

Occupational Health and Safety (OHS) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

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- 1. In small to medium size organizations, who should receive fire extinguisher training?**
 - A. all employees**
 - B. members of the JHSC**
 - C. employees who volunteer for training**
 - D. members of the organization's fire brigade (crew)**
- 2. What outcome is expected from conducting risk assessments in the workplace?**
 - A. Minimizing operational costs**
 - B. Identifying potential hazards and mitigating risks**
 - C. Evaluating employee performance**
 - D. Improving product quality**
- 3. What is an important factor in workplace wellness programs?**
 - A. Strict monitoring of employee hours**
 - B. Promotion of physical and mental health**
 - C. Regular equipment maintenance**
 - D. Increased payroll incentives**
- 4. What distinguishes a safety engineer from an occupational health nurse?**
 - A. A safety engineer focuses on design and aesthetics**
 - B. An occupational health nurse works exclusively with management**
 - C. A safety engineer focuses on engineering controls**
 - D. An occupational health nurse oversees financial audits**
- 5. What is the primary purpose of a Job Safety Analysis (JSA)?**
 - A. To evaluate employee performance**
 - B. To provide training on workplace safety**
 - C. To identify and mitigate risks associated with job tasks**
 - D. To implement employee wellness programs**

- 6. What is a risk assessment?**
- A. A method to train employees on safety practices**
 - B. A systematic process to identify and evaluate potential hazards and risks in the workplace**
 - C. A strategy to enforce workplace safety regulations**
 - D. A report to document workplace incidents**
- 7. Which of the following is a common psychological hazard in the workplace?**
- A. Excessive overtime**
 - B. Workplace stress or harassment**
 - C. Poor ventilation**
 - D. Noise pollution**
- 8. What are the three types of health and safety program interventions?**
- A. Engineering, psychological, and cultural**
 - B. Behavioural, cultural, and physical**
 - C. Engineering, administrative, and behavioural**
 - D. Psychological, behavioural, and physical**
- 9. Which of the following is a type of personal protective equipment?**
- A. Safety shoes**
 - B. Office furniture**
 - C. Company policy manuals**
 - D. Software programs**
- 10. Which of the following is NOT a component of Personal Protective Equipment?**
- A. Gloves**
 - B. Helmets**
 - C. Safety data sheets**
 - D. Respirators**

Answers

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

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Explanations

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1. In small to medium size organizations, who should receive fire extinguisher training?

- A. all employees**
- B. members of the JHSC**
- C. employees who volunteer for training**
- D. members of the organization's fire brigade (crew)**

All employees should receive fire extinguisher training in small to medium-sized organizations because fire safety is a critical aspect of workplace safety that affects everyone. Ensuring that every employee knows how to properly use a fire extinguisher can significantly enhance the safety of the workplace. In emergencies, immediate action can be crucial, and having a well-informed workforce can help mitigate the risks of fire incidents. Training all employees promotes a culture of safety and preparedness, enabling individuals to respond effectively to a fire emergency. This widespread training ensures that no matter who is present at a particular time, there are trained individuals who can act quickly and efficiently if a fire occurs. While members of the Joint Health and Safety Committee (JHSC), volunteers, or designated fire brigade members may also require specialized training, having all employees trained provides a more comprehensive safety net for the organization. By preparing everyone, the organization fosters a safer environment and enhances overall emergency response capabilities.

2. What outcome is expected from conducting risk assessments in the workplace?

- A. Minimizing operational costs**
- B. Identifying potential hazards and mitigating risks**
- C. Evaluating employee performance**
- D. Improving product quality**

Conducting risk assessments in the workplace primarily aims to identify potential hazards and mitigate risks associated with those hazards. This process involves systematically analyzing the various elements within the work environment, understanding how they can cause harm, and determining what measures can be implemented to reduce or eliminate those risks. By identifying potential hazards, organizations can take proactive steps to ensure the safety and health of their employees, thereby fostering a safer working environment. This can include implementing safety protocols, providing appropriate training, and utilizing personal protective equipment. The ultimate goal is to prevent workplace injuries and illnesses, ensuring both compliance with health and safety regulations and the well-being of workers. While minimizing operational costs, evaluating employee performance, and improving product quality are important business goals, they are not direct outcomes of risk assessments. Instead, effective risk assessments can indirectly contribute to these goals by creating a safer workplace that can lead to improved productivity and potentially reduced costs associated with workplace accidents.

3. What is an important factor in workplace wellness programs?

- A. Strict monitoring of employee hours**
- B. Promotion of physical and mental health**
- C. Regular equipment maintenance**
- D. Increased payroll incentives**

The promotion of physical and mental health is fundamentally important in workplace wellness programs because such initiatives are designed to support individuals in maintaining and improving their overall well-being. This encompasses not only physical health, through activities like exercise, nutrition, and health screenings but also mental health, which might involve stress management, mental health days, and resources for counseling or therapy. By focusing on both aspects, wellness programs can lead to enhanced employee morale, greater job satisfaction, reduced absenteeism, and increased productivity, creating a healthier work environment. Effective wellness programs recognize that the well-being of employees directly correlates to their performance and the overall success of the organization. By prioritizing holistic health, organizations facilitate a culture that values health, engagement, and support, fostering a more resilient workforce capable of handling the demands of their jobs.

4. What distinguishes a safety engineer from an occupational health nurse?

- A. A safety engineer focuses on design and aesthetics**
- B. An occupational health nurse works exclusively with management**
- C. A safety engineer focuses on engineering controls**
- D. An occupational health nurse oversees financial audits**

A safety engineer primarily focuses on identifying, analyzing, and controlling hazards in the workplace through engineering controls. This involves designing systems and processes that minimize the risk of accidents and injuries by integrating safety features into machinery, workspaces, and operational procedures. The goal of a safety engineer is to create safe working environments through the application of engineering principles, ensuring that safety measures are effectively incorporated into the design and function of work-related systems. In contrast, an occupational health nurse takes on a role that includes aspects of medical care, health education, and promotion of health in the workplace. They typically focus on ensuring employee health and well-being through health assessments, monitoring workplace exposures, and advocating for health policies. Their work is more related to medical and health management rather than the engineering focus necessary for a safety engineer. Other options do not accurately reflect the primary roles of either profession. A safety engineer does not specifically focus on design and aesthetics; rather, they are concerned with safety functionality. Similarly, an occupational health nurse's role is not confined to working exclusively with management, as they interact with employees directly to promote health. Lastly, overseeing financial audits is not relevant to the responsibilities of either a safety engineer or an occupational health nurse, as it pertains more to financial oversight rather than

5. What is the primary purpose of a Job Safety Analysis (JSA)?

- A. To evaluate employee performance**
- B. To provide training on workplace safety**
- C. To identify and mitigate risks associated with job tasks**
- D. To implement employee wellness programs**

The primary purpose of a Job Safety Analysis (JSA) is to identify and mitigate risks associated with job tasks. A JSA systematically breaks down specific tasks into their component steps, allowing safety professionals to identify potential hazards at each stage. By understanding these hazards, appropriate control measures can be developed to minimize or eliminate the risks before they lead to incidents or injuries. This proactive approach focuses on enhancing safety by assessing the work environment and the tools and techniques used, ultimately fostering a safer workplace. While evaluating employee performance, providing training on workplace safety, and implementing wellness programs are important aspects of occupational health and safety, they are not the primary focus of a JSA. JSA is specifically designed to ensure that the tasks performed are done safely and without harm, which is crucial in creating a culture of safety within an organization.

6. What is a risk assessment?

- A. A method to train employees on safety practices**
- B. A systematic process to identify and evaluate potential hazards and risks in the workplace**
- C. A strategy to enforce workplace safety regulations**
- D. A report to document workplace incidents**

A risk assessment is a systematic process designed to identify and evaluate potential hazards and risks present in the workplace. This process involves analyzing various aspects of the work environment, tasks, and equipment to determine what could cause harm and the likelihood of these hazards leading to incidents. The ultimate goal of a risk assessment is to provide a clear understanding of risks, so effective control measures can be implemented to minimize or eliminate exposure to these dangers. A thorough risk assessment helps organizations comply with safety regulations and improves workplace safety by proactively addressing issues before they result in incidents. Identifying and evaluating risks is pivotal in developing a culture of safety, enabling employers and employees to work together to create a secure work environment.

7. Which of the following is a common psychological hazard in the workplace?

- A. Excessive overtime**
- B. Workplace stress or harassment**
- C. Poor ventilation**
- D. Noise pollution**

The identification of workplace stress or harassment as a common psychological hazard is rooted in the significant impact that psychological factors have on employees' well-being and performance. Psychological hazards encompass anything that can cause mental or emotional harm to workers. Workplace stress often arises from various sources, such as heavy workloads, unrealistic expectations, and interpersonal conflicts, which can lead to anxiety, depression, and other mental health issues. Harassment, in any form—be it verbal, physical, or emotional—creates a toxic environment that can severely affect an employee's mental state, leading to decreased job satisfaction, reduced productivity, and even long-term psychological effects. Therefore, addressing workplace stress or harassment is essential for fostering a healthy work environment and promoting overall employee well-being. In contrast, options like excessive overtime, poor ventilation, and noise pollution primarily relate to physical health hazards. While excessive overtime can lead to stress, it is not exclusively categorized under psychological hazards unless it translates into stress or harassment. Poor ventilation and noise pollution are physical factors that can affect workers' comfort and health but do not necessarily address psychological aspects directly. Thus, workplace stress or harassment stands out as a critical psychological hazard requiring attention in Occupational Health and Safety practices.

8. What are the three types of health and safety program interventions?

- A. Engineering, psychological, and cultural**
- B. Behavioural, cultural, and physical**
- C. Engineering, administrative, and behavioural**
- D. Psychological, behavioural, and physical**

The designation of engineering, administrative, and behavioural as the three types of health and safety program interventions is based on a well-established framework within occupational health and safety practices. Engineering interventions focus on modifying the work environment and equipment to reduce risks. This can involve redesigning equipment, implementing safety features, or using engineering controls to eliminate hazards. By investing in these changes, organizations can create safer work conditions, which can effectively minimize the physical dangers present in the workplace. Administrative interventions involve establishing protocols, procedures, and policies that guide worker behavior and workplace practices. These might include training programs, work schedules that limit exposure to hazards, or maintenance schedules that ensure equipment is kept in safe working condition. Administrative controls are essential because they shape how employees interact with hazards on a day-to-day basis. Behavioural interventions are aimed at changing individual or group behavior to improve safety. This might involve training programs that emphasize safe practices, incentive systems for safe behavior, or coaching staff on how to respond safely to potential hazards. Encouraging a culture of safety where employees are engaged in personal responsibility plays a critical role in sustaining long-term safety improvements. This comprehensive approach combining engineering, administrative, and behavioural strategies contributes to a more robust health and safety program, effectively addressing both the physical and

9. Which of the following is a type of personal protective equipment?

- A. Safety shoes**
- B. Office furniture**
- C. Company policy manuals**
- D. Software programs**

Personal protective equipment (PPE) refers to specialized clothing or equipment worn by an individual for protection against specific hazards. Safety shoes are designed to protect the feet from injuries that may occur in various work environments, such as construction sites, warehouses, or industrial settings. They often feature reinforced toes, slip-resistant soles, and materials resistant to punctures or chemicals, helping to mitigate risks associated with falling objects, slips, or sharp debris on the ground. In contrast, office furniture, company policy manuals, and software programs do not provide physical protection against workplace hazards. Office furniture is meant for creating a comfortable work environment but does not protect against injury, while company policy manuals outline procedures and guidelines but do not serve as protective gear. Software programs may enhance productivity or ensure safe operations in the digital realm but do not provide any physical safety measures. Thus, safety shoes are the clear choice as a type of personal protective equipment.

10. Which of the following is NOT a component of Personal Protective Equipment?

- A. Gloves**
- B. Helmets**
- C. Safety data sheets**
- D. Respirators**

Personal Protective Equipment (PPE) is designed to protect workers from hazards that can cause injuries or illnesses. It comprises items worn to minimize exposure to various workplace hazards. The correct answer, which identifies a component that is not part of PPE, is safety data sheets. Safety data sheets (SDS) provide crucial information about chemicals used in the workplace, including their potential hazards, handling and storage requirements, and first-aid measures in case of exposure. While they are essential for ensuring safe practices around hazardous materials, they are not worn or used as protective gear. Conversely, gloves, helmets, and respirators are all integral parts of PPE. Gloves protect the hands from chemicals, cuts, and abrasions; helmets shield the head from impacts and falling objects; and respirators safeguard the respiratory system against harmful airborne substances. Each of these items serves a direct protective purpose in the workplace environment, aligning with the fundamental goals of PPE.