

Career Safe OSHA-10 Training 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. 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**

- 2. Who may perform a post-exposure medical evaluation?**
 - A. A licensed physician**
 - B. A registered nurse**
 - C. Medical assistants**
 - D. Occupational therapists**

- 3. Which tactic can help reduce the likelihood of injury in the workplace?**
 - A. Using tools to perform repetitive actions**
 - B. Using high vibration tools**
 - C. Maintaining static posture**
 - D. Taking fewer breaks**

- 4. Does having Safety Data Sheets only accessible on a computer in the office comply with employer responsibilities?**
 - A. Yes, it is sufficient for all employees**
 - B. No, it is not easy to access them while working**
 - C. Yes, it promotes digital access**
 - D. No, they should be printed for visibility**

- 5. 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**

- 6. Which of the following actions can help minimize driving risks?**
- A. No cell phones while driving**
 - B. Use of cruise control**
 - C. Playing loud music**
 - D. Sharing the road with cyclists**
- 7. Which of the following could be a sign of possible musculoskeletal disorders?**
- A. Pain and swelling in the joints**
 - B. Muscle efficiency improvement**
 - C. Increased physical activity**
 - D. Weight loss**
- 8. What should be done if you encounter a hazardous material spill in the workplace?**
- A. Immediately clean it up without any protective gear**
 - B. Report it to a supervisor before taking action**
 - C. Leave the area and assume no further action is needed**
 - D. Panic and exit the building**
- 9. Which of the following hazards could require foot protection?**
- A. High temperatures**
 - B. Slippery areas**
 - C. Noise exposure**
 - D. High visibility requirements**
- 10. Which of the following is NOT a requirement for chemical labels?**
- A. Contact information**
 - B. Warnings about the chemical**
 - C. Expiration dates**
 - D. Hazard statements**

Answers

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

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Explanations

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1. 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.

2. Who may perform a post-exposure medical evaluation?

- A. A licensed physician**
- B. A registered nurse**
- C. Medical assistants**
- D. Occupational therapists**

A post-exposure medical evaluation is critical for ensuring that individuals who may have been exposed to infectious materials receive proper medical attention and follow-up. A licensed physician is qualified to perform this evaluation due to their extensive medical training and expertise. They can accurately assess the situation, conduct necessary examinations, recommend appropriate tests, and provide treatment options based on established medical guidelines. The role of a licensed physician includes monitoring potential health impacts, offering vaccinations if required, and making decisions about any further medical actions that should be taken. This level of responsibility and knowledge is essential in managing the health of the affected individual following an exposure incident. Other healthcare professionals, while important to the overall medical team, may not have the authority or training to conduct such comprehensive evaluations independently, which is why the involvement of a licensed physician is crucial in this context.

3. Which tactic can help reduce the likelihood of injury in the workplace?

- A. Using tools to perform repetitive actions**
- B. Using high vibration tools**
- C. Maintaining static posture**
- D. Taking fewer breaks**

Using tools to perform repetitive actions is an effective tactic for reducing the likelihood of injury in the workplace. Tools are designed to enhance efficiency and safety by allowing workers to complete tasks with less physical strain. When proper tools are used appropriately, they can minimize the risk associated with repetitive motions, which can lead to musculoskeletal disorders or cumulative trauma injuries over time. Employing ergonomic tools that fit the worker's needs helps to alleviate stress on the body, ensuring that tasks can be carried out successfully without exacerbating any physical risk factors. This not only fosters a safer working environment but also enhances productivity since workers can perform their tasks more comfortably and effectively.

4. Does having Safety Data Sheets only accessible on a computer in the office comply with employer responsibilities?

- A. Yes, it is sufficient for all employees**
- B. No, it is not easy to access them while working**
- C. Yes, it promotes digital access**
- D. No, they should be printed for visibility**

Having Safety Data Sheets (SDS) only accessible on a computer in the office does not meet employer responsibilities because it may not be easy for all employees to access them when needed, especially in workplaces that require physical labor or where employees are not always at a computer. OSHA regulations mandate that employees have immediate access to SDS for hazardous materials, which facilitates safe handling and emergency responses. This means that if employees cannot readily obtain the information while working in areas away from the office, it may hinder their ability to respond to hazardous situations effectively. By ensuring SDS are not just confined to digital formats, but also available in printed form and located in accessible areas throughout the workplace, employers can better guarantee that employees are informed and prepared, promoting a safer work environment.

5. 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.

6. Which of the following actions can help minimize driving risks?

- A. No cell phones while driving**
- B. Use of cruise control**
- C. Playing loud music**
- D. Sharing the road with cyclists**

Minimizing driving risks is critical for ensuring safety on the road. Avoiding the use of cell phones while driving is one of the most effective strategies for reducing distractions. Texting or making calls can severely divert a driver's attention from the road, leading to an increased chance of accidents. By committing to not use a cell phone while driving, a driver can maintain focus, enhancing their situational awareness and responding more effectively to unexpected events. The other actions listed may not contribute to minimizing driving risks in the same way. For instance, while cruise control can maintain a steady speed and potentially reduce fatigue on long drives, it can also lead to complacency, making the driver less alert to changing road conditions. Playing loud music can distract the driver and reduce their ability to hear important sounds, such as sirens or other vehicles. Sharing the road with cyclists is important for promoting safety for all roadway users, but it does not directly minimize risks for the driver themselves if their attention is divided.

7. Which of the following could be a sign of possible musculoskeletal disorders?

- A. Pain and swelling in the joints**
- B. Muscle efficiency improvement**
- C. Increased physical activity**
- D. Weight loss**

Pain and swelling in the joints are key indicators of possible musculoskeletal disorders. These disorders often result from repetitive motions, improper ergonomics, or prolonged strain on the body, particularly in the joints and muscles. The presence of pain suggests that there may be inflammation or damage to the tissues, which is a common symptom associated with conditions such as arthritis, tendonitis, or carpal tunnel syndrome. Recognizing these signs early is crucial for prevention and for seeking appropriate medical treatment to avoid further complications. In contrast, muscle efficiency improvement, increased physical activity, and weight loss typically indicate positive health changes and are not associated signs of musculoskeletal disorders. Improvements in muscle efficiency suggest that the body is adapting to physical demands effectively, while increased activity can enhance overall health and muscle strength. Similarly, weight loss often contributes to reduced stress on the joints and can alleviate symptoms associated with certain musculoskeletal conditions, making these options less relevant in the context of identifying potential disorders.

8. What should be done if you encounter a hazardous material spill in the workplace?

- A. Immediately clean it up without any protective gear**
- B. Report it to a supervisor before taking action**
- C. Leave the area and assume no further action is needed**
- D. Panic and exit the building**

When a hazardous material spill occurs in the workplace, reporting it to a supervisor before taking any action is crucial for several reasons. Firstly, supervisors are typically trained to assess the situation and determine the appropriate response based on the type of material spilled and the severity of the spill. This step helps ensure that the response is coordinated and effective rather than hasty and potentially dangerous. Additionally, notifying a supervisor allows for the activation of proper safety protocols and emergency procedures. They can alert the appropriate personnel, such as safety officers or emergency response teams, who have the necessary training and equipment to handle hazardous materials safely. Taking immediate action without protective gear can expose individuals to dangerous substances, and reacting with panic can lead to chaotic situations that may exacerbate the problem. Leaving the area without reporting the spill fails to address the hazard and puts others at risk, as they may unknowingly enter the contaminated area. Thus, the correct approach is to inform a supervisor, ensuring a safe and effective response to the situation.

9. Which of the following hazards could require foot protection?

- A. High temperatures**
- B. Slippery areas**
- C. Noise exposure**
- D. High visibility requirements**

Foot protection is particularly important in environments where there are slippery areas. Slippery surfaces can increase the risk of slips, trips, and falls, which are among the most common causes of workplace injuries. Proper footwear designed for slip resistance can help reduce these risks, allowing workers to maintain better traction and stability on slick surfaces. In contrast, other hazards listed do not specifically pertain to foot protection. High temperatures can necessitate specific protective gear, but footwear specifically designed for thermal protection might not be the first concern. Noise exposure generally calls for hearing protection rather than foot protection. High visibility requirements focus on apparel that ensures workers are seen, which is not related to the protection of the feet.

10. Which of the following is NOT a requirement for chemical labels?

- A. Contact information**
- B. Warnings about the chemical**
- C. Expiration dates**
- D. Hazard statements**

Chemical labels serve a critical role in communicating information about hazardous materials to ensure safety in the workplace. A requirement for a chemical label typically includes elements such as contact information, warnings about the chemical, and hazard statements that describe the nature of the risks associated with the chemical. Specifically, contact information is essential so that individuals can reach out for further details or assistance if needed. Warnings about the chemical provide immediate awareness of any dangers it may pose, helping workers to take appropriate precautions. Hazard statements give specific details about the type of hazard—such as flammability, toxicity, or reactivity—allowing users to understand how to handle the chemical safely. Expiration dates are not universally required for chemical labels. While some specific types of chemicals (like pharmaceuticals) may include expiration dates for regulatory compliance, this is not a standard requirement for all chemicals under OSHA guidelines. Hence, the absence of an expiration date from the options provided clearly indicates that this element is not a fundamental requirement for chemical labels, making it the correct choice.

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://careersafeosha10training.examzify.com>

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