

OCCUPATIONAL HEALTH AND SAFETY (OHS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 is the importance of employee involvement in workplace safety?

- A. It reduces the need for training
- B. It helps in identifying personal safety practices
- C. It creates a sense of ownership and responsibility for safety
- D. It is legally required in all organizations

2. What is the purpose of first aid training in the workplace?

- A. To equip employees with the skills to respond effectively to medical emergencies
- B. To solely teach employees about workplace hazards
- C. To meet legal requirements only
- D. To improve employee overall job satisfaction

3. What does OSHA require for first aid kits in the workplace?

- A. They must be hidden from employees
- B. They must be accessible and stocked with necessary supplies
- C. They must be monitored by external agencies only
- D. They can contain expired supplies

4. What is a key indicator of a safe workplace environment?

- A. High employee turnover rate
- B. Low accident frequency and severity
- C. Minimal training opportunities
- D. Overtime work hours

5. Which of the following is considered an engineering control?

- A. Recognizing the source of the hazard
- B. Segregating the hazard in time and space
- C. Using personal protective equipment
- D. Contacting the Ministry of Labour after an incident

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. What basic model underlies most applications of behavioural programming in the workplace?

- A. Trigger Behaviour Reward
- B. Trigger Consequence Behaviour
- C. Antecedent Behaviour Consequence
- D. Antecedent Behaviour Reward

8. What does 'due diligence' imply for employers in terms of OHS?

- A. Strictly following safety regulations when checked
- B. Maintaining a reactive approach to accidents
- C. Proactively ensuring a safe working environment
- D. Prioritizing productivity over safety

9. What are common signs of chemical exposure?

- A. Headaches, dizziness, nausea, irritation of the skin or eyes.
- B. Increased productivity and alertness.
- C. All of the above symptoms.
- D. Improved physical stamina.

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

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Explanations

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1. What is the importance of employee involvement in workplace safety?

- A. It reduces the need for training
- B. It helps in identifying personal safety practices
- C. It creates a sense of ownership and responsibility for safety**
- D. It is legally required in all organizations

Employee involvement in workplace safety is crucial because it fosters a sense of ownership and responsibility among workers regarding their environment. When employees are actively engaged in safety practices, they are more likely to take initiative in identifying potential hazards, participating in safety trainings, and adhering to safety protocols. This involvement not only encourages a culture of safety but also empowers employees to contribute their knowledge and experience, leading to more effective safety strategies and policies. Moreover, when employees feel that their input is valued, they are more motivated to comply with safety regulations and can become advocates for maintaining a safe workplace. This collective responsibility enhances communication about safety concerns and promotes a proactive approach to mitigating risks, ultimately leading to a safer work environment for everyone. In contrast, other options do not fully encapsulate the broader implications of employee involvement in safety. While identifying personal safety practices is important, it does not address the collaborative aspect of safety culture. The reduction of training needs might seem beneficial, but it could undermine the essential awareness and skills needed to prioritize safety. Lastly, although legal requirements may mandate certain levels of employee involvement, the true value lies in the intrinsic motivation that comes from a shared commitment to safety, rather than compliance alone.

2. What is the purpose of first aid training in the workplace?

- A. To equip employees with the skills to respond effectively to medical emergencies**
- B. To solely teach employees about workplace hazards
- C. To meet legal requirements only
- D. To improve employee overall job satisfaction

The purpose of first aid training in the workplace is to equip employees with the skills to respond effectively to medical emergencies. This training aims to provide individuals with the knowledge and ability to assess a situation, provide immediate care, and stabilize an injured person until professional medical help arrives. Understanding the critical steps in first aid can significantly impact the outcome of emergencies, potentially saving lives and preventing further injury. First aid training fosters a sense of responsibility and readiness among employees, allowing them to act confidently and swiftly in crisis situations. By developing this skill set, organizations not only enhance their emergency response capabilities but also promote a culture of safety and well-being within the workplace. The other options do not capture the primary objective of first aid training, which revolves around emergency readiness rather than solely addressing workplace hazards, fulfilling legal obligations, or directly influencing job satisfaction.

3. What does OSHA require for first aid kits in the workplace?

- A. They must be hidden from employees
- B. They must be accessible and stocked with necessary supplies**
- C. They must be monitored by external agencies only
- D. They can contain expired supplies

OSHA requires that first aid kits in the workplace be accessible and stocked with necessary supplies to ensure that employees have prompt access to basic medical care in case of workplace injuries or emergencies. Accessibility means that the kits should be located in areas that are easy for employees to reach, and they should be clearly marked. Having the right supplies in the kit is essential to address common workplace injuries effectively. The OSHA standard emphasizes that the contents of first aid kits should include items such as bandages, antiseptics, and other medical supplies relevant to the specific risks of the workplace. This requirement underscores the importance of preparedness and safety in the workplace, as it enables quick response actions that can reduce the severity of injuries and potentially save lives. In contrast, options suggesting that kits must be hidden, monitored only by external agencies, or contain expired supplies do not align with OSHA's focus on employee safety and immediate access to first aid resources.

4. What is a key indicator of a safe workplace environment?

- A. High employee turnover rate
- B. Low accident frequency and severity**
- C. Minimal training opportunities
- D. Overtime work hours

A key indicator of a safe workplace environment is the low accident frequency and severity. This reflects the effectiveness of the organization's safety protocols, risk assessment processes, and overall commitment to managing workplace hazards. When accidents are infrequent and less severe, it indicates that employees are less likely to experience injuries, which is a direct measure of workplace safety. A low incidence of accidents suggests that the organization provides appropriate safety training, maintains equipment properly, enforces safety regulations, and fosters a culture of safety awareness among employees. This vigilant approach not only protects employees' health and well-being but also contributes to improved morale, productivity, and compliance with Occupational Health and Safety regulations. In contrast, aspects such as high employee turnover, minimal training opportunities, and overtime work hours may serve as indicators of potential problems in the workplace but do not directly correlate with safety outcomes. High turnover can point to dissatisfaction or safety concerns, and a lack of training could lead to increased risk. Similarly, excessive overtime may lead to fatigue and reduced attention to safety practices, ultimately impacting workplace safety negatively.

5. Which of the following is considered an engineering control?

- A. Recognizing the source of the hazard
- B. Segregating the hazard in time and space**
- C. Using personal protective equipment
- D. Contacting the Ministry of Labour after an incident

The choice of segregation of the hazard in time and space as an engineering control is well-grounded in the principles of Occupational Health and Safety. Engineering controls involve modifying the workplace or changing the physical environment to reduce or eliminate exposure to hazards. By segregating the hazard, either by limiting the time that workers are exposed to it or by creating a physical barrier to keep workers separate from the hazard, the risk of injury or illness is significantly reduced. This method focuses on minimizing exposure at its source rather than relying solely on worker behavior or personal protective equipment. In contrast, recognizing the source of the hazard is related to hazard identification but does not directly address how to mitigate the risk it poses. Using personal protective equipment is often considered an administrative control since it relies on the individual worker to use the equipment appropriately. Contacting the Ministry of Labour after an incident pertains to regulatory compliance and incident reporting rather than a proactive measure to control hazards through engineering solutions.

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. What basic model underlies most applications of behavioural programming in the workplace?

- A. Trigger Behaviour Reward
- B. Trigger Consequence Behaviour
- C. Antecedent Behaviour Consequence**
- D. Antecedent Behaviour Reward

The model that underlies most applications of behavioral programming in the workplace is based on the principles of antecedent, behavior, and consequence, often referred to as the ABC model. In this context, the "antecedent" refers to the events or stimuli that occur before a certain behavior is elicited. These can be conditions or cues that prompt an individual to act in a particular way. The "behavior" is the actual action taken by the individual in response to the antecedents. Finally, the "consequence" represents the outcomes that follow the behavior, which can either reinforce or punish that behavior. This model is foundational in understanding and modifying employee behavior in the workplace because it emphasizes how antecedents can be controlled or modified to encourage certain behaviors, and how consequences can be utilized to reinforce desirable behaviors. By systematically analyzing these components, organizations can develop effective strategies for improving safety and productivity, ultimately leading to a healthier and more efficient work environment. Other potential models might include variations that focus solely on rewards or consequences, but they do not capture the complete cycle of behavioral analysis as effectively as the ABC framework does. Understanding this full cycle allows employers and OHS practitioners to create interventions that are more comprehensive and impactful.

8. What does 'due diligence' imply for employers in terms of OHS?

- A. Strictly following safety regulations when checked
- B. Maintaining a reactive approach to accidents
- C. Proactively ensuring a safe working environment**
- D. Prioritizing productivity over safety

Choosing proactive measures to ensure a safe working environment aligns perfectly with the concept of 'due diligence' in Occupational Health and Safety (OHS). Employers have a legal and moral responsibility to create and maintain a workplace that prioritizes the health and safety of their employees. This means going beyond merely complying with safety regulations; it involves actively assessing risks, implementing effective safety policies, providing training, and fostering a culture of safety that encourages employees to engage in safe practices. By effectively demonstrating due diligence, employers can prevent accidents and injuries, thus safeguarding their workers and potentially reducing legal liabilities. This proactive approach not only supports compliance with regulatory requirements but also enhances organizational reputation and employee morale, creating a healthier workplace.

9. What are common signs of chemical exposure?

- A. Headaches, dizziness, nausea, irritation of the skin or eyes.
- B. Increased productivity and alertness.
- C. All of the above symptoms.
- D. Improved physical stamina.

The common signs of chemical exposure typically include headaches, dizziness, nausea, and irritation of the skin or eyes. These symptoms are indicative of how the body reacts to harmful chemical agents and highlight the potential adverse effects on physical and mental health. Headaches and dizziness can occur due to the impact of toxins affecting the central nervous system or causing a lack of oxygen to the brain. Nausea often indicates that the digestive system has been affected by the chemical, suggesting possible ingestion or inhalation of a harmful substance. Skin and eye irritation indicates direct contact with hazardous chemicals, which can lead to more severe health issues if exposure continues without intervention. In contrast, increased productivity and alertness, as well as improved physical stamina, do not align with the expected reactions to chemical exposure, as these outcomes are generally associated with a healthy environment rather than harmful exposures. Recognizing the signs of chemical exposure is vital for initiating appropriate safety measures and medical interventions to safeguard health and well-being.

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.

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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