

OHST 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. What is the recommended distance for a tool rest from a bench grinder wheel?**
 - A. 1/2 inch
 - B. 1/4 inch
 - C. 1/8 inch
 - D. 1/16 inch
- 2. What is a safety representative?**
 - A. An employee designated to represent safety concerns among the staff
 - B. A manager responsible for facility maintenance
 - C. An external safety consultant
 - D. A union member assigned to oversee labor relations
- 3. In conducting a fire investigation, what is the primary aspect that needs to be determined?**
 - A. Fire ignition sequence
 - B. Response time
 - C. Number of deaths
 - D. Compliance with building codes
- 4. Which respiratory protection should be used for handling asbestos?**
 - A. Half mask respirator
 - B. Full face respirator
 - C. P100 respirator
 - D. Dust mask
- 5. Which of the following is an unacceptable method of protecting an employee from a radiant heat source?**
 - A. Reducing the temperature of the infrared source
 - B. Provide infrared shadows
 - C. Reflecting protective equipment
 - D. Increase ventilation

- 6. What is the purpose of a Job Safety Analysis (JSA)?**
- A. To conduct regular safety drills
 - B. To identify hazards and determine safe work procedures
 - C. To assess employee performance
 - D. To prepare accident reports
- 7. Define 'workplace hazards.'**
- A. Any conditions that could enhance productivity
 - B. Any condition or situation that could potentially harm employees
 - C. Only physical dangers in the environment
 - D. Aspects limited to equipment malfunction
- 8. What does the measure "one mm of mercury" represent?**
- A. A unit of temperature
 - B. A unit of pressure
 - C. A unit of distance
 - D. A unit of volume
- 9. What is considered the main component of Carpal tunnel syndrome?**
- A. Compression of the median nerve
 - B. Inflammation of the wrist muscles
 - C. Weakness in the fingers
 - D. Numbness in the forearm
- 10. What is the primary objective of advanced emergency management planning?**
- A. To create awareness among employees
 - B. To minimize waste and optimize resources
 - C. To prepare for and respond to disasters effectively
 - D. To comply with latest regulations

Answers

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

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Explanations

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1. What is the recommended distance for a tool rest from a bench grinder wheel?

- A. 1/2 inch
- B. 1/4 inch
- C. 1/8 inch**
- D. 1/16 inch

The recommended distance for a tool rest from a bench grinder wheel is 1/8 inch. This specific distance is critical for safety and efficiency during operation. When the tool rest is positioned too far from the wheel, it can lead to instability when grinding, making it difficult to control the tool and increasing the risk of accidents. Conversely, if the tool rest is positioned too close, there is a greater chance of the tool contacting the wheel, which can cause kickback or damage to both the tool and the grinder. The 1/8 inch distance strikes a balance, allowing the user to maintain proper control while minimizing the risk of the tool slipping or being damaged. It is also essential to regularly check and adjust the distance as the grinding wheel wears down over time, ensuring optimal safety and performance during use.

2. What is a safety representative?

- A. An employee designated to represent safety concerns among the staff**
- B. A manager responsible for facility maintenance
- C. An external safety consultant
- D. A union member assigned to oversee labor relations

A safety representative is defined as an employee designated to represent safety concerns among the staff. This role is crucial in promoting a safe working environment, as the safety representative serves as a communication link between employees and management regarding safety-related issues. They are tasked with identifying potential hazards, offering insights on safety practices, and voicing safety concerns to ensure that they are addressed effectively. The presence of a safety representative fosters a culture of safety and encourages employees to actively participate in safety discussions, contributing to an overall enhancement of workplace safety standards. This empowerment helps in identifying risks early and implementing preventative measures, ultimately making the workplace safer for everyone involved. In contrast, the other roles mentioned focus on different aspects of the workplace, such as facility maintenance, external consultancy, or labor relations, and do not specifically represent safety concerns within the employee community.

3. In conducting a fire investigation, what is the primary aspect that needs to be determined?

- A. Fire ignition sequence**
- B. Response time
- C. Number of deaths
- D. Compliance with building codes

Determining the fire ignition sequence is crucial in a fire investigation because it helps to identify the cause of the fire, understand how it developed, and establish whether it was accidental or intentional. The ignition sequence includes the elements that led to ignition, such as the source of heat, fuel, and oxygen, and their interactions. This information is essential for developing strategies to prevent future incidents and can also aid in legal proceedings if negligence or arson is suspected. While response time, number of deaths, and compliance with building codes are important factors in evaluating the incident, they do not address the fundamental question of how the fire started and progressed. Response time focuses more on the efficiency of firefighting efforts after the fire has started, the number of deaths is a tragic outcome that results from the fire but does not provide insight into its origin, and building code compliance may indicate structural fire safety but doesn't clarify the cause of the fire itself. Thus, the ignition sequence serves as the foundational element for a thorough and effective fire investigation.

4. Which respiratory protection should be used for handling asbestos?

- A. Half mask respirator
- B. Full face respirator
- C. P100 respirator**
- D. Dust mask

When handling asbestos, the use of a P100 respirator is crucial due to its high level of filtration efficiency. A P100 respirator can filter out at least 99.97% of airborne particles, which makes it particularly effective against hazardous substances like asbestos fibers. This type of respirator is specifically designed to provide superior protection in environments where there is a risk of inhaling harmful particulates. Asbestos is a known carcinogen, and even small amounts of exposure can pose significant health risks. The P100 designation indicates that it is capable of filtering particles that are much smaller than what other respirators can handle, thereby ensuring enhanced protection. This level of filtration is especially important in an asbestos-handling context, where fibers can be very fine and pose severe respiratory hazards. While other types of respirators, such as half mask respirators or full face respirators, may provide some level of protection, they do not guarantee the same level of particle filtration and may not be sufficient in situations with heavy asbestos exposure. Dust masks are inappropriate for asbestos work, as they do not provide adequate filtration and can allow harmful fibers to pass through. Thus, the P100 respirator stands out as the best choice for providing the necessary protection when dealing with asbestos.

