

# Occupational Health and Safety (OHS) 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,**

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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. 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!**

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## **Questions**

- 1. How can technology improve workplace safety?**
  - A. By increasing employee hours**
  - B. By enhancing communication and monitoring**
  - C. By reducing training requirements**
  - D. By simplifying payroll processes**
- 2. Which option best reflects the definition of a hazard?**
  - A. Condition that has the potential to cause injury**
  - B. Probability of harm actually occurring**
  - C. First unsafe act that starts the accident sequence**
  - D. Any work activities that can cause injury**
- 3. According to self-determination theory, which forms of extrinsic motivation lead to more self-directed efforts in safety?**
  - A. external and introjected**
  - B. introjected and identified**
  - C. identified and integrated**
  - D. integrated and external**
- 4. Which element is not typically included in an OHS training program?**
  - A. Instruction on emergency procedures.**
  - B. Promotion of healthy eating habits.**
  - C. Safety hazard recognition.**
  - D. Personal protective equipment training.**
- 5. What should employers provide to ensure safe working conditions?**
  - A. Personal protective equipment only**
  - B. Safety training and equipment**
  - C. Emergency contact numbers**
  - D. Regular breaks for employees**



- 6. What type of hazard does exposure to loud noise represent?**
- A. Chemical hazard**
  - B. Physical hazard**
  - C. Biological hazard**
  - D. Psychosocial hazard**
- 7. What is the purpose of employee safety suggestions programs?**
- A. To increase productivity through employee incentives**
  - B. To create mandatory safety training sessions**
  - C. To encourage workers to contribute ideas for improving workplace safety and to enhance engagement**
  - D. To enforce disciplinary actions against unsafe behaviors**
- 8. What is a key outcome of implementing ergonomics in the workplace?**
- A. Increased financial profit**
  - B. Reduction in employee turnover**
  - C. Improved employee comfort and productivity**
  - D. Better marketing strategies**
- 9. 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)**
- 10. If there is the opportunity to do so safely, what type of extinguisher should be used to fight an oil-based fire caused by sparks from the derailment?**
- A. water**
  - B. powder**
  - C. CO2, halon**
  - D. CO2, dry chemical**

## **Answers**

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

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## **Explanations**

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## 1. How can technology improve workplace safety?

- A. By increasing employee hours
- B. By enhancing communication and monitoring**
- C. By reducing training requirements
- D. By simplifying payroll processes

Technology significantly enhances workplace safety primarily through improving communication and monitoring systems. Enhanced communication can facilitate real-time dissemination of safety information, enable workers to report hazards immediately, and foster a culture of safety where employees feel empowered to share concerns without delay. Moreover, monitoring technologies, such as wearables or digital safety management systems, can track employee health and safety compliance, detect potentially hazardous conditions, and provide alerts in emergency situations. These technological tools allow for a proactive approach to managing workplace hazards, which can ultimately reduce the likelihood of accidents and injuries. In contrast, increasing employee hours may lead to fatigue and decreased attention to safety practices, while reducing training requirements can leave employees less prepared to identify and respond to hazards. Simplifying payroll processes, while beneficial for operational efficiency, does not directly contribute to safety improvements in the same manner that enhanced communication and monitoring do.

## 2. Which option best reflects the definition of a hazard?

- A. Condition that has the potential to cause injury**
- B. Probability of harm actually occurring
- C. First unsafe act that starts the accident sequence
- D. Any work activities that can cause injury

The definition of a hazard is best captured by the statement that it is a condition that has the potential to cause injury. A hazard identifies the inherent properties or situations that can lead to harm, making it fundamental to understand when assessing risks within the workplace. This understanding is crucial in the realm of Occupational Health and Safety, as it allows professionals to identify and mitigate potential risks before they result in injuries or accidents. In contrast, other options relate to different aspects of risk management. For example, the probability of harm actually occurring is more about the likelihood associated with a specific hazard rather than defining what a hazard itself is. The first unsafe act that starts the accident sequence is focused on the behaviors that lead to incidents, not on what constitutes a hazard. Lastly, discussing any work activities that can cause injury shifts the focus towards actions rather than the conditions or factors within those actions that represent hazards. Thus, option A aligns best with the correct definition of a hazard in the context of occupational safety.

**3. According to self-determination theory, which forms of extrinsic motivation lead to more self-directed efforts in safety?**

- A. external and introjected**
- B. introjected and identified**
- C. identified and integrated**
- D. integrated and external**

In the context of self-determination theory, identified and integrated forms of extrinsic motivation are recognized as more effective in fostering self-directed efforts, including safety practices. Identified motivation occurs when an individual values the importance of a behavior or outcome, leading them to adopt it willingly because they recognize its significance to their well-being or goals. This motivation can promote a genuine commitment to safety behaviors as individuals understand how these actions benefit not only their own well-being but also that of their colleagues and workplace. Integrated motivation takes this a step further: it is when the values that drive an individual's behavior are fully assimilated and aligned with their personal self-concept. In this case, safety becomes a core part of who the individual is, and thus, they engage in safe practices not just for compliance or external rewards but because it is an integral aspect of their identity. These forms of motivation encourage sustained engagement. When people recognize the value of safety and internalize these behaviors as part of their identity, they are more likely to self-initiate safe practices and adhere to safety protocols, even in the absence of external reinforcement. This leads to a culture of safety that supports well-being and performance in the workplace.

**4. Which element is not typically included in an OHS training program?**

- A. Instruction on emergency procedures.**
- B. Promotion of healthy eating habits.**
- C. Safety hazard recognition.**
- D. Personal protective equipment training.**

In an OHS training program, the focus is primarily on elements that directly impact workplace safety and health. This includes topics such as instruction on emergency procedures, safety hazard recognition, and personal protective equipment training, all of which are fundamental to ensuring that employees can operate safely and respond effectively in hazardous situations. The promotion of healthy eating habits, while beneficial for overall employee well-being, does not typically fall under the purview of OHS training programs. These programs are designed to address specific workplace hazards and safety protocols rather than broader lifestyle or health promotion topics. Therefore, while healthy eating is important, it is not a core component of the training aimed specifically at ensuring safety and health in the work environment.

**5. What should employers provide to ensure safe working conditions?**

- A. Personal protective equipment only**
- B. Safety training and equipment**
- C. Emergency contact numbers**
- D. Regular breaks for employees**

Employers have a responsibility to ensure a safe working environment that goes beyond just providing personal protective equipment. Safety training and equipment together form a comprehensive approach to occupational safety. Safety training is essential because it equips employees with the knowledge and skills to recognize hazards, understand safety procedures, and respond appropriately in emergencies. This training helps prevent accidents and injuries by fostering a culture of safety awareness among workers. Alongside training, providing appropriate safety equipment is crucial. This equipment can include gloves, helmets, goggles, or other protective gear appropriate for specific job hazards. The right equipment significantly reduces the risk of injury in various work scenarios. Together, safety training and equipment create a well-rounded safety program that empowers employees to work safely and effectively, minimizing risk and promoting health within the workplace. This combination is vital in adhering to Occupational Health and Safety regulations, which require both education and protective measures to safeguard workers' health.

**6. What type of hazard does exposure to loud noise represent?**

- A. Chemical hazard**
- B. Physical hazard**
- C. Biological hazard**
- D. Psychosocial hazard**

Exposure to loud noise is classified as a physical hazard. Physical hazards are typically related to the environmental conditions that can cause harm to a worker. In this case, loud noise can lead to various health issues, primarily hearing loss, as well as increased levels of stress and a decreased ability to communicate effectively on the job. Unlike chemical hazards which involve exposure to substances that can cause harm through inhalation, ingestion, or skin contact, or biological hazards that relate to exposure to organisms like bacteria or viruses, physical hazards directly affect the body's physical state through environmental factors. Furthermore, psychosocial hazards pertain more to workplace stress, workplace relationships, or issues related to mental health that are not inherently physical in nature. Thus, identifying noise as a physical hazard underscores the direct nature of its impact on workers' health and safety.

- 7. What is the purpose of employee safety suggestions programs?**
- A. To increase productivity through employee incentives**
  - B. To create mandatory safety training sessions**
  - C. To encourage workers to contribute ideas for improving workplace safety and to enhance engagement**
  - D. To enforce disciplinary actions against unsafe behaviors**

The purpose of employee safety suggestions programs is primarily to foster an environment where workers feel empowered to share their insights and ideas about improving workplace safety. These programs are designed to enhance employee engagement by actively involving them in safety management processes. When employees contribute suggestions, it not only leads to innovative solutions for potential hazards but also helps to build a culture of safety within an organization. Engaged employees tend to have a better understanding of safety risks and are more likely to follow safety protocols, resulting in an overall safer work environment. While increasing productivity, creating mandatory training sessions, and enforcing disciplinary actions are all relevant components of workplace safety, they do not encapsulate the central aim of suggestion programs. These programs focus specifically on encouraging open communication and collaboration regarding safety, enabling a proactive approach to hazard identification and risk management.

- 8. What is a key outcome of implementing ergonomics in the workplace?**
- A. Increased financial profit**
  - B. Reduction in employee turnover**
  - C. Improved employee comfort and productivity**
  - D. Better marketing strategies**

Implementing ergonomics in the workplace is fundamentally about designing tasks, workspaces, and tools to fit the needs of employees better. The key outcome is improved employee comfort and productivity. When ergonomics are prioritized, employees experience less physical strain and discomfort, which translates to enhanced well-being and job satisfaction. By minimizing the risk of musculoskeletal disorders and fatigue, ergonomics contribute to creating a safe and healthy work environment. This not only leads to improved comfort but also boosts productivity, as employees can perform their tasks more efficiently without being hindered by discomfort or injury. Consequently, organizations benefit from a more engaged workforce as employees can focus on their responsibilities without the distractions associated with physical discomfort. While factors like financial profit and employee turnover may be impacted indirectly by ergonomic improvements, they are not the primary focus of ergonomic interventions. Better marketing strategies are unrelated to ergonomics, illustrating that implementing ergonomic practices serves the specific goals of enhancing comfort and productivity in the workplace.



**9. 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.

**10. If there is the opportunity to do so safely, what type of extinguisher should be used to fight an oil-based fire caused by sparks from the derailment?**

- A. water**
- B. powder**
- C. CO2, halon**
- D. CO2, dry chemical**

The appropriate choice for extinguishing an oil-based fire, especially one that may be exacerbated by sparks from a derailment, is indeed CO2 or dry chemical extinguishers. These types of extinguishers are specifically designed to combat flammable liquids, such as oils, by cutting off the oxygen supply and thereby smothering the flames. CO2 extinguishers work by displacing oxygen around the fire, which is crucial since most fires need oxygen to sustain combustion. They do not leave any residue, making them a good choice for fighting fires involving flammable liquids, and are also effective in enclosed spaces where electrical equipment might be present. Dry chemical extinguishers, on the other hand, utilize a powder that interrupts the chemical reaction of the fire, effectively extinguishing the flames. They are particularly versatile and can handle various types of fires, including those fueled by flammable liquids. In contrast, using water on an oil-based fire can be extremely hazardous, as water can cause the oil to spread and worsen the fire instead of extinguishing it. Therefore, having CO2 or dry chemical extinguishers readily available is crucial for ensuring safety in a situation involving oil fires caused by sparks or other ignition sources.

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

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