

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

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 should be included in an incident report?**
 - A. Only the identity of the involved parties**
 - B. Details about the incident, such as what happened, when, where, who was involved, and the actions taken**
 - C. A summary of the work environment**
 - D. Recommendations for future incidents**

- 2. Hazard evaluation belongs in what stage of the crisis management process?**
 - A. learning**
 - B. preparation**
 - C. signal detection**
 - D. damage containment**

- 3. What element of organization analysis is most related to positive training outcomes?**
 - A. organizational support for training interventions**
 - B. the organization's resources, strategy, and environment**
 - C. identification of health and safety areas needing improvement**
 - D. a shared perception of safety importance**

- 4. What was the primary purpose of creating Grant's law?**
 - A. To reduce the risk for taxi drivers**
 - B. To reduce the potential of violence in health care**
 - C. To reduce the risk of violence for gas station attendants**
 - D. To raise awareness of workplace violence for social workers**

- 5. What is the significance of accident reporting in occupational health and safety?**
 - A. To create a financial report for the company**
 - B. To analyze incidents and prevent future occurrences**
 - C. To assign blame for workplace incidents**
 - D. To document employee attendance**

- 6. How does workplace culture influence OHS?**
- A. A positive safety culture encourages compliance with safety practices and prioritizes employee well-being.**
 - B. A negative safety culture leads to increased accidents and noncompliance with safety regulations.**
 - C. Workplace culture has no effect on employee safety.**
 - D. Workplace culture only affects employee morale, not safety practices.**
- 7. In the context of workplace safety, which of these represents a primary precaution against violence?**
- A. Training employees on de-escalation tactics**
 - B. Providing financial incentives for reporting incidents**
 - C. Encouraging open communication with management**
 - D. Utilizing surveillance cameras exclusively**
- 8. What role do government guidelines play in workplace safety?**
- A. They allow flexibility in safety standards**
 - B. They create market competition among employers**
 - C. They establish standards and regulations**
 - D. They define the limits of employee responsibilities**
- 9. Which type of training is crucial for employees to minimize the risk of violence?**
- A. Conflict resolution training**
 - B. Time management training**
 - C. Financial literacy training**
 - D. Technical skills training**
- 10. What label must be on any compressed gas cylinder brought to a Sobeys store by an outside service technician who is fixing one or more of their refrigerated/freezer units?**
- A. a workplace label with a black and white border**
 - B. a supplier label with a red and white border**
 - C. a manufacturer label with a blue and white border**
 - D. a supplier label with a black and white border**

Answers

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

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Explanations

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1. What should be included in an incident report?

- A. Only the identity of the involved parties
- B. Details about the incident, such as what happened, when, where, who was involved, and the actions taken**
- C. A summary of the work environment
- D. Recommendations for future incidents

The inclusion of details about the incident in an incident report is crucial because it provides a comprehensive understanding of the circumstances surrounding the event. When documenting what happened, when and where it occurred, who was involved, and the actions taken, the report can serve multiple purposes. First, a thorough account helps organizations to analyze the incident effectively, identifying causes and contributing factors. This analysis is essential for preventing similar incidents in the future. The report also serves as a legal document, ensuring that all relevant information is captured in case of inquiries or legal actions. Furthermore, detailing the response actions taken allows for evaluating the effectiveness of the immediate response and any emergency procedures that were implemented. This feedback can lead to improved protocols and training for employees. In summary, a well-rounded incident report that includes specific details about the incident is pivotal for accountability, prevention, and continuous improvement in occupational health and safety practices.

2. Hazard evaluation belongs in what stage of the crisis management process?

- A. learning
- B. preparation
- C. signal detection**
- D. damage containment

Hazard evaluation is a critical component of the crisis management process, particularly in the signal detection stage. This stage involves recognizing potential threats and assessing risks before they escalate into actual crises. By evaluating hazards, organizations can identify vulnerabilities and determine the likelihood of specific dangers occurring. This proactive assessment allows for the early detection of signals that indicate the onset of a crisis, enabling timely interventions and the implementation of preventive measures. Through effective hazard evaluation during the signal detection phase, organizations can formulate strategies that mitigate risks, enhance safety protocols, and prepare for possible emergencies. This stage lays the groundwork for ongoing monitoring and response strategies, making it essential for an effective crisis management plan.

3. What element of organization analysis is most related to positive training outcomes?

- A. organizational support for training interventions**
- B. the organization's resources, strategy, and environment**
- C. identification of health and safety areas needing improvement**
- D. a shared perception of safety importance**

The relationship between organizational support for training interventions and positive training outcomes is significant. When an organization demonstrates strong support for training, it emphasizes its commitment to employee development and safety, which can greatly enhance the effectiveness of training programs. This support can take many forms, such as providing adequate resources, time, and motivation for employees to engage in training. When employees feel that their organization values the training and believes in its importance, they are more likely to engage actively in the learning process, retain the information, and apply it in their day-to-day activities. This environment encourages employees to take the training seriously and fosters a culture of safety, ultimately leading to improved performance and health outcomes. While other elements, such as organizational resources, the strategy, and the shared perception of safety importance, play roles in the broader context of training, the specific and direct link between organizational support for training interventions and training outcomes is where the most significant impact lies.

4. What was the primary purpose of creating Grant's law?

- A. To reduce the risk for taxi drivers**
- B. To reduce the potential of violence in health care**
- C. To reduce the risk of violence for gas station attendants**
- D. To raise awareness of workplace violence for social workers**

The primary purpose of creating Grant's law was indeed to reduce the risk of violence for gas station attendants. This law was named after a specific incident involving a gas station attendant who was violently attacked while working. Recognizing the vulnerability of workers in certain occupations, the law aimed to provide better protections and safety measures for gas station employees, who often encounter potentially violent situations due to factors such as working late hours or handling cash transactions. By focusing on their particular risks, Grant's law serves as a legislative step towards creating a safer work environment for these workers, allowing for more structured protocols and responses to violent incidents. The attention to gas station attendants highlights the unique challenges they face, prompting necessary actions to improve their occupational health and safety standards.

5. What is the significance of accident reporting in occupational health and safety?

- A. To create a financial report for the company
- B. To analyze incidents and prevent future occurrences**
- C. To assign blame for workplace incidents
- D. To document employee attendance

The significance of accident reporting in occupational health and safety primarily lies in its role in analyzing incidents and preventing future occurrences. When accidents are reported systematically, organizations can gather data on the causes, patterns, and contributing factors of workplace incidents. This analysis enables safety professionals to identify trends and underlying issues within the work environment. Ultimately, the goal is to improve safety protocols and implement preventive measures, thereby enhancing the overall health and safety of the workplace. By assessing the details of each incident, organizations can learn lessons that lead to modifications in policies, training, or operational procedures, all aimed at reducing the likelihood of similar accidents happening again in the future. This proactive approach not only protects employees but also can lead to a more efficient, productive work environment.

6. How does workplace culture influence OHS?

- A. A positive safety culture encourages compliance with safety practices and prioritizes employee well-being.**
- B. A negative safety culture leads to increased accidents and noncompliance with safety regulations.
- C. Workplace culture has no effect on employee safety.
- D. Workplace culture only affects employee morale, not safety practices.

A positive safety culture is fundamentally linked to improved outcomes in Occupational Health and Safety (OHS) because it actively promotes and nurtures an environment where safety is valued and prioritized. In such a culture, employees feel supported to adhere to safety practices, which directly impacts their behavior when it comes to following protocols, using protective equipment, and participating in safety training. When the organization fosters this culture, it helps instill a sense of shared responsibility for safety among all employees, leading to more proactive identification and reporting of hazards. A robust safety culture also encourages open communication about safety concerns, allowing employees at all levels to engage proactively with safety practices and contribute to the overall safety management system. This collaborative approach not only boosts compliance with safety regulations but also enhances employee well-being, as workers feel more empowered and responsible for their own safety as well as that of their colleagues. In contrast, environments lacking a positive safety culture can significantly hinder safety efforts, as employees may not prioritize safety or may even feel discouraged from reporting unsafe conditions, leading to higher rates of accidents and potential violations of safety regulations. Thus, the positive influence of workplace culture on OHS practices is integral and cannot be overstated.

7. In the context of workplace safety, which of these represents a primary precaution against violence?

- A. Training employees on de-escalation tactics**
- B. Providing financial incentives for reporting incidents**
- C. Encouraging open communication with management**
- D. Utilizing surveillance cameras exclusively**

Training employees on de-escalation tactics is a primary precaution against workplace violence because it equips individuals with the skills to manage conflicts and reduce the likelihood of situations escalating into violence. De-escalation tactics involve communication strategies and behavioral techniques that can calm an agitated individual and defuse potentially dangerous situations before they spiral out of control. This proactive approach ensures that employees are prepared to handle confrontations safely and effectively. It fosters a safer work environment as employees become more aware of their surroundings, recognize early signs of aggression, and apply techniques to peacefully resolve conflicts. By investing in training that emphasizes these skills, organizations proactively protect their workforce from the risks associated with violent occurrences. In contrast, providing financial incentives for reporting incidents could encourage reporting but does not directly prevent violent behavior. Encouraging open communication with management supports a positive work culture but may not specifically address violence prevention techniques. Utilizing surveillance cameras is a reactive measure that may help monitor or investigate incidents but does not actively equip employees to handle potentially violent situations as effectively as de-escalation training does.

8. What role do government guidelines play in workplace safety?

- A. They allow flexibility in safety standards**
- B. They create market competition among employers**
- C. They establish standards and regulations**
- D. They define the limits of employee responsibilities**

Government guidelines play a crucial role in workplace safety by establishing standards and regulations that organizations must adhere to in order to protect their employees. These guidelines provide a framework for identifying hazards, implementing safety measures, and ensuring proper protocols are followed to minimize risks. By creating specific standards, government agencies aim to ensure uniformity across industries, helping organizations maintain a baseline level of health and safety for all workers. This not only fosters a safer work environment but also encourages accountability, as companies can be held liable if they fail to meet these established regulations. Moreover, these guidelines often require regular reviews and updates to adapt to new health and safety challenges, further promoting continuous improvement in workplace safety. While flexibility in safety standards may be necessary in certain contexts, and competition among employers can drive improvements in safety culture, the primary purpose of government guidelines is to set clear expectations that protect workers. Defining employee responsibilities is also important, but it typically falls more under the purview of organizational policies rather than direct government regulation.

9. Which type of training is crucial for employees to minimize the risk of violence?

- A. Conflict resolution training**
- B. Time management training**
- C. Financial literacy training**
- D. Technical skills training**

Conflict resolution training is crucial for employees to minimize the risk of violence in the workplace. This type of training equips individuals with the skills necessary to handle disagreements and tense situations constructively. Employees learn techniques to communicate effectively, de-escalate potential conflicts, and find mutually acceptable solutions. By fostering a culture of open communication and understanding, the likelihood of confrontations escalating into violence is greatly reduced. In contrast, while time management, financial literacy, and technical skills training are valuable for enhancing productivity and job performance, they do not directly address interpersonal conflicts or the potential for violence in the workplace setting. Therefore, conflict resolution training stands out as the essential training needed to promote a safer work environment and reduce the risk of violent incidents.

10. What label must be on any compressed gas cylinder brought to a Sobeys store by an outside service technician who is fixing one or more of their refrigerated/freezer units?

- A. a workplace label with a black and white border**
- B. a supplier label with a red and white border**
- C. a manufacturer label with a blue and white border**
- D. a supplier label with a black and white border**

The correct label that must be on any compressed gas cylinder brought to a Sobeys store by an outside service technician is a supplier label with a black and white border. This requirement aligns with the standards set for handling hazardous materials, particularly compressed gases. The supplier label serves as a crucial source of information about the gas contained within the cylinder, including its identity, hazards, handling precautions, and emergency measures. Supplier labels typically follow specific visual and informational criteria set by regulatory bodies to ensure that they clearly communicate the necessary safety information. The black and white border is a recognized feature that helps distinguish these labels from others, enhancing visibility and ensuring that employees can quickly identify the hazards associated with the gas. This is particularly important in a setting like a Sobeys store where food safety and employee safety are top priorities, as any mishandling of gases could lead to serious incidents. In contrast, workplace labels or manufacturer labels may not meet the specific safety standards required for compressed gases used in commercial settings. These labels might lack the necessary information or formatting to be compliant with local regulations on the safe management of hazardous materials, including compressed gases.

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://occupationalhealthsafety.examzify.com>

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

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