

# National Safety Compliance Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.**

**SAMPLE**

# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>6</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

# 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

SAMPLE

## **Questions**

- 1. When lifting or carrying a load, what is the correct action regarding your feet?**
  - A. Move them apart**
  - B. Leave them in place**
  - C. Cross them**
  - D. Twist your back**
- 2. What should you do before lifting or carrying an object?**
  - A. Assess the object's weight by lifting it directly**
  - B. Check its weight by picking up a corner or pushing it lightly**
  - C. Ask someone to do it for you**
  - D. Ignore its weight if it looks manageable**
- 3. Under what condition is sweating most effective in cooling the body?**
  - A. When humidity is high**
  - B. When humidity is low**
  - C. During exercise**
  - D. When temperature is low**
- 4. At what noise level is hearing protection required for short periods of time?**
  - A. 60 dB**
  - B. 70 dB**
  - C. 75 dB**
  - D. 85 dB**
- 5. What is the overall purpose of performing a pre-start inspection on lifts?**
  - A. To comply with OSHA regulations**
  - B. To ensure safety and functionality**
  - C. To prepare for potential malfunctions**
  - D. To meet company policy**



- 6. What is the safe practice regarding the use of compressed air guns?**
- A. Always point them towards the ground**
  - B. Point them at the target only**
  - C. Aim them away from people**
  - D. Use them freely**
- 7. Which statement is true regarding proper body mechanics in the workplace?**
- A. Proper mechanics are only necessary for heavy items**
  - B. Good body mechanics can prevent injuries**
  - C. Healthy posture cannot be maintained over long periods**
  - D. Using equipment eliminates the need for body mechanics**
- 8. What is the responsibility of employees regarding safety at the job site?**
- A. To ensure only their safety**
  - B. To take personal responsibility for themselves and others**
  - C. To ignore safety regulations**
  - D. To delegate safety duties to supervisors**
- 9. How many job-related eye injuries occur on average every workday according to the Centers for Disease Control and Prevention?**
- A. 1,000**
  - B. 2,000**
  - C. 5,000**
  - D. 10,000**
- 10. How does the body primarily release heat?**
- A. By exhaling hot air**
  - B. By varying blood circulation**
  - C. Through skin evaporation**
  - D. By sweating continuously**

## **Answers**

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

SAMPLE

## **Explanations**

SAMPLE

**1. When lifting or carrying a load, what is the correct action regarding your feet?**

- A. Move them apart**
- B. Leave them in place**
- C. Cross them**
- D. Twist your back**

Moving your feet apart when lifting or carrying a load is essential for maintaining stability and balance. This action allows you to create a wider base, which helps to distribute the weight of the load more evenly across your body. A broader stance minimizes the risk of losing your balance and helps prevent falls or injuries that could occur from tipping over while handling a heavy item. Additionally, a wider foot placement enables you to engage your leg muscles effectively while lifting, allowing for a more powerful and safer lifting technique. It is crucial to stabilize your body before initiating the lift; therefore, positioning your feet apart supports safe ergonomics and reduces strain on the back and joints. Choosing to leave your feet in place or crossing them would hinder your ability to maintain balance and control while lifting, increasing the risk for injury. Twisting your back while lifting is also unsafe, as it can lead to severe strain on your back muscles and spine. This highlights the importance of proper foot positioning in safe lifting practices.

**2. What should you do before lifting or carrying an object?**

- A. Assess the object's weight by lifting it directly**
- B. Check its weight by picking up a corner or pushing it lightly**
- C. Ask someone to do it for you**
- D. Ignore its weight if it looks manageable**

Before lifting or carrying an object, it is essential to assess its weight without directly lifting it, which is why checking its weight by picking up a corner or pushing it lightly is a recommended practice. This method allows you to gauge whether the object is manageable and helps prevent injury caused by lifting something too heavy or awkward. By lightly pushing or lifting part of the object, you can determine its weight, balance, and size, which aids in deciding the best lifting techniques and whether help is needed. This cautious approach is crucial for maintaining safety in any lifting scenario, as it minimizes the risk of strains or accidents that can occur from improperly assessing the weight of an object. This practice emphasizes the importance of being mindful and prepared before undertaking any task that requires physical exertion, ensuring both safety and efficiency in handling objects.

**3. Under what condition is sweating most effective in cooling the body?**

**A. When humidity is high**

**B. When humidity is low**

**C. During exercise**

**D. When temperature is low**

Sweating is most effective in cooling the body when humidity is low. This is because low humidity allows sweat to evaporate more readily from the skin's surface. Evaporation is the key process that provides cooling; as sweat evaporates, it absorbs heat from the body, which helps to regulate body temperature. In high humidity conditions, the air is saturated with moisture, making it difficult for sweat to evaporate. This reduces the cooling effect of sweating, leading to potential overheating. While sweating during exercise does increase body temperature and the amount of sweat produced, the effectiveness of cooling through sweat relies heavily on the ambient humidity levels. Therefore, for optimal cooling through sweating, a low humidity environment is ideal. Cooler temperatures may also assist with overall comfort but do not enhance the evaporation process as significantly as low humidity does.

**4. At what noise level is hearing protection required for short periods of time?**

**A. 60 dB**

**B. 70 dB**

**C. 75 dB**

**D. 85 dB**

Hearing protection is required for short periods of time when noise levels reach 85 dB. This is the threshold established by various health and safety organizations, including the Occupational Safety and Health Administration (OSHA). Prolonged exposure to noise levels at or above this point can lead to hearing loss or other auditory problems. Understanding that 85 dB is generally considered the limit where damage can occur over time emphasizes the importance of protecting your hearing even during brief periods of exposure to such noise levels. In occupational settings, the implementation of hearing conservation programs often becomes necessary at this point to mitigate risks associated with excessive noise exposure. Other lower noise levels, such as 60 dB, 70 dB, and 75 dB, are typically not regarded as requiring hearing protection, as they are generally considered to be safe for human hearing over extended periods.

**5. What is the overall purpose of performing a pre-start inspection on lifts?**

- A. To comply with OSHA regulations**
- B. To ensure safety and functionality**
- C. To prepare for potential malfunctions**
- D. To meet company policy**

The primary purpose of performing a pre-start inspection on lifts is to ensure safety and functionality. This inspection helps identify any potential issues that could pose risks to operators, workers, or the equipment itself before operation begins. By checking for hydraulic leaks, proper fluid levels, tire condition, and other essential components, operators can confirm that the lift is in safe working order. This proactive measure is vital for preventing accidents and ensuring that the equipment operates smoothly, thereby contributing to a safer workplace environment. While compliance with OSHA regulations, preparation for potential malfunctions, and adherence to company policies are also important considerations, they serve more as frameworks or guidelines under which the pre-start inspection operates. The direct focus of the inspection itself is fundamentally about guaranteeing that the equipment is safe to use and fully functional for its intended tasks.

**6. What is the safe practice regarding the use of compressed air guns?**

- A. Always point them towards the ground**
- B. Point them at the target only**
- C. Aim them away from people**
- D. Use them freely**

Using compressed air guns safely is crucial to prevent accidents and injuries in the workplace. A key practice is to aim the gun away from people. This is important because compressed air can carry debris and particles at high speeds, which can cause serious injuries if directed toward someone. By ensuring that the air gun is aimed away from individuals and toward a safe area, the risk of harm is significantly reduced. In addition, while pointing the air gun at the target might seem reasonable, it does not account for the potential of ricochet or accidental misdirection, especially if someone inadvertently moves into the line of fire. Therefore, the emphasis on aiming away from people serves as a preventive measure against unforeseen circumstances. Regarding other practices mentioned, pointing compressed air guns towards the ground is not necessarily safe, as it might still direct debris towards someone's foot or other unintended targets. The option of using them freely lacks the necessary precautions and could lead to misuse or carelessness, increasing the risk of accidents. By focusing on aiming away from people, safety is prioritized, maintaining a secure environment while using compressed air tools.

**7. Which statement is true regarding proper body mechanics in the workplace?**

- A. Proper mechanics are only necessary for heavy items**
- B. Good body mechanics can prevent injuries**
- C. Healthy posture cannot be maintained over long periods**
- D. Using equipment eliminates the need for body mechanics**

Good body mechanics play a crucial role in preventing injuries, particularly in a workplace that involves physical activity. When an individual employs proper techniques while lifting, moving, or performing tasks, it significantly lowers the risk of strain and overexertion, which can lead to musculoskeletal injuries. This includes maintaining a stable base of support, bending at the knees rather than the waist, and keeping the load close to the body. The assertion about good body mechanics preventing injuries aligns with principles of ergonomics and safety in various environments, especially in settings involving manual labor or repetitive tasks where physical strain is common. Understanding and applying these principles can lead to a healthier workplace and improved efficiency. The other statements do not hold true in the same context. For example, proper mechanics are not only necessary when handling heavy items; they are important for all types of movements to ensure safety and reduce injury risk. Additionally, healthy posture can indeed be maintained over long periods through proper training and ergonomic practices. Lastly, while using equipment can aid in reducing the physical load on the body, it does not completely eliminate the need for proper body mechanics, as improper use of equipment can still lead to injury.

**8. What is the responsibility of employees regarding safety at the job site?**

- A. To ensure only their safety**
- B. To take personal responsibility for themselves and others**
- C. To ignore safety regulations**
- D. To delegate safety duties to supervisors**

Employees carry a significant responsibility for safety at the job site, which encompasses both personal accountability and consideration for the safety of their coworkers. This responsibility involves actively engaging in safety practices, being aware of potential hazards, and taking appropriate measures to mitigate risks. By prioritizing not only their own safety but also the safety of others, employees contribute to a safer work environment for everyone. This perspective encourages a culture of safety within the workplace, where team members are vigilant and supportive of one another, fostering an atmosphere where safety protocols are followed diligently. Recognizing the interconnectedness of their actions and the safety of their colleagues empowers employees to speak up, report unsafe conditions, and engage in safe work practices, ultimately minimizing the likelihood of accidents and injuries.



**9. How many job-related eye injuries occur on average every workday according to the Centers for Disease Control and Prevention?**

- A. 1,000**
- B. 2,000**
- C. 5,000**
- D. 10,000**

The statistic indicating that 2,000 job-related eye injuries occur on average every workday, according to the Centers for Disease Control and Prevention (CDC), underscores the significant risk that workers face in various environments. This figure reflects the critical need for employers to implement robust eye safety programs and ensure that employees are properly equipped with protective eyewear, particularly in settings where hazardous materials, machinery, or other risk factors are present. Understanding this statistic highlights the importance of workplace safety standards and the proactive measures that can be taken to mitigate such injuries. It serves as a reminder for organizations to prioritize eye protection training, assess potential hazards, and maintain a culture of safety that emphasizes the importance of using appropriate eye protection equipment. Such measures can significantly reduce the incidence of eye injuries and, consequently, improve overall workplace safety.

**10. How does the body primarily release heat?**

- A. By exhaling hot air**
- B. By varying blood circulation**
- C. Through skin evaporation**
- D. By sweating continuously**

The primary method by which the body releases heat is through varying blood circulation. Blood circulation plays a vital role in thermoregulation; when the body temperature rises, blood vessels near the surface of the skin dilate (a process called vasodilation). This increases blood flow to the skin, allowing heat to dissipate into the environment more effectively. By adjusting the amount of blood circulating near the skin's surface, the body can either release heat or retain it, depending on the external temperature and internal metabolic processes. While sweating and evaporation do contribute to heat loss, they are typically considered secondary mechanisms. Sweat evaporates from the skin, providing a cooling effect, but this process is dependent on the body's ability to regulate blood flow. Consequently, varying blood circulation is critical for overall heat management in the body.

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

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