

OSHA 10 HOUR CONSTRUCTION PROGRAM PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

- 1. What is the importance of hand-washing stations at a construction site?**
 - A. To keep tools clean
 - B. To prevent the spread of germs and maintain personal hygiene
 - C. To reduce the need for breaks
 - D. To provide a convenient place to dispose of waste
- 2. What is a primary difference between hydraulic rough terrain cranes and crawler lattice boom friction cranes?**
 - A. Weight capacity and operational speed
 - B. In boom hoist and load line controls
 - C. Fuel efficiency and maintenance frequency
 - D. Cost of operation and training requirements
- 3. What does "shoring" refer to in the context of construction?**
 - A. Temporary supports used to prevent collapse during excavation or leveling
 - B. Long-term structural reinforcements
 - C. The process of painting buildings
 - D. A type of safety gear
- 4. What should be documented in an incident report regarding personnel?**
 - A. Only the injured party's details
 - B. All persons involved in the incident
 - C. Only witnesses' statements
 - D. Job titles of bystanders
- 5. Why is it essential to have a safety and health program on a construction site?**
 - A. To comply with insurance regulations
 - B. To promote workplace safety and prevent accidents
 - C. To provide recreational activities for workers
 - D. To ensure projects are completed faster

6. What is required for proper scaffolding setup?

- A. It must be placed on uneven ground
- B. It must be built by untrained workers
- C. It must be designed by qualified personnel
- D. It can be set up by anyone

7. Why must ladders and scaffolds be inspected prior to use?

- A. To check their color and appearance
- B. To ensure they are safe and stable for work
- C. To determine their resale value
- D. To ensure they are easy to transport

8. When working at heights, what is the minimum safety rail height required?

- A. 30 to 36 inches
- B. 39 to 45 inches
- C. 48 to 54 inches
- D. 24 to 30 inches

9. What should workers do in the event of a chemical spill?

- A. Clean it up immediately
- B. Evacuate the area and report the incident
- C. Ignore it if it is small
- D. Continue working as usual

10. What should be included in an emergency action plan?

- A. Only an escape route
- B. Emergency contacts and procedures for emergencies
- C. Emergency contacts and inventory lists
- D. Evacuation routes and procedures for different types of emergencies

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the importance of hand-washing stations at a construction site?

- A. To keep tools clean
- B. To prevent the spread of germs and maintain personal hygiene**
- C. To reduce the need for breaks
- D. To provide a convenient place to dispose of waste

Hand-washing stations at a construction site play a crucial role in preventing the spread of germs and maintaining personal hygiene among workers. Construction sites can often harbor various contaminants and pathogens due to the nature of the work, which may involve exposure to dirt, chemicals, and other hazardous materials. By having designated hand-washing stations, workers are encouraged to wash their hands regularly, especially before eating or after using the restroom, significantly reducing the risk of illness and promoting a healthier work environment. Maintaining personal hygiene is essential not only for the individual workers but also for ensuring the overall well-being of the entire team. When workers adhere to proper hygiene practices, the likelihood of spreading infections and illnesses is minimized, leading to fewer absences and increased productivity on the job site. Furthermore, promoting a culture of cleanliness and safety reflects a commitment to the health standards that OSHA enforces in the workplace. This focus on hygiene can result in better morale and a more efficient workforce, as employees feel cared for and valued. While tools need to be clean for proper functioning, and break times are important for worker relaxation, the primary purpose of hand-washing stations centers around health and hygiene. Similarly, there are specific waste disposal methods that should be utilized for managing debris and refuse from a

2. What is a primary difference between hydraulic rough terrain cranes and crawler lattice boom friction cranes?

- A. Weight capacity and operational speed
- B. In boom hoist and load line controls**
- C. Fuel efficiency and maintenance frequency
- D. Cost of operation and training requirements

The primary distinction between hydraulic rough terrain cranes and crawler lattice boom friction cranes lies in the controls related to the boom hoist and the load line. Hydraulic rough terrain cranes utilize hydraulic systems to operate and control the boom and load line, allowing for enhanced maneuverability and flexibility in navigating uneven surfaces commonly found on construction sites. This hydraulic system provides smoother operations and faster response times during lifting tasks. In contrast, crawler lattice boom friction cranes utilize chains or cables wound around drums for lifting, and their lattice structure offers significant strength and stability. The controls for these cranes, often more complex due to the mechanical nature of the friction system, can impact how the load is lifted and maneuvered. Understanding these control differences is crucial for operators because it influences the safety, efficiency, and effectiveness of crane operations in various terrains and lifting scenarios. Each type of crane is designed for specific applications, and these control mechanisms play a significant role in their suitability for different jobs.

3. What does "shoring" refer to in the context of construction?

- A. Temporary supports used to prevent collapse during excavation or leveling**
- B. Long-term structural reinforcements
- C. The process of painting buildings
- D. A type of safety gear

In the context of construction, "shoring" refers to the use of temporary supports that are installed to prevent collapse during excavation or leveling operations. This is a critical safety measure, especially when working with deep excavations or unstable soil conditions, as it helps to maintain the integrity of the surrounding structures and ensures the safety of workers on-site. Shoring systems come in a variety of forms, including hydraulic supports, wooden frames, and adjustable steel props, all designed to provide stability and support while work is being conducted. The objective is to create a safe working environment and to reduce the risk of accidents or injuries caused by structural failures. The other options describe different concepts; long-term structural reinforcements refer to permanent fixes and alterations made to a building for stability, painting involves aesthetic enhancements to surfaces, and safety gear includes personal protective equipment worn by workers. Each of these plays an important role in construction and safety but does not pertain to the temporary support system known as shoring.

4. What should be documented in an incident report regarding personnel?

- A. Only the injured party's details
- B. All persons involved in the incident**
- C. Only witnesses' statements
- D. Job titles of bystanders

Documenting all persons involved in an incident is crucial for a comprehensive incident report. This includes not only the details of the injured party but also those who were witnesses or participated in the incident, and any other relevant personnel present at the time. By capturing this information, the report can provide a complete picture of the event, which is essential for investigating the cause of the incident, implementing safety improvements, and ensuring compliance with OSHA regulations. This thorough documentation helps in understanding the context of the incident and aids in preventing future occurrences by addressing the root causes. It is also important for legal and insurance purposes, ensuring that all facts are recorded accurately based on the perspectives of everyone involved.

5. Why is it essential to have a safety and health program on a construction site?

- A. To comply with insurance regulations
- B. To promote workplace safety and prevent accidents**
- C. To provide recreational activities for workers
- D. To ensure projects are completed faster

Having a safety and health program on a construction site is vital because its primary purpose is to promote workplace safety and prevent accidents. Such a program establishes comprehensive guidelines and procedures that help identify potential hazards, implement safety measures, and provide training to workers. It cultivates a culture of safety, which significantly reduces the likelihood of injuries and fatalities on the job site. When workers are educated about safety protocols and procedures, they become more vigilant and responsible, fostering an environment where everyone prioritizes their safety and well-being. The positive impacts of a safety and health program extend beyond immediate accident prevention; they improve overall worker morale and productivity, as employees often feel more secure and valued in a safe work environment. Additionally, ensuring safety compliance can help enhance the company's reputation, reduce liability, and lower the costs associated with workplace injuries. While there may be other considerations, such as compliance with regulations or potential impacts on efficiency, the foremost aim of a safety and health program remains focused on safeguarding the lives of workers and creating a safe work atmosphere.

6. What is required for proper scaffolding setup?

- A. It must be placed on uneven ground
- B. It must be built by untrained workers
- C. It must be designed by qualified personnel**
- D. It can be set up by anyone

For proper scaffolding setup, a critical requirement is that it must be designed by qualified personnel. This is essential because scaffolding must adhere to safety standards that ensure stability and integrity during use. Qualified personnel have the necessary training and experience to understand load capacities, the engineering principles behind scaffolding design, and the specific materials required for safe construction. When scaffolding is designed by someone knowledgeable, it reduces the risk of accidents that might arise from structural failures. This trained professional ensures that the scaffolding meets all safety regulations and standards set by organizations like OSHA, which is vital to protect workers who will be using the scaffolding to perform their duties. Proper design also includes considerations for the surface it will be placed on and how to secure the scaffold to prevent tipping or collapse, which can lead to severe injuries or fatalities. In contrast, options that involve placing scaffolding on uneven ground, having it built by untrained workers, or allowing anyone to set it up do not prioritize safety and can lead to dangerous conditions. Proper procedures and guidelines ensure that all scaffolding is both functional and safe for use.

