the area is cleared would you verify that all workers are clear and proceed with removing the lockout/tagout and energizing to test or reposition the equipment. Clearing tools and materials sets the safe, unobstructed condition required before restoring power.

7. Which right allows employees to examine exposure and medical records, including monitoring or measuring toxic substances?

**A. Right to examine exposure and medical records, including monitoring or measuring toxic substances**

**B. Right to Health Insurance**

**C. Right to Overtime Without Compensation**

**D. Right to Refuse All Training**

Access to exposure and medical records lets you review the data from any monitoring of toxic substances and your own medical information. This right ensures you can see how much of a hazard you're exposed to, understand potential health risks, and discuss the results with your healthcare provider. Employers must keep these records and provide copies to you or your designated representative upon request, while protecting confidentiality where required. This visibility is essential for actively protecting your health in the workplace. The other options don't involve accessing records or monitoring data, so they don't address this specific worker right.

8. A self-supporting portable ladder, non-adjustable in length, having flat steps and hinged back, may not exceed \_\_\_ feet in length.

**A. 10 feet**

**B. 15 feet**

**C. 20 feet**

**D. 25 feet**

Self-supporting portable ladders are freestanding, so their stability depends on a secure base and the hinge/rigidity of the structure. To maintain safe balance and reduce the risk of tipping or failure, OSHA limits these ladders to 20 feet in length. If you need to reach higher, switch to a different setup such as an extension ladder or scaffolding rather than using a longer self-supporting ladder.

**9. What is the second step in the sequence of actions to temporarily remove lockout tag?**

**A. Authorized employees may then proceed to energize and test or position the equipment or machinery**

**B. Employees must be removed from the machine area**

**C. All lockout tags may then be removed**

**D. The machine must be cleared of tools and materials**

In lockout/tagout, safety hinges on controlling energy and ensuring no one is exposed to startup or energy releases as devices are removed. The second step is to clear the machine area of all personnel. This protects workers from unexpected energization or stored energy that could injure someone when the lockout devices are removed and the equipment is re-energized for testing or repositioning. After the area is clear, the authorized employee can proceed with removing the lockout devices and then reenergizing to perform the necessary checks. Other actions, like energizing the machine for testing or removing tags before ensuring the area is safe, would introduce unnecessary risk and occur later in the sequence.

**10. The stair width shall have been a minimum of \_\_\_ inches.**

**A. 18**

**B. 22**

**C. 26**

**D. 28**

The main idea here is safety through adequate egress width. Stairs must be wide enough to allow a person to pass safely and comfortably, with room for the handrail and normal movement. The minimum width established is twenty-two inches. This size provides sufficient clearance for typical use and helps prevent bottlenecks or contact with walls and objects while ascending or descending. A width of eighteen inches would be too narrow and does not meet the requirement. Wider widths, like twenty-six or twenty-eight inches, do satisfy the rule, but they exceed the minimum, which is why twenty-two inches is the correct minimum.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://360trainingosha30hr.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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