5. Which of the following is an unacceptable method of protecting an employee from a radiant heat source?

- A. Reducing the temperature of the infrared source
- B. Provide infrared shadows
- C. Reflecting protective equipment
- D. Increase ventilation**

The method of increasing ventilation is considered unacceptable for protecting an employee from a radiant heat source because ventilation primarily addresses the movement and quality of air rather than the direct effects of radiant heat. While improving air circulation can help with dissipating heat in general, it does not effectively shield an employee from the intense heat produced by radiant sources. In contrast, reducing the temperature of the infrared source directly tackles the issue by minimizing the heat exposure to employees. Providing infrared shadows creates a physical barrier that blocks the heat rays from reaching personnel. Reflecting protective equipment can also redirect the heat away from the body, further reducing the heat exposure. Each of these alternatives directly mitigates the risk of injury from radiant heat, making them more appropriate methods of protection.

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

- A. To conduct regular safety drills
- B. To identify hazards and determine safe work procedures**
- C. To assess employee performance
- D. To prepare accident reports

The purpose of a Job Safety Analysis (JSA) is fundamentally to identify hazards associated with specific job tasks and to establish safe work procedures to mitigate those hazards. By breaking down a job into its individual steps, a JSA allows for a detailed examination of potential risks involved in each step of the process. This method not only highlights safety concerns but also leads to the development of strategies and controls for reducing the likelihood of accidents and injuries while performing the task. Engaging in this proactive analysis ensures that workers are better informed about the risks they may face and are equipped with clear guidelines for performing their work safely. Through this structured approach, the JSA serves as an essential tool for fostering a safe work environment, promoting safe practices, and enhancing overall workplace safety culture.

7. Define 'workplace hazards.'

- A. Any conditions that could enhance productivity
- B. Any condition or situation that could potentially harm employees**
- C. Only physical dangers in the environment
- D. Aspects limited to equipment malfunction

Workplace hazards are defined as any condition or situation that could potentially harm employees. This definition encompasses a wide range of risks that employees may face in their work environment, including physical hazards like slips, trips, and falls, as well as chemical, biological, ergonomic, and psychosocial hazards. By acknowledging that hazards can be diverse and multifaceted, it emphasizes the importance of a comprehensive approach to workplace safety. The other options are limited in scope or focus on unnecessary aspects. Rather than enhancing productivity, hazards involve risks that can detract from safety and well-being. The notion that hazards are confined to physical dangers overlooks other significant risks, such as those posed by chemicals or stress-related issues. Additionally, limiting hazards to equipment malfunction fails to recognize that numerous potential dangers exist beyond machinery, including environmental factors and human behavior. This broader understanding is crucial for effective hazard identification and risk management in the workplace.

8. What does the measure "one mm of mercury" represent?

- A. A unit of temperature
- B. A unit of pressure**
- C. A unit of distance
- D. A unit of volume

The measure "one mm of mercury" represents a unit of pressure. It is derived from the height of a column of mercury that is supported by atmospheric pressure. This unit is commonly used in barometers and manometers to measure atmospheric pressure or fluid pressure. The concept originates from Pascal's principle, where a column of liquid exerts pressure based on its height. Typically, one mm of mercury corresponds to a pressure of approximately 133.322 pascals, illustrating its role within the broader context of pressure measurement. The other options do not apply here: temperature is measured in degrees (Celsius, Fahrenheit, or Kelvin), distance is measured in units such as meters or kilometers, and volume is typically expressed in liters or cubic meters. Therefore, recognizing "one mm of mercury" as a unit of pressure is crucial for understanding how pressures are quantified in various scientific and engineering applications.

9. What is considered the main component of Carpal tunnel syndrome?

- A. Compression of the median nerve**
- B. Inflammation of the wrist muscles
- C. Weakness in the fingers
- D. Numbness in the forearm

The main component of Carpal Tunnel Syndrome is the compression of the median nerve. This condition occurs when the median nerve, which runs from the forearm into the palm of the hand, becomes squeezed or compressed as it travels through the carpal tunnel—a narrow passageway in the wrist. This compression can lead to various symptoms, including numbness, tingling, and weakness in the hand and fingers. Understanding the central role of median nerve compression helps highlight why interventions often focus on relieving pressure in the carpal tunnel, whether through ergonomic adjustments, splinting, or surgical options in more severe cases. Other symptoms, like inflammation of the wrist muscles or weakness in the fingers, are secondary effects that arise as a result of this compression.

10. What is the primary objective of advanced emergency management planning?

- A. To create awareness among employees
- B. To minimize waste and optimize resources
- C. To prepare for and respond to disasters effectively**
- D. To comply with latest regulations

The primary objective of advanced emergency management planning is to prepare for and respond to disasters effectively. This involves developing strategies and protocols that ensure an organization can quickly and efficiently deal with unexpected emergencies, thereby protecting the health and safety of employees, minimizing property damage, and ensuring continuity of operations. Advanced planning encompasses risk assessment, resource allocation, communication strategies, and training, all aimed at enhancing readiness for various disaster scenarios. While creating awareness among employees, minimizing waste, and ensuring regulatory compliance are all important components of an organization's overall safety and risk management framework, they serve more as supportive elements rather than the main goal of emergency management planning. The core focus remains on creating a robust plan that enables a prompt and effective response to emergencies, ultimately safeguarding lives and assets.

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://ohst.examzify.com>

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

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