

# Basic Occupational Safety and Health (BOSH) Safety Officer 2 Practice Exam (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. Biological monitoring can be divided into (a) monitoring of exposure, and (b) monitoring of effect, for which indicators of internal dose and of effect are used respectively.**
  - A. False**
  - B. Not sure**
  - C. It depends**
  - D. True**
  
- 2. The findings of an accident investigation are used solely for internal records.**
  - A. True**
  - B. False**
  - C. Not sure**
  - D. It depends**
  
- 3. What is the primary purpose of housekeeping in preventing slips, trips, and falls?**
  - A. It reduces obstacle hazards, ensures clear passages, and prevents accumulation of materials that could become ignition sources or trip hazards.**
  - B. It increases the amount of stored items in walkways.**
  - C. It focuses only on cleaning desks.**
  - D. It relates primarily to nutritional safety.**
  
- 4. Which term describes a potential source of harm or adverse health effect in the workplace?**
  - A. Risk**
  - B. Hazard**
  - C. Accident**
  - D. Control**

- 5. Which statement best describes the difference between a Job Safety Analysis (JSA) and a Risk Assessment?**
- A. JSA analyzes each step of a task and defines safe controls; Risk assessment looks at the job as a whole to determine risk levels and prioritize controls.**
  - B. JSA is a synonym for risk assessment; Risk assessment is broader.**
  - C. JSA concerns only equipment; Risk assessment concerns only people.**
  - D. JSA is for contractors; Risk assessment is for employees.**
- 6. What is a Job Hazard Analysis (JHA) and what are its main steps?**
- A. A Process To Identify Hazards For A Specific Job And Implement Controls; Steps: Select Job, Break Into Steps, Identify Hazards, Assess Risk, Implement Controls, Verify Effectiveness, And Document**
  - B. A Method For Evaluating Worker Performance**
  - C. A Plan For Emergency Evacuation Only**
  - D. A System For Auditing Equipment Maintenance Records**
- 7. What is the difference between a near-miss and a minor incident, and why is reporting both important?**
- A. They are the same**
  - B. Near-miss requires no investigation**
  - C. Near-miss is an uninjured event with potential for harm; minor incident results in minor injury/damage; reporting helps identify hazards and prevent recurrence**
  - D. Near-miss is a minor injury**
- 8. AMR, using form DOLE/BWC/HSD-47, is submitted to the regional Labor Office concerned on or before the last day of March of the year following the covered period.**
- A. True**
  - B. False**
  - C. Not specified**
  - D. Sometimes**

**9. A Permit-to-Work system is typically required for which type of activity?**

- A. Hot work**
- B. Routine cleaning**
- C. Office walk-through**
- D. Non-safety related tasks**

**10. Which of the following is an administrative control?**

- A. Job rotation to limit exposure time.**
- B. Ventilation system upgrade.**
- C. Wearing PPE.**
- D. Replacing hazardous chemical with less hazardous option.**

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## Answers

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

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## **Explanations**

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**1. Biological monitoring can be divided into (a) monitoring of exposure, and (b) monitoring of effect, for which indicators of internal dose and of effect are used respectively.**

**A. False**

**B. Not sure**

**C. It depends**

**D. True**

Biological monitoring aims to assess both how much of a hazardous agent has entered the body and whether it has produced a measurable biological response. When you monitor exposure, you look at indicators of internal dose—such as the chemical or its metabolite levels in blood or urine—reflecting the amount absorbed. When you monitor effect, you use biomarkers that indicate a biological response to that exposure, like enzyme inhibition or other early effect markers, showing potential health impact. Because these two aspects—internal dose and effect—form the standard framework for biological monitoring, the statement is true. While real-world nuances exist (kinetics, timing, and context can influence indicators), the basic division remains widely accepted.