7. Why must ladders and scaffolds be inspected prior to use?

- A. To check their color and appearance
- B. To ensure they are safe and stable for work**
- C. To determine their resale value
- D. To ensure they are easy to transport

Ladders and scaffolds must be inspected prior to use to ensure they are safe and stable for work. This is a critical safety measure in the construction environment, where the risk of falls and injuries can be significant. A thorough inspection allows workers to identify any defects, such as structural weaknesses, damage, or wear that could compromise the integrity of the equipment. By confirming that the ladder or scaffold meets safety standards before use, workers reduce the likelihood of accidents and ensure a safer working environment. This proactive approach not only protects the individual worker but also contributes to the overall safety of the job site. Regular inspections are a key component of maintaining equipment functionality and adhering to OSHA regulations, thereby fostering a culture of safety in the workplace.

8. When working at heights, what is the minimum safety rail height required?

- A. 30 to 36 inches
- B. 39 to 45 inches**
- C. 48 to 54 inches
- D. 24 to 30 inches

The minimum safety rail height required when working at heights is between 39 to 45 inches. This height is established to ensure that workers are adequately protected from falling, which is one of the leading causes of injuries and fatalities in the construction industry. By maintaining a safety rail at this height, it provides a sufficient barrier to prevent workers from losing their balance and falling off elevated surfaces. The chosen height also accommodates various worker heights and the types of tasks being performed, ensuring maximum safety without impeding movement. It's important to follow these guidelines as OSHA regulations are designed to establish a safe working environment. Understanding these safety measurements is essential for anyone involved in construction or maintenance work at heights, as it promotes a culture of safety and reduces the risk of workplace accidents.

9. What should workers do in the event of a chemical spill?

- A. Clean it up immediately
- B. Evacuate the area and report the incident**
- C. Ignore it if it is small
- D. Continue working as usual

In the event of a chemical spill, it is crucial for workers to prioritize safety above all else. Evacuating the area and reporting the incident ensures that appropriate safety protocols can be initiated, protecting not only the individuals involved but also their coworkers and the environment. Proper reporting allows trained personnel to assess the situation accurately and respond with the correct resources, whether that involves containment, cleanup, or informing emergency services if necessary. This approach minimizes the risk of exposure to hazardous chemicals and prevents potential injuries or health issues that can arise from improper handling of a spill. Additionally, by following protocols for reporting, workers contribute to maintaining a safe workplace and adhering to OSHA regulations, which emphasize the importance of safety and proper response to hazardous situations.

10. What should be included in an emergency action plan?

- A. Only an escape route
- B. Emergency contacts and procedures for emergencies
- C. Emergency contacts and inventory lists
- D. Evacuation routes and procedures for different types of emergencies**

An emergency action plan is a critical component of workplace safety, particularly in a construction environment where various types of emergencies can occur. Including evacuation routes and procedures for different types of emergencies is essential because it ensures that all employees know how to respond based on the specific nature of the emergency, whether it be a fire, severe weather, medical emergencies, or any other situation. By outlining the evacuation routes, workers can quickly and safely exit the premises, minimizing potential injuries during an emergency. Additionally, having procedures tailored to different emergencies prepares employees to act swiftly and effectively, which can be crucial for their safety and the safety of others in the workplace. This comprehensive approach goes beyond just having an escape route or emergency contacts; it encompasses a proactive strategy for various scenarios, ensuring that all individuals are well-informed and equipped to handle emergencies appropriately. Proper training and clear communication of these details can significantly reduce chaos and confusion during a crisis, leading to better outcomes for everyone involved.

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://osha-10hourcontructionprogram.examzify.com>

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

SAMPLE