

OSHA 10 HOUