

NEBOSH General Certificate in Occupational Health and Safety 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

- 1. What techniques are used to evaluate management system performance?**
 - A. Performance reviews**
 - B. Monitoring methods**
 - C. Employee surveys**
 - D. Compliance checks**
- 2. What is the potential consequence of unsafe work practices?**
 - A. Increased productivity**
 - B. Higher employee morale**
 - C. Risk of Injury**
 - D. Improved compliance with regulations**
- 3. What kind of issues can arise from poor workplace health and safety practices?**
 - A. Increased employee engagement**
 - B. Legal liabilities and accidents**
 - C. Higher productivity levels**
 - D. Enhanced company reputation**
- 4. What is a general duty of employees in the context of health and safety?**
 - A. To focus exclusively on productivity**
 - B. To act recklessly with equipment**
 - C. To act responsibly to protect themselves and others**
 - D. To avoid reporting unsafe conditions**
- 5. What does 'connivance' mean in the context of legal liability?**
 - A. Active participation in an offence**
 - B. Knowledge of an offence without action to prevent it**
 - C. Innocence of wrongdoing**
 - D. Failure to report minor infractions**

- 6. What term is used for the last date coverage under an insurance policy is valid?**
- A. Policy Renewal Date**
 - B. Policy Expiration Date**
 - C. Coverage End Date**
 - D. Insurance Termination Date**
- 7. What can workers do regarding consultation on safety measures?**
- A. Consult without disclosing secrets**
 - B. Consult only with upper management**
 - C. Consult only in emergencies**
 - D. Consult in written format only**
- 8. What do room dimensions in the workplace relate to?**
- A. Employee height requirements**
 - B. Space requirements for safe workplace layout**
 - C. Maximum occupancy limits**
 - D. Furniture arrangement standards**
- 9. What is one consequence of a breach of duty?**
- A. No legal action can be taken**
 - B. Claimant may suffer harm**
 - C. Duties are absolved**
 - D. Compensation is guaranteed**
- 10. What do audit scores help organizations do?**
- A. Evaluate employee performance.**
 - B. Set safety-related targets and objectives annually.**
 - C. Determine employee salary increases.**
 - D. Assess customer satisfaction levels.**

Answers

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

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Explanations

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1. What techniques are used to evaluate management system performance?

- A. Performance reviews**
- B. Monitoring methods**
- C. Employee surveys**
- D. Compliance checks**

Monitoring methods are essential for evaluating management system performance as they provide a systematic approach to collecting data about various aspects of the management system's effectiveness. These methods can include a combination of qualitative and quantitative measures that help assess whether the system is operating as intended and achieving its objectives. Through monitoring, organizations can track key performance indicators (KPIs), compliance with safety protocols, and adherence to health and safety standards. This ongoing process allows for real-time feedback, enabling timely interventions and adjustments to improve performance. The use of monitoring methods ensures that there is a solid framework in place to gather relevant information continuously, which is crucial for informed decision-making and enhancing the overall safety management system. In contrast, while performance reviews, employee surveys, and compliance checks can provide valuable insights, they are often more occasional assessments. Performance reviews might focus more on individual or departmental performance rather than the overall management system. Employee surveys can gauge perceptions but may not offer concrete data on system performance. Compliance checks, while necessary for regulatory adherence, do not necessarily provide a comprehensive view of the system's operational effectiveness. Hence, monitoring methods stand out as a critical technique in the systematic evaluation of management system performance.

2. What is the potential consequence of unsafe work practices?

- A. Increased productivity**
- B. Higher employee morale**
- C. Risk of Injury**
- D. Improved compliance with regulations**

Unsafe work practices can lead to a variety of negative outcomes, the most significant being the risk of injury. When safety protocols are not followed, the probability of accidents increases, which can result in serious injuries or even fatalities in the workplace. This risk extends not only to the individuals directly involved in unsafe practices but also to their colleagues and anyone else who may be in the vicinity. Promoting safe work practices is essential for creating a culture of safety and preventing accidents. Organizations that prioritize safety typically see a decrease in incidents and injuries, leading to a healthier work environment overall. This focus on safety also has broader implications for the business, such as reducing costs associated with worker's compensation claims, legal liability, and lost productivity due to accidents. Higher employee morale, improved compliance with regulations, and increased productivity are generally outcomes of a safe work environment rather than consequences of unsafe practices. When employees feel safe and believe their organization values their well-being, morale tends to improve, which can enhance overall productivity and compliance with safety regulations.

3. What kind of issues can arise from poor workplace health and safety practices?

- A. Increased employee engagement**
- B. Legal liabilities and accidents**
- C. Higher productivity levels**
- D. Enhanced company reputation**

Poor workplace health and safety practices can lead to significant legal liabilities and accidents, making this the most accurate choice. When health and safety protocols are not adequately followed, the likelihood of workplace incidents increases, which can result in injuries or fatalities among employees. This not only affects the individuals involved but also puts the organization at risk of facing legal consequences such as lawsuits, fines, and penalties imposed by regulatory bodies. Furthermore, an organization may suffer reputational damage if it is frequently associated with unsafe work conditions or incidents. This can lead to loss of trust among employees, clients, and the public, impacting the overall work environment and future business relationships. Thus, neglecting proper safety practices can create a toxic work atmosphere, undermining both employee morale and organizational effectiveness.

4. What is a general duty of employees in the context of health and safety?

- A. To focus exclusively on productivity**
- B. To act recklessly with equipment**
- C. To act responsibly to protect themselves and others**
- D. To avoid reporting unsafe conditions**

In the context of health and safety, a general duty of employees involves acting responsibly to protect themselves and others. This principle emphasizes that employees have a responsibility to conduct themselves in a manner that safeguards not only their own well-being but also that of their colleagues and any other individuals who may be affected by their actions at work. This includes adhering to safety protocols, using equipment properly, and following guidelines designed to prevent accidents and incidents. By taking ownership of their health and safety responsibilities, employees contribute to a safer workplace. This creates an environment where risks are minimized, and proactive measures are encouraged to maintain health and safety standards. A focus exclusively on productivity ignores the critical aspect of ensuring safety while working. Acting recklessly with equipment would lead to increased risks of accidents and injuries, which contradicts the essence of responsible behavior in the workplace. Avoiding the reporting of unsafe conditions undermines safety management practices and can lead to serious hazards remaining unaddressed. Therefore, the emphasis on responsible action aligns perfectly with the principles of workplace health and safety.

5. What does 'connivance' mean in the context of legal liability?

A. Active participation in an offence

B. Knowledge of an offence without action to prevent it

C. Innocence of wrongdoing

D. Failure to report minor infractions

In the context of legal liability, 'connivance' refers to the knowledge of an offence and the lack of action taken to prevent it. This concept suggests that an individual is aware of wrongful behavior but chooses to ignore it or allows it to continue, which can lead to legal accountability. It highlights a passive complicity where, by failing to act, an individual may be seen as indirectly supporting or enabling the offense. This principle is significant in law, especially when determining liability, as it holds individuals responsible not just for their direct actions, but also for their inaction in the face of wrongdoing. The other options represent different aspects of legal concepts but do not align with the precise definition of 'connivance.' Active participation in an offence implies direct engagement, which is a different matter entirely. Innocence of wrongdoing signifies a lack of involvement in any offence, which is contrary to the notion of having knowledge of, yet not acting against, the offence. Lastly, failure to report minor infractions does not capture the essence of connivance, which mainly revolves around awareness and the conscious decision to remain inactive in the face of wrongdoing.

6. What term is used for the last date coverage under an insurance policy is valid?

A. Policy Renewal Date

B. Policy Expiration Date

C. Coverage End Date

D. Insurance Termination Date

The appropriate term for the last date coverage under an insurance policy remains valid is the "Policy Expiration Date." This date signifies the end of the policy's active period, after which the insurer is no longer responsible for providing coverage for incidents or claims that occur. It is crucial for policyholders to be aware of this date to ensure that they maintain continuous coverage and do not lapse into an uninsured period. Understanding the importance of the expiration date can help policyholders plan for renewals or adjustments to their coverage. It serves as a critical reminder to review policy terms, assess ongoing needs, and adequately prepare for potential changes in coverage that might be required as circumstances evolve. The other terms, while related to insurance, refer to different aspects of the policy lifecycle. The renewal date typically indicates when a policy can be renewed, not the end of its coverage. Coverage end date implies a specific date set for some policies, but it is not a commonly used term and could cause confusion. Insurance termination date is more often used in the context of the policy being canceled before its normal expiration, which does not apply to the standard expiration of coverage.

7. What can workers do regarding consultation on safety measures?

- A. Consult without disclosing secrets**
- B. Consult only with upper management**
- C. Consult only in emergencies**
- D. Consult in written format only**

Workers have the right to consult on safety measures without the need to disclose any personal or sensitive information. Effective consultation encourages open communication between workers and management, allowing for the sharing of ideas and concerns regarding health and safety. This two-way interaction fosters a culture of safety, where employees feel empowered to voice their opinions and suggestions. Engaging workers in discussions about safety not only helps identify potential hazards but also promotes a sense of ownership over workplace safety processes. Creating an environment where consultation is encouraged enhances the effectiveness of safety measures and ensures compliance with occupational health and safety regulations. The other options limit the scope of consultation inappropriately. For instance, suggesting that consultation occurs only with upper management does not recognize the importance of input from all levels of the workforce. Restricting discussions to emergency situations undermines the proactive approach needed for effective safety management. Lastly, mandating that all consultations must be in written format discourages spontaneous and immediate communication, which can be crucial in addressing safety concerns promptly.

8. What do room dimensions in the workplace relate to?

- A. Employee height requirements**
- B. Space requirements for safe workplace layout**
- C. Maximum occupancy limits**
- D. Furniture arrangement standards**

Room dimensions in the workplace are crucial for establishing space requirements that facilitate a safe and efficient workplace layout. Adequate space allows for the proper organization of workstations, enables safe movement of employees, and helps prevent accidents by ensuring that pathways and emergency exits are clear. This consideration is particularly important in relation to the provision of safety equipment and the ability to respond to emergencies. When a workplace is designed with appropriate room dimensions in mind, it can significantly reduce the risk of hazards, enhance overall productivity, and support workers' wellbeing. For instance, crowded or poorly organized spaces can lead to increased stress and potential safety violations due to obstruction of access routes. In contrast, other options refer to specific aspects that do not directly address the implications of room dimensions on overall safety and efficiency. While maximum occupancy limits and furniture arrangements are certainly important considerations in workplace design, they do not encompass the broader implications of having suitable room dimensions, which align with safety and operational efficiency goals.

9. What is one consequence of a breach of duty?

- A. No legal action can be taken
- B. Claimant may suffer harm**
- C. Duties are absolved
- D. Compensation is guaranteed

A breach of duty occurs when an individual or organization fails to meet the standard of care that is expected in a particular situation, which can lead to various negative outcomes. When a breach of duty happens, one significant consequence is that the claimant—often an individual who has been affected by this breach—may suffer harm. This harm can manifest in various ways, including physical injury, psychological distress, or economic loss, depending on the context of the breach. In legal terms, to successfully claim damages due to a breach of duty, the claimant must generally show that the breach directly led to the harm they suffered. This concept is central to tort law, where proving the connection between the breach and the resultant harm is pivotal for establishing liability. While it is possible for no legal action to be taken or for compensation to be uncertain in certain circumstances, these do not directly address the immediate consequence of the breach in terms of actual harm to an individual. Similarly, the notion that duties are absolved contradicts the ongoing responsibilities that exist within the legal framework, particularly when a breach has indeed occurred. Guarantees of compensation are also not a universal truth, as damages can be contested or limited based on numerous factors. Hence, identifying that the claimant may suffer harm highlights the

10. What do audit scores help organizations do?

- A. Evaluate employee performance.
- B. Set safety-related targets and objectives annually.**
- C. Determine employee salary increases.
- D. Assess customer satisfaction levels.

Audit scores are instrumental for organizations in the process of setting safety-related targets and objectives on an annual basis. These scores provide a systematic measure of the organization's performance in compliance with occupational health and safety standards. By analyzing audit results, organizations can identify areas for improvement, strengths, and weaknesses in their safety practices. This data-driven approach allows organizations to establish specific, measurable goals aimed at enhancing safety performance over time. For example, if an audit reveals that a particular area, such as training compliance or incident reporting, is lacking, the organization can set targeted objectives to address these issues. This continuous improvement process helps foster a safer working environment and ensures that health and safety standards are not only met but also consistently improved upon. Setting safety-related targets and objectives based on audit scores aligns with the overall goal of enhancing organizational safety culture and performance, which is vital for reducing incidents and promoting employee well-being.

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://neboshohs.examzify.com>

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