

ALBAT: OSHA ELECTRICAL TRANSMISSION AND DISTRIBUTION (ET&D) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. What is the best practice for air testing rubber gloves and sleeves?**
 - A. Before each use
 - B. Weekly
 - C. After long storage
 - D. Only if damaged

- 2. Which statement defines a Non-Permit Confined Space?**
 - A. A non-permit confined space is a confined space without the characteristics of a permit-required confined space
 - B. A non-permit confined space requires a permit
 - C. A non-permit confined space is always hazardous
 - D. A non-permit confined space has no ingress/egress restrictions

- 3. How many pounds must the anchorage for fall protection support?**
 - A. 3,000
 - B. 6,000
 - C. 5,000
 - D. 4,000

- 4. OSHA states the only acceptable storage and handling containers for flammable liquids are**
 - A. Approved Canisters
 - B. Open Pails
 - C. Plastic Bags
 - D. Approved Canisters and Portable Tanks

- 5. What is the purpose of re-energizing per procedure in switching operations?**
 - A. To resume service immediately after any action.
 - B. To re-energize after hazards are addressed and the switching plan is followed.
 - C. To re-energize only after supervisor approval.
 - D. To re-energize after verifying isolation and following the approved procedure.

- 6. How often must a competent person inspect rigging equipment?**
- A. Hourly
 - B. Daily
 - C. Weekly
 - D. Monthly
- 7. Which atmosphere-related hazard is commonly associated with enclosed spaces?**
- A. Oxygen levels
 - B. Noise levels
 - C. Vibration
 - D. Ultraviolet exposure
- 8. What is the purpose of an electrical safety program audit?**
- A. To punish employees.
 - B. Only after major incidents.
 - C. To assess compliance, effectiveness, and opportunities for improvement; conducted regularly.
 - D. To replace baseline training.
- 9. What is a work permit and how does it relate to energized work?**
- A. A casual email to notify neighbors about the work.
 - B. A form that records tool usage only.
 - C. A formal authorization to perform work; includes scope, hazards, controls, and is required for energized tasks unless de-energization possible.
 - D. A ticket that unlocks gate access.
- 10. Define a feeder in distribution and name typical components involved in feeding a load.**
- A. A feeder is a circuit delivering power from a substation to distribution points; includes transformers, switches, fuses, and sectionalizers.
 - B. A feeder is a control device that grounds lines and includes only switches.
 - C. A feeder is a transmission line above 100 kV.
 - D. A feeder is a battery backup line for critical loads.

Answers

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

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Explanations

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1. What is the best practice for air testing rubber gloves and sleeves?

- A. Before each use
- B. Weekly
- C. After long storage
- D. Only if damaged

Ensuring insulation integrity before use is essential because rubber gloves and sleeves must provide a reliable barrier against electrical shock, and small leaks or damage can go unnoticed but dramatically reduce protection. Air testing right before each use checks for leaks that could have developed during storage, handling, or since the last inspection. By inflating the glove and sleeve and watching or listening for air escape (and, if needed, using a soapy solution to reveal tiny leaks), you can confirm they're still sound before applying them to work. If any leak or damage is found, the gear must be removed from service and replaced or repaired. Waiting to test weekly, testing only after long storage, or testing only if damaged all miss the chance that a glove could fail during a task, which is why pre-use air testing is the best practice.

2. Which statement defines a Non-Permit Confined Space?

- A. A non-permit confined space is a confined space without the characteristics of a permit-required confined space
- B. A non-permit confined space requires a permit
- C. A non-permit confined space is always hazardous
- D. A non-permit confined space has no ingress/egress restrictions

A non-permit confined space is a confined space that does not have the characteristics that would classify it as permit-required. It may still have limited entry or exit, but it does not contain or have the potential to contain a hazardous atmosphere, an engulfment hazard, or any other serious condition that would trigger a permit. Because those hazards are absent, no permit is required to enter. This makes the statement describing a confined space without the characteristics of a permit-required confined space the best fit. The other ideas—requiring a permit, being always hazardous, or having no ingress/egress restrictions—do not match how OSHA defines non-permit confined spaces.

3. How many pounds must the anchorage for fall protection support?

- A. 3,000
- B. 6,000
- C. 5,000
- D. 4,000

The anchor point for fall protection must be able to withstand a minimum of 5,000 pounds for each employee attached. This requirement accounts for the dynamic forces generated when a fall is arrested, ensuring the anchor won't fail and the safety system can function properly. If more than one worker is connected to the same anchor, the anchor must be capable of supporting the combined load (5,000 pounds per person). The other options do not meet this OSHA-stated minimum, so they would not be considered safe or compliant for typical fall-arrest setups.

4. OSHA states the only acceptable storage and handling containers for flammable liquids are

- A. Approved Canisters
- B. Open Pails
- C. Plastic Bags
- D. Approved Canisters and Portable Tanks**

OSHA requires containers used for flammable liquids to be specifically approved for such use and to be kept closed when not in use. Approved canisters and portable tanks meet this requirement because they're designed and tested to safely contain flammable liquids and control vapors. Open pails are not allowed since they remain exposed, increasing vapor release and ignition risk. Plastic bags are not suitable because they aren't rated for flammable liquids and can leak, rupture, or fail to contain vapors. So, the only acceptable options are approved canisters and portable tanks.

