

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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. Why is a safety culture significant in an organization?

- A. It increases productivity and reduces costs
- B. It promotes safety awareness and encourages individual responsibility
- C. It satisfies insurance requirements
- D. It avoids legal liabilities

2. What defines a workplace exposure limit?

- A. The minimum amount of exposure to chemicals
- B. The maximum concentration of a substance a worker can be exposed to
- C. The duration for which a worker can be employed
- D. The frequency of exposure to hazardous materials

3. Which of the following is a key characteristic of a safe workplace?

- A. High employee turnover
- B. Lack of communication about risks
- C. Regular safety drills and training
- D. Strict enforcement of punitive measures

4. What kind of violence does Type II typically refer to?

- A. Violence by clients, patients, or customers
- B. Violence that involves theft or robbery
- C. Violence from coworkers
- D. Violence due to unsafe working conditions

5. In the multi-tasking world that we live in today, why is goal setting even more important than ever?

- A. It makes us persist with a task
- B. It directs our attention to a specific task
- C. It helps us mobilize our efforts to achieve a task
- D. It helps to find new strategies to overcome obstacles

6. What is the role of an OHS officer?

- A. To provide first aid services in the workplace
- B. To monitor compliance and provide safety guidance
- C. To manage employee scheduling
- D. To oversee financial aspects of health programs

- 7. Which of the following is a sign of potential ergonomic issues in the workplace?**
- A. Bright lighting
 - B. Worker fatigue and discomfort
 - C. Free-flowing communication
 - D. Well-maintained equipment
- 8. How frequently should workplace health and safety policies be reviewed?**
- A. Every five years
 - B. Only when an accident occurs
 - C. Regularly, at least annually or when changes occur
 - D. Biannually regardless of changes
- 9. What is the first overall occupational risk factor?**
- A. Working alone
 - B. Working with prisoners
 - C. Working with impaired clients
 - D. Working with the general public
- 10. In terms of OHS, what does the term 'compliance' refer to?**
- A. Meeting safety standards set by legislation and guidelines
 - B. Avoiding safety training
 - C. Only following procedures after an incident occurs
 - D. Implementing voluntary safety measures

Answers

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

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Explanations

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1. Why is a safety culture significant in an organization?

- A. It increases productivity and reduces costs
- B. It promotes safety awareness and encourages individual responsibility**
- C. It satisfies insurance requirements
- D. It avoids legal liabilities

A safety culture is significant in an organization because it promotes safety awareness and encourages individual responsibility among employees at all levels. When safety is integrated into the organizational culture, it becomes a core value that influences behavior, decision-making, and day-to-day operations. This shared understanding of the importance of safety leads to proactive identification and management of risks, helping to create a safer workplace. Employees who are aware of safety issues are more likely to engage in safe practices, report hazards, and participate in safety training. Furthermore, fostering a culture where individuals feel responsible for their own safety as well as the safety of their colleagues strengthens teamwork and leads to a collective commitment to maintaining and improving safety standards. This culture not only reinforces positive behaviors but also instills a sense of accountability, which is crucial for preventing accidents and injuries. While increased productivity, reduced costs, satisfying insurance requirements, and avoiding legal liabilities can be outcomes or benefits of a strong safety culture, they do not capture the fundamental role that a cohesive approach to safety plays in shaping behaviors and attitudes toward workplace safety. A vibrant safety culture is the foundation upon which all these other aspects can be developed and sustained.

2. What defines a workplace exposure limit?

- A. The minimum amount of exposure to chemicals
- B. The maximum concentration of a substance a worker can be exposed to**
- C. The duration for which a worker can be employed
- D. The frequency of exposure to hazardous materials

A workplace exposure limit is a crucial aspect of occupational health and safety, specifically regarding the health and safety of workers. It is defined as the maximum concentration of a substance allowed in the workplace air, indicating the highest level of exposure that is considered safe for employees over a specified period of time. This limit is established based on scientific research and assessments that evaluate the potential health risks associated with exposure to hazardous substances. Setting a maximum concentration ensures that workers are protected from harmful effects, including acute and chronic health conditions that could arise from exposure to high levels of harmful chemicals. Regulators and organizations typically use these limits to develop safety standards and guidelines to help ensure worker safety. Other choices do not accurately reflect the concept of workplace exposure limits. For instance, focusing on the minimum amount of exposure or the duration of employment does not address the protection of workers from hazardous conditions as effectively as the maximum concentration does. Similarly, stating the frequency of exposure does not define any limits but rather provides context around how often a worker might encounter a substance. Hence, the correct definition revolves around the maximum concentration that is deemed safe for worker exposure.

