Career Safe OSHA-10 Training Practice Test (Sample)

Study Guide

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Questions

1. Jason hangs sheetrock for a local contractor. His job requires him to hang the sheetrock overhead on ceilings. What type of ergonomic-related hazard is Jason likely to encounter?

A. Excessive lifting

B. Awkward posture

C. Repetitive strain

D. Failure to use PPE

2. What are the three main areas of a machine?

A. Power supply, braking system, motor

B. Point of Operation, Power Transmission Device, Operating Controls

C. Control panel, safety guard, motor

D. Loading area, unloading area, safety area

3. Which class of hard hats is designed to protect against electrical shock?

A. Class A

B. Class B

C. Class E

D. Class G

4. What lifting technique would put Ted at risk for injury?

A. Lift with his back

B. Use a teammate for help

C. Use hand trucks

D. Bend his knees when lifting

5. What are the two types of primary safeguarding methods?

A. Shields and guards

B. Types and guards

C. Guides and barriers

D. Physical and operational

6. A stairway has six steps. Is a handrail required?

A. Yes

B. No

C. Only during inspections

D. Only if requested by employees

7. What is the role of slip-resistant rungs on ladders?

A. They increase ladder weight

B. They enhance safety by preventing slips

C. They improve traction for large shoes

D. They are a legal requirement only

8. What type of exposure is characterized by a chemical burn that causes symptoms over a short period of time?

A. Chronic exposure

B. Acute exposure

C. Long-term exposure

D. Repeated exposure

9. In a situation where you expect to encounter airborne hazardous substances, but don't need skin protection, what level of full-body protection will you need?

A. Level A

B. Level B

C. Level C

D. No protection needed

10. What common workplace hazard can result from working in awkward positions for extended periods?

A. Complacency

B. Injury

C. Fatigue

D. Improved productivity

Answers

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

Explanations

1. Jason hangs sheetrock for a local contractor. His job requires him to hang the sheetrock overhead on ceilings. What type of ergonomic-related hazard is Jason likely to encounter?

A. Excessive lifting

B. Awkward posture

C. Repetitive strain

D. Failure to use PPE

Hanging sheetrock overhead requires Jason to maintain his arms in raised positions for extended periods, leading to an awkward posture. This type of ergonomic-related hazard is significant because it places undue stress on the shoulders, neck, and back, potentially resulting in musculoskeletal disorders. The task involves stabilizing and fastening the heavy sheetrock above head level, which can exacerbate discomfort and fatigue. Awkward postures can lead to long-term health issues if they are not mitigated by proper techniques or breaks. While excessive lifting and repetitive strain are also important considerations in ergonomic safety, in this context, the primary concern is how the overhead work positions Jason's body during the task. Ensuring good ergonomic practices can help reduce the risk of injury related to these types of awkward postures.

2. What are the three main areas of a machine?

A. Power supply, braking system, motor

B. Point of Operation, Power Transmission Device, Operating Controls

C. Control panel, safety guard, motor

D. Loading area, unloading area, safety area

The three main areas of a machine include the Point of Operation, Power Transmission Device, and Operating Controls. Understanding these components is essential for recognizing how machines function safely and effectively. The Point of Operation refers to the area where work is performed on the material, which is critical for assessing the potential hazards to workers. Recognizing this area helps in implementing the necessary safety measures to protect against injuries. The Power Transmission Device is responsible for transferring the mechanical power from the motor to the moving parts of the machine. Awareness of this area is vital, as it often includes components that can be hazardous if not properly safeguarded. Lastly, the Operating Controls are the parts of the machine that the operator interacts with to manage its functions. Knowledge about these controls is crucial for ensuring that operators can effectively and safely manage the machine's operations. By focusing on these three areas, workers can better understand the risks involved and the importance of safety measures in operating machinery. This understanding is vital for compliance with safety regulations and for promoting a safe working environment.

3. Which class of hard hats is designed to protect against electrical shock?

A. Class A

B. Class B

C. Class E

D. Class G

Class E hard hats are specifically designed to provide protection against electrical shock. They are tested to withstand high-voltage electric shock and are essential for workers who may be exposed to electrical hazards. This class of hard hats is made with insulating materials that help prevent electricity from passing through, ensuring the safety of the wearer in environments where there is a risk of electrical contact. In contrast, other classes of hard hats, such as Class A and Class B, are focused more on impact and penetration resistance, and while they may offer some level of shock absorption, they do not provide the same level of electrical protection as Class E. Class G hard hats, on the other hand, are primarily designed for use in environments where there is a low risk of electrical hazards, offering limited electrical protection. Thus, the unique properties of Class E make it the appropriate choice for those needing protection from electrical shock.

4. What lifting technique would put Ted at risk for injury?

A. Lift with his back

B. Use a teammate for help

C. Use hand trucks

D. Bend his knees when lifting

Lifting with his back puts Ted at risk for injury because this technique can lead to strain on the muscles and ligaments of the lower back. When someone lifts with their back, they typically bend at the waist, which increases the likelihood of improper lifting posture and can lead to serious injuries such as muscle strain or disk herniation. In contrast, the safer lifting techniques—like using a teammate for assistance, utilizing hand trucks, or bending the knees when lifting—are designed to distribute the weight more evenly and reduce stress on the spine. By maintaining a proper posture and engaging the larger muscles of the legs instead of relying solely on the back, Ted can minimize his risk of injury while lifting heavy objects.

5. What are the two types of primary safeguarding methods?

A. Shields and guards

B. Types and guards

C. Guides and barriers

D. Physical and operational

The correct choice is physical and operational. These two primary safeguarding methods represent fundamental approaches to ensuring workplace safety. Physical safeguards involve tangible barriers and devices designed to protect workers from injury. These can include equipment guards, safety interlocks, and physical barriers that prevent access to hazardous areas. They are essential for creating a safe working environment by acting as a first line of defense against accidents and injuries. Operational safeguards, on the other hand, refer to policies, procedures, and regulations that govern how work is to be conducted safely. This could include training programs, safety protocols, and operational guidelines that ensure employees understand how to work safely and respond to potential hazards. Understanding the distinction between physical and operational safeguards is crucial for enhancing workplace safety and compliance with OSHA standards.

6. A stairway has six steps. Is a handrail required?

A. Yes

B. No

C. Only during inspections

D. Only if requested by employees

A handrail is required for a stairway with six steps because OSHA regulations state that handrails are necessary for stairways having four or more risers. The purpose of handrails is to provide support and safety to individuals using the stairs, reducing the risk of falls and injuries. Since a stairway with six steps exceeds the minimum requirement, it's essential to install a handrail to ensure compliance with safety standards and to enhance the security of individuals who may use the stairs, especially in workplaces where safety is of utmost importance.

7. What is the role of slip-resistant rungs on ladders?

A. They increase ladder weight

B. They enhance safety by preventing slips

C. They improve traction for large shoes

D. They are a legal requirement only

Slip-resistant rungs on ladders play a crucial role in enhancing safety by preventing slips. When using a ladder, individuals are often at risk of losing their footing, which can lead to falls and serious injuries. The design of slip-resistant rungs involves materials or surface textures that provide better grip for the user's footwear. This grip reduces the likelihood of slipping while climbing up or down the ladder, allowing for more secure footing and greater stability. While other factors like the weight of the ladder or footwear size may influence usability, the primary purpose of slip-resistant rungs is to create a safer working environment. By focusing on safety features such as slip resistance, ladder manufacturers aim to minimize accidents and promote safe practices among users.

8. What type of exposure is characterized by a chemical burn that causes symptoms over a short period of time?

A. Chronic exposure

B. Acute exposure

C. Long-term exposure

D. Repeated exposure

Acute exposure refers to a situation where an individual comes into contact with a hazardous substance for a short duration, leading to immediate or rapid onset of symptoms. In the context of a chemical burn, acute exposure would result in visible and painful reactions to the skin shortly after the exposure occurs. This type of exposure is particularly concerning because it can lead to serious harm or injury very quickly, requiring prompt medical attention. Chronic exposure, on the other hand, involves prolonged or repeated contact with a substance over an extended time, often leading to gradual onset of symptoms. Long-term exposure also falls into this category, where effects may accumulate over time and are not immediately observable. Repeated exposure could involve returning to a hazardous environment multiple times but doesn't necessarily indicate the rapid symptom development that defines acute exposure. Hence, the clarity and immediacy of the symptoms associated with acute exposure, especially in cases of chemical burns, make it the correct answer to this question.

9. In a situation where you expect to encounter airborne hazardous substances, but don't need skin protection, what level of full-body protection will you need?

A. Level A

B. Level B

C. Level C

D. No protection needed

Full-body protection specifically designed for situations involving airborne hazardous substances is crucial for maintaining safety in the workplace. Level B protection is appropriate in this scenario because it provides a high degree of respiratory protection while still allowing for some flexibility and comfort when full skin protection is not necessary. Level B involves wearing respiratory protection that is of a high standard (such as a self-contained breathing apparatus) along with protective clothing. This level is used when the hazards are known, and air monitoring shows that respiratory protection is needed but skin protection may not be required. In contrast, Level A involves a totally encapsulating suit that provides the highest level of protection against both vapors and particles, which would be excessive in this situation since skin protection is not necessary. Level C is less stringent in terms of respiratory protection and is used when contaminants are identified and the airborne concentrations are known to not exceed levels that require a higher level of protection. Selecting "No protection needed" would not address the expected presence of airborne hazardous substances and would put the individual at risk.

10. What common workplace hazard can result from working in awkward positions for extended periods?

A. Complacency

B. Injury

C. Fatigue

D. Improved productivity

Working in awkward positions for extended periods can lead to various types of injuries, particularly musculoskeletal injuries. These injuries often occur when the body is subjected to unnatural postures, repetitive motions, or prolonged strain on muscles and joints. Over time, these factors can result in conditions such as strain, sprain, or chronic pain, impacting a worker's overall health. The threat of injury in these situations highlights the importance of ergonomics in the workplace. By ensuring that workstations are designed to minimize awkward positions and provide proper support, employers can significantly reduce the risk of injury for their employees. Recognizing the risk of injury in these environments promotes safer practices and reinforces the need for training to prevent accidents and long-term health complications. In contrast, the other options do not directly address the primary concern related to awkward working positions. Complacency may lead to safety oversights, fatigue can certainly affect performance but is not an injury itself, and improved productivity is unlikely when workers are uncomfortable or in pain. Thus, the correct answer is clearly focused on the risk of injury that arises from such working conditions.