5. What is the purpose of re-energizing per procedure in switching operations?

- A. To resume service immediately after any action.
- B. To re-energize after hazards are addressed and the switching plan is followed.
- C. To re-energize only after supervisor approval.
- D. To re-energize after verifying isolation and following the approved procedure.**

In switching operations, re-energizing safely means energizing only after you have confirmed the circuit is isolated from all energy sources and you have followed the documented switching procedure. Verifying isolation ensures there is no remaining energy that could surprise you during energization—this includes ensuring disconnects are in the correct position, energy sources are blocked, and any stored energy is released or secured. Following the approved procedure guarantees the exact sequence and responsibilities are followed, so the equipment is returned to service in a known, safe state. This combination minimizes the risk of shock, arc flash, or equipment damage. Resuming service immediately, or relying only on hazards being addressed or supervisor approval, does not guarantee that isolation has been verified or that the steps are being executed in the proper order.

6. How often must a competent person inspect rigging equipment?

- A. Hourly
- B. Daily**
- C. Weekly
- D. Monthly

Regular, proactive checks are essential because rigging gear wears and can suffer damage from daily use, dynamic loads, and environmental conditions. Having a competent person inspect the equipment on a daily basis helps catch developing issues before a lift, reducing the risk of sudden equipment failure. During these daily checks, the inspector looks for signs such as bent or cracked hooks, deformed shackles, excessive wear on slings or wire rope, broken strands, damaged fences or latches, corrosion, missing tags, or other damage that could compromise strength. If any damage is found, the gear must be removed from service until it's repaired or replaced and properly re-tagged. This daily inspection practice complements any pre-use or lift-specific checks, ensuring the rigging remains safe for ongoing operations.

7. Which atmosphere-related hazard is commonly associated with enclosed spaces?

- A. Oxygen levels**
- B. Noise levels
- C. Vibration
- D. Ultraviolet exposure

In enclosed spaces, the air you breathe can be unsafe because the amount of oxygen in the atmosphere can change. The most common atmosphere-related hazard is an abnormal oxygen level. If oxygen is too low, a person can quickly become dizzy, confused, or lose consciousness, often without warning since you can't rely on senses to tell you the air is thinning. That's why entry into such spaces must be preceded by monitoring the air for oxygen content and ensuring it stays within a safe range (typically about 19.5% to 23.5%). If oxygen falls outside that range, you need ventilation to bring in fresh air or use proper respiratory protection before entering. While noise, vibration, and ultraviolet exposure can be concerns in enclosed spaces, they are not tied to the air's chemical composition in the way that oxygen level is.

8. What is the purpose of an electrical safety program audit?

- A. To punish employees.
- B. Only after major incidents.
- C. To assess compliance, effectiveness, and opportunities for improvement; conducted regularly.**
- D. To replace baseline training.

Evaluating the safety program's performance and driving continual improvement. An electrical safety program audit is meant to confirm that the program is compliant with applicable safety standards and internal procedures, determine how well the safety controls actually work in the field, and identify opportunities to strengthen the program. Conducting audits regularly keeps a pulse on performance, helps catch issues before incidents occur, and shows whether training, procedures, and engineering controls are being applied consistently. The results guide action plans, prioritize improvements, and verify that corrective actions from any incidents have been completed. This proactive, evaluative process supports safety performance rather than punishing workers, and it complements—rather than replaces—baseline training.

9. What is a work permit and how does it relate to energized work?

- A. A casual email to notify neighbors about the work.
- B. A form that records tool usage only.
- C. A formal authorization to perform work; includes scope, hazards, controls, and is required for energized tasks unless de-energization possible.**
- D. A ticket that unlocks gate access.

A work permit is a formal authorization that specifies exactly what work will be done, where, and how, and it documents the hazards and the controls needed to perform that work safely. For energized work, this permit is essential because it ensures energy sources are identified and controlled, with de-energization seen as the preferred option. If the work must proceed with energy still present, the permit records the specific steps, required protective measures, and approvals to manage the risks—every person involved understands the scope, the hazards (like shock or arc flash), and the controls in place (such as lockout/tagout procedures, testing to verify zero energy, proper PPE, barriers, and supervised procedures). The permit also formalizes approvals from the responsible supervisor, assigns responsibilities, and often includes emergency procedures and communication requirements to keep everyone aware of what's happening. This creates an auditable record that the work was planned with risk mitigation in mind and that controls were verified before and during the task. Casual notifications, forms that only track tools, or unrelated access tickets don't provide the necessary formal authorization, hazard documentation, and energy-control measures required for safe energized work.

10. Define a feeder in distribution and name typical components involved in feeding a load.

- A. A feeder is a circuit delivering power from a substation to distribution points; includes transformers, switches, fuses, and sectionalizers.**
- B. A feeder is a control device that grounds lines and includes only switches.
- C. A feeder is a transmission line above 100 kV.
- D. A feeder is a battery backup line for critical loads.

A feeder in distribution is the main circuit that carries electric power from the substation out toward distribution points and loads. It serves as the primary path from source to the points where voltage is stepped down for customers, and it is designed to be protected and controlled along its length. Typical components involved in feeding a load include distribution transformers that step the voltage to usable distribution levels, switches or disconnects that allow you to open or close sections of the feeder to control flow or isolate problems, fuses that interrupt current when a fault occurs, and sectionalizers that segment the feeder into sections so a fault can be isolated without turning off the entire feeder. Together, these devices enable safe operation, fault isolation, and quicker restoration of service.

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.

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

<https://albatoshaetandd.examzify.com>

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

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