**2. The findings of an accident investigation are used solely for internal records.**

**A. True**

**B. False**

**C. Not sure**

**D. It depends**

Findings from accident investigations are used to prevent recurrence and improve safety, not just for internal records. The purpose is to identify root causes, contributing factors, and weaknesses in systems, so that corrective actions can be taken—whether that means changing procedures, providing additional training, updating equipment or controls, or revising safety programs. In many situations, the results are also shared with workers and management to prevent a repeat incident, and regulatory bodies or outside stakeholders may require reporting or disclosure of certain findings. While some details may be kept confidential, the overall goal is to drive tangible safety improvements and compliance, not merely to maintain internal records.

**3. What is the primary purpose of housekeeping in preventing slips, trips, and falls?**

**A. It reduces obstacle hazards, ensures clear passages, and prevents accumulation of materials that could become ignition sources or trip hazards.**

**B. It increases the amount of stored items in walkways.**

**C. It focuses only on cleaning desks.**

**D. It relates primarily to nutritional safety.**

Housekeeping aims to create a safe walking environment by keeping floors clean, dry, and free of obstacles. When walkways are clear and spills are cleaned promptly, there are fewer places for people to slip, trip, or fall. Proper storage and organized spaces prevent clutter from blocking passages or causing items to fall into walkways, and it also reduces the chance that materials will ignite or contribute to a fire, since clutter can fuel ignition sources. In short, good housekeeping is about maintaining orderly, hazard-free areas across all workspaces, including aisles, stairs, and exits, not just cleaning desks or piling up items. Increasing stored items in walkways or focusing on nutrition safety would undermine this purpose.

**4. Which term describes a potential source of harm or adverse health effect in the workplace?**

**A. Risk**

**B. Hazard**

**C. Accident**

**D. Control**

Hazard is a potential source of harm or adverse health effect in the workplace. It identifies what in the environment or a task could cause injury or illness if a person is exposed to it, such as sharp tools, slippery floors, noisy equipment, or toxic chemicals. The reason this term fits best is that it points to the source of harm itself, not to the likelihood or actual occurrence of harm. Contrast this with risk, which describes the chance and severity of harm if exposure occurs, taking into account factors like exposure duration, frequency, and susceptibility. An accident, on the other hand, is an actual event in which harm occurs, not the potential source. A control is a measure implemented to reduce or eliminate hazards or the associated risk, such as engineering controls, safe work practices, or PPE. For example, a wet floor is a hazard because it could cause someone to slip. The risk depends on how often people walk there and under what conditions. An accident would be someone slipping and injuring themselves, and a control would be putting up a sign, placing barriers, or using non-slip mats to prevent the slip.

5. Which statement best describes the difference between a Job Safety Analysis (JSA) and a Risk Assessment?
- A. JSA analyzes each step of a task and defines safe controls; Risk assessment looks at the job as a whole to determine risk levels and prioritize controls.
  - B. JSA is a synonym for risk assessment; Risk assessment is broader.**
  - C. JSA concerns only equipment; Risk assessment concerns only people.
  - D. JSA is for contractors; Risk assessment is for employees.

The main idea here is how their scope and focus differ. A Job Safety Analysis breaks a specific task into individual steps, identifies hazards at each step, and defines the controls needed to perform that step safely. This makes it very practical for guiding how a task is actually done and what barriers you put in place for each part of the job. A risk assessment, on the other hand, looks at the job or activity in a broader view, evaluating hazards across the whole job, judging how serious the risks are by considering likelihood and consequence, and prioritizing which risks to address first. So the best description is that a JSA analyzes each step of a task and defines safe controls, while a risk assessment looks at the job as a whole to determine risk levels and prioritize controls. They're related and can complement each other, but they aren't synonyms—the JSA provides task-specific safety steps, whereas the risk assessment guides overall risk management and resource allocation.

6. What is a Job Hazard Analysis (JHA) and what are its main steps?
- A. A Process To Identify Hazards For A Specific Job And Implement Controls; Steps: Select Job, Break Into Steps, Identify Hazards, Assess Risk, Implement Controls, Verify Effectiveness, And Document**
  - B. A Method For Evaluating Worker Performance
  - C. A Plan For Emergency Evacuation Only
  - D. A System For Auditing Equipment Maintenance Records

A Job Hazard Analysis is a systematic process to identify hazards for a specific job and determine control measures to reduce risk. The main steps are: select the job to analyze; break the job down into individual steps; identify hazards at each step; assess the risk (likelihood and severity); implement controls to reduce or eliminate the hazards; verify that the controls are effective; and document the process and findings for accountability and training. This approach helps prevent injuries by proactively addressing what can go wrong in each task before work begins. The other options don't fit because they describe evaluating worker performance, planning emergency evacuation, or auditing maintenance records, none of which focus on identifying hazards within a job and applying controls.

**7. What is the difference between a near-miss and a minor incident, and why is reporting both important?**

**A. They are the same**

**B. Near-miss requires no investigation**

**C. Near-miss is an uninjured event with potential for harm; minor incident results in minor injury/damage; reporting helps identify hazards and prevent recurrence**

**D. Near-miss is a minor injury**

The main idea is recognizing risk signals before harm occurs and why capturing both types of events matters. A near-miss is an event where no one is injured and no damage occurs, but there was a real possibility of harm if conditions had been even slightly different. A minor incident is an event that does result in a minor injury or minor damage, but not a major outcome. Reporting both matters because it turns close calls into learning opportunities and reveals how well current controls are working. Reporting near-misses helps identify hazards, weaknesses in protections, or process gaps so they can be fixed before someone is hurt. Reporting minor incidents confirms actual outcomes and shows whether existing controls prevent harm or if changes are needed. Together, they support proactive hazard identification, root-cause analysis, and corrective actions to prevent recurrence and strengthen safety culture.

**8. AMR, using form DOLE/BWC/HSD-47, is submitted to the regional Labor Office concerned on or before the last day of March of the year following the covered period.**

**A. True**

**B. False**

**C. Not specified**

**D. Sometimes**

The requirement is about a fixed yearly deadline for submitting the Annual Medical Report using the prescribed DOLE/BWC/HSD-47 form. This report collects occupational health information for the previous year and must be filed with the regional Labor Office by the last day of March in the year after the covered period. The timing ensures regional offices receive timely, uniform data for oversight and planning. For example, a report covering 2023 is due by March 31, 2024. The form standardizes what data is reported and where it goes, aiding processing and compliance monitoring. Because the deadline is specific and mandated, the statement is true.

**9. A Permit-to-Work system is typically required for which type of activity?**

- A. Hot work**
- B. Routine cleaning**
- C. Office walk-through**
- D. Non-safety related tasks**

A Permit-to-Work system is used for high-risk activities to ensure proper planning, control of hazards, and authorization before work begins. Hot work—such as welding, cutting, grinding, or brazing—presents ignition risks from sparks, heat, and potentially flammable materials. Because of these ignition and fire hazards, a PtW requires documenting the work scope, identifying hazards, isolating energy sources, providing fire protection (like a fire watch), and ensuring atmospheric testing or gas monitoring if needed. The permit coordinates that all necessary controls are in place and that conditions are appropriate for the activity, and it is canceled if anything changes. Routine cleaning, office walkthroughs, or other low-risk tasks typically do not involve ignition or energy isolation and therefore do not usually require a permit, unless a special hazard is present.

**10. Which of the following is an administrative control?**

- A. Job rotation to limit exposure time.**
- B. Ventilation system upgrade.**
- C. Wearing PPE.**
- D. Replacing hazardous chemical with less hazardous option.**

Administrative controls change how work is done to lower exposure without altering the physical system. Job rotation lowers the amount of time any one worker spends near a hazard by rotating tasks or areas, so overall exposure is reduced through work organization. It's an organizational measure rather than a physical change to equipment or the environment. By contrast, upgrading the ventilation system is an engineering control that physically dilutes or removes contaminants from the air. Wearing PPE is a protective equipment measure that relies on proper use and doesn't reduce the hazard itself. Substituting a hazardous chemical with a less hazardous option is a substitution/elimination approach that removes or reduces the hazard at the source.

## 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://boshso2.examzify.com>**

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

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