3. Which of the following is a key characteristic of a safe workplace?

- A. High employee turnover
- B. Lack of communication about risks
- C. Regular safety drills and training**
- D. Strict enforcement of punitive measures

Regular safety drills and training are essential components of a safe workplace because they ensure that employees are equipped with the knowledge and skills necessary to respond effectively to various hazards and emergency situations. By conducting these drills, organizations create an environment where safety practices are actively reinforced, ensuring that employees understand how to operate safely, utilize personal protective equipment correctly, and respond to emergencies, such as fires or hazardous material spills. Additionally, frequent training helps to keep safety protocols fresh in employees' minds and accommodates updates to safety regulations or technology as they arise. In this way, a culture of safety is promoted, leading to increased awareness and proactive measures among the workforce, ultimately reducing the likelihood of accidents and injuries. On the other hand, characteristics such as high employee turnover, lack of communication about risks, and strict enforcement of punitive measures do not contribute positively to workplace safety. High turnover often leads to a loss of experienced workers, which can create a less knowledgeable workforce regarding safety procedures. A lack of communication about risks prevents workers from being aware of potential dangers, thereby increasing the likelihood of accidents. Lastly, while enforcement measures can be necessary, focusing solely on punitive actions without fostering open communication and understanding can create a culture of fear rather than one of safety and collaboration.

4. What kind of violence does Type II typically refer to?

- A. Violence by clients, patients, or customers**
- B. Violence that involves theft or robbery
- C. Violence from coworkers
- D. Violence due to unsafe working conditions

Type II violence specifically refers to incidents where individuals such as clients, patients, or customers exert violent behavior towards employees in various service settings. This form of violence is particularly prevalent in environments like healthcare facilities, retail spaces, or any service-oriented industry where employees interact directly with the public. Understanding Type II violence is crucial for organizations as it helps in formulating preventive measures, training, and policies that ensure the safety of employees engaging with potentially volatile clients. The focus on this type of violence underscores the need for organizations to recognize the unique risks posed by interpersonal interactions in their services, as these situations can quickly escalate into aggression, potentially harming the employees. This understanding is vital for fostering a safer workplace where employees can perform their duties without the fear of violence from the individuals they are serving.

5. In the multi-tasking world that we live in today, why is goal setting even more important than ever?

- A. It makes us persist with a task
- B. It directs our attention to a specific task**
- C. It helps us mobilize our efforts to achieve a task
- D. It helps to find new strategies to overcome obstacles

Goal setting plays a crucial role in today's multi-tasking environment primarily because it directs our attention to a specific task. In a landscape filled with numerous distractions and competing responsibilities, having well-defined goals helps individuals focus their efforts on what truly matters. By establishing clear objectives, people can streamline their decision-making processes, prioritize tasks effectively, and maintain their concentration on achieving those goals. This focus reduces the cognitive load often associated with multitasking, allowing for improved productivity and efficiency. Although persistence, mobilization of efforts, and strategy development in overcoming obstacles are also important aspects of goal setting, the primary impact of goal setting in a multi-tasking context is its ability to sharpen attention and guidance toward specific tasks. This focused approach is essential for effectively navigating the complexities of modern work environments, where the temptation to spread attention too thin can lead to diminished performance.

6. What is the role of an OHS officer?

- A. To provide first aid services in the workplace
- B. To monitor compliance and provide safety guidance**
- C. To manage employee scheduling
- D. To oversee financial aspects of health programs

The role of an OHS officer primarily centers around monitoring compliance with health and safety regulations and providing safety guidance to ensure a safe working environment. This involves conducting audits and inspections, identifying potential hazards, assessing risks, and implementing control measures to mitigate those hazards. OHS officers also play a crucial role in training and educating staff about safety practices and policies, thus fostering a culture of safety within the organization. While providing first aid services is indeed important in the workplace, it is typically not the primary responsibility of an OHS officer, as this function is often fulfilled by designated first aiders or medical personnel. Managing employee scheduling and overseeing financial aspects of health programs are also not within the typical scope of responsibilities for an OHS officer, as their focus is largely on health and safety compliance and guidance rather than administrative or financial management tasks.

7. Which of the following is a sign of potential ergonomic issues in the workplace?

- A. Bright lighting
- B. Worker fatigue and discomfort**
- C. Free-flowing communication
- D. Well-maintained equipment

Worker fatigue and discomfort are significant indicators of potential ergonomic issues in the workplace. Ergonomics is focused on designing work environments that fit the capabilities and limitations of workers. When employees experience fatigue or discomfort, it often implies that their workstation may not be appropriately adjusted to their physical needs, or the nature of their tasks may involve repetitive motions or improper posture. These symptoms can result from prolonged usage of equipment that does not support ergonomic principles, such as poor chair height, non-optimized desk setups, or excessive strain on certain muscle groups. Recognizing these signs is crucial for employers, as they can lead to more severe health issues over time, including musculoskeletal disorders (MSDs) if not addressed. By identifying fatigue and discomfort early, organizations can implement changes to improve workplace ergonomics, enhance employee well-being, and boost overall productivity.

8. How frequently should workplace health and safety policies be reviewed?

- A. Every five years
- B. Only when an accident occurs
- C. Regularly, at least annually or when changes occur**
- D. Biannually regardless of changes

Workplace health and safety policies should be reviewed regularly, at least annually, or whenever significant changes occur. This approach is essential for maintaining an effective safety program that adapts to evolving workplace conditions, regulatory updates, and emerging risks. Annual reviews ensure that the policies remain relevant and effective, allowing for the incorporation of new safety data, feedback from employees, and insights gathered from incident investigations. Furthermore, it provides an opportunity to update the policies in response to changes in legislation or organizational structure, such as the introduction of new equipment, changes in processes, or variations in workforce demographic. By focusing on regular reviews, organizations can foster a proactive safety culture that prioritizes the health and well-being of employees, thereby minimizing the risk of accidents and enhancing overall workplace safety. This proactive approach is far more effective than reactive measures triggered solely by incidents or following a fixed schedule without considering relevant changes.

9. What is the first overall occupational risk factor?

- A. Working alone
- B. Working with prisoners
- C. Working with impaired clients
- D. Working with the general public**

The designation of working with the general public as the first overall occupational risk factor reflects the broad range of potential hazards and stressors that employees may encounter in this context. Engaging with the general public often involves unpredictable interactions and a variety of working conditions that can expose employees to diverse risks, including verbal and physical confrontations, mental health pressures, and the challenges of managing customer expectations. When employees work directly with the public, they may face risks such as exposure to aggressive behavior, the potential for communicable diseases, and the necessity to quickly adapt to varying needs and confrontational people. These interactions can lead to not only physical safety concerns but also emotional and psychological stress. The other options, while presenting their own unique risks, are typically more specialized or situational. For instance, working alone might lead to safety risks concerning emergency response but does not encompass the wide-ranging interactions associated with the general public. Working with prisoners or impaired clients also involves specific risks that may not apply universally across all industries. Thus, working with the general public encapsulates a comprehensive set of risks that employees face in many job roles, making it a significant focus within occupational health and safety considerations.

10. In terms of OHS, what does the term 'compliance' refer to?

- A. Meeting safety standards set by legislation and guidelines**
- B. Avoiding safety training
- C. Only following procedures after an incident occurs
- D. Implementing voluntary safety measures

The term 'compliance' in the context of Occupational Health and Safety (OHS) specifically refers to meeting safety standards set by legislation and guidelines. This encompasses adhering to laws and regulations that are designed to protect the health and safety of workers in the workplace. Compliance ensures that organizations conduct their operations in a manner that minimizes risks and promotes a safe working environment. This involves not just following established laws but also understanding and implementing industry best practices and guidelines that may be mandated by regulatory bodies. Meeting these standards is crucial as it helps to avoid legal penalties, reduces the likelihood of workplace accidents, and fosters a culture of safety within the organization. The other options do not accurately reflect the full scope of compliance. For example, avoiding safety training goes against the principles of compliance, as training is often a key requirement to ensure that workers understand safety protocols. Similarly, only following procedures after an incident happens suggests a reactive approach rather than a proactive commitment to ongoing compliance with safety standards. Lastly, implementing voluntary safety measures could be part of a compliance strategy; however, it does not encapsulate the obligation to meet mandatory legal and regulatory standards. Thus, the comprehensive understanding of compliance in OHS fundamentally aligns with option A, emphasizing adherence to established safety standards.

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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