CALIFORNIA SELF-INSURANCE PLANS (SIP) EXAM (SAMPLE)

STUDY GUIDE

Prepare with structure. Pass with confidence

Table of Contents

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

1. **Fracture of the distal end of the radius with outward displacement of the radius is called what?**
    A. Comminuted fracture
    B. Collas fracture
    C. Doheny fracture
    D. Fatigue fracture or stress fracture

2. **What is the most common type of arthritis?**
    A. Rheumatoid
    B. Gout
    C. Psoriatic
    D. Osteoarthritis

3. **For injuries in 2005, what is the maximum permissible add-on for subjective complaints?**
    A. 3%
    B. None
    C. 5%
    D. Whatever is called for by the examining physician

4. **What should be included on the Annual Report?**
    A. Fatalities
    B. Closed medical only claims
    C. Voc Rehab cases
    D. Excess carrier claims

5. **Which entities are subject to audits by the Administrative Director?**
    A. Employers only
    B. Medical providers only
    C. Insurers only
    D. Insurers, self-insured employers, and third-party administrators

6. Which statement describes the differences in burial expense limits by DOI date?

A. All periods use the same burial amount.

B. There are distinct limits by DOI date, including post-2013 and earlier periods.

C. Burial expenses are not addressed by DOI date.

D. Burial expenses are determined by the monthly earnings.

7. Damage to the trapezius muscle would primarily involve which region?

A. Neck

B. Knee

C. Hand

D. Low Back

8. The judge's order approving a settlement issued June 5, 1992, but payment was delayed due to misfiling. The employee is entitled to what?

A. 10% penalty

B. Interest

C. Interest and a 10% penalty

D. No penalty but interest from the date of the award

9. An employee is traveling on business and, while commuting in employer-provided vans, is injured. The injury is:

A. Noncompensable.

B. Noncompensable due to the coming and going rule.

C. Compensable.

D. Compensable as an exception to the coming and going rule.

10. Under LC 4622, if not paid within 60 days, the amount payable should be increased by what percent together with interest at what percent?

A. 5 percent; 6 percent

B. 10 percent; 7 percent

C. 15 percent; 8 percent

D. 20 percent; 9 percent

Answers

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

Explanations

1. **Fracture of the distal end of the radius with outward displacement of the radius is called what?**

   A. Comminuted fracture

   B. Collas fracture

   C. Doheny fracture

   D. Fatigue fracture or stress fracture

Distal radius fractures with dorsal (posterior) displacement of the distal fragment are classically called Colles fractures. This pattern typically results from falling on an outstretched hand, causing the distal radius to tilt backward and often shorten, producing the characteristic dinner fork deformity. The term is named after Abraham Colles, and in exams you'll see it spelled Colles (though some variants spell it colloquially as Collas). The other options describe different fracture types that don't specify this dorsal displacement of the distal radius: a comminuted fracture refers to many pieces, a fatigue (stress) fracture is due to repetitive stress, and Doheny fracture is not a standard term for this presentation. Therefore, the term that best matches the description is Colles fracture.

2. **What is the most common type of arthritis?**

   A. Rheumatoid

   B. Gout

   C. Psoriatic

   D. Osteoarthritis

The main concept here is identifying which type of arthritis is most prevalent in the population. Osteoarthritis is the most common form, a degenerative joint disease that results from wear and tear over time. It often affects weight bearing joints like the knees, hips, and spine, and can involve the hands as well. Because aging and cumulative joint use are widespread, OA affects millions of people, making it more common than the other types. Rheumatoid arthritis is autoimmune and inflammatory, and while serious, it affects fewer people. Gout results from uric acid crystal buildup and tends to cause acute attacks in a single joint, and psoriatic arthritis occurs in people with psoriasis and has a distinct clinical pattern. So, the most common type of arthritis is osteoarthritis.

3. **For injuries in 2005, what is the maximum permissible add-on for subjective complaints?**

   A. 3%

   B. None

   C. 5%

   D. Whatever is called for by the examining physician

In California workers' compensation, there can be an add-on to the permanent disability rating for subjective complaints (like pain) that aren't fully explained by objective findings. For injuries in 2005, that add-on is capped at 3 percentage points of whole-person impairment. This means you may increase the impairment rating by up to 3% only if the subjective symptoms are credible and not already reflected by objective measures; but you cannot exceed that 3% cap. So, the maximum permissible add-on is 3%. The other options either assume no cap, a higher cap, or unlimited discretion, all of which aren't correct for injuries in 2005.

4. What should be included on the Annual Report?

A. Fatalities

B. Closed medical only claims

C. Voc Rehab cases

D. Excess carrier claims

Fatalities are the item that must be included because the annual SIP report centers on capturing the most serious safety outcome of the year. Tracking fatalities provides a clear, unambiguous indicator of safety performance that regulators can monitor year after year and use to drive regulatory oversight and safety improvements. The other options refer to different aspects of claims management or funding that aren't the single, required annual data point for this report, so they aren't the focus of what must be reported annually.

5. Which entities are subject to audits by the Administrative Director?

A. Employers only

B. Medical providers only

C. Insurers only

D. Insurers, self-insured employers, and third-party administrators

Audits by the Administrative Director target entities that finance or administer workers' compensation benefits: insurers, self-insured employers, and third-party administrators who handle claims for those plans. The purpose is to verify financial solvency, proper reserves or funding, accurate reporting of costs, and compliance with the applicable statutes and regulations. Medical providers and employers who are insured through a carrier aren't the main audit targets in this context, since their financial and administrative activities fall under the regulated insurers and the plan sponsors they insure, while third-party administrators play a key role in administering and reporting for self-insured plans. By including insurers, self-insured employers, and TPAs, the Director ensures the integrity of funding, claims handling, and regulatory compliance across the system.

6. Which statement describes the differences in burial expense limits by DOI date?

A. All periods use the same burial amount.

B. There are distinct limits by DOI date, including post-2013 and earlier periods.

C. Burial expenses are not addressed by DOI date.

D. Burial expenses are determined by the monthly earnings.

Burial expense limits are set independently of the date of injury. In California workers' compensation, burial benefits are a fixed one-time amount established by statute, meant to cover funeral costs, and this amount does not change based on when the injury occurred. So there are no different burial limits by DOI date. Statements suggesting distinct post 2013 vs earlier limits or tying burial to earnings would imply a date-based or earnings-based formula that isn't how burial benefits are determined.

7. Damage to the trapezius muscle would primarily involve which region?

A. Neck

B. Knee

C. Hand

D. Low Back

The trapezius runs from the skull and upper spine down to the shoulder blade, with its upper portion concentrated in the neck region and helping extend and stabilize the neck as well as move the scapula. When this muscle is damaged, the most evident problems occur in the neck area, since that's where its fibers originate and where its neck-related actions are most active. The knee, hand, and low back are not primary sites of action or injury for the trapezius, so they would not be the region primarily involved.

8. The judge's order approving a settlement issued June 5, 1992, but payment was delayed due to misfiling. The employee is entitled to what?

A. 10% penalty

B. Interest

C. Interest and a 10% penalty

D. No penalty but interest from the date of the award

In California workers' compensation, there are penalties and interest for late payment of an award or settlement. If the payment is not made promptly and the delay is caused by administrative actions such as misfiling, the law imposes both a 10% penalty on the amount due and interest on the late payment. The penalty serves as a deterrent against delays, while interest compensates the employee for the time the funds were not available. Here, the judge issued the settlement order on June 5, 1992, but payment was delayed due to misfiling. That administrative delay triggers both components: interest on the overdue amount and a 10% penalty on the amount due. The other options fail to reflect both elements: there is not only interest or only a penalty, and the situation with misfiling calls for both.

9. An employee is traveling on business and, while commuting in employer-provided vans, is injured. The injury is:

A. Noncompensable.

B. Noncompensable due to the coming and going rule.

C. Compensable.

D. Compensable as an exception to the coming and going rule.

The key idea is that the general coming-and-going rule says injuries to an employee while traveling to or from work are not compensable. But there are exceptions when the employer provides transportation. If the employee is on a business trip and the travel is done in an employer-provided vehicle, the trip is considered part of the job, so the injury can be compensable despite the usual rule. In this case, the employee is commuting in a van provided by the employer for business purposes, so the injury falls under an exception to the coming-and-going rule and is compensable.

10. Under LC 4622, if not paid within 60 days, the amount payable should be increased by what percent together with interest at what percent?

A. 5 percent; 6 percent

B. 10 percent; 7 percent

C. 15 percent; 8 percent

D. 20 percent; 9 percent

The rule being tested is the combination of a late-payment penalty and interest on a delinquent amount. Under LC 4622, if the payable amount is not paid within the 60-day period, a 10% penalty is added to the amount due, and interest accrues on the overdue balance at 7% per year. So the total becomes the original amount plus a 10% penalty, with interest (at 7% annually) continuing to accumulate on the unpaid balance. This is why the correct option specifies a 10% penalty and 7% interest. The other percentages do not align with what the statute prescribes.

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://californiasip.examzify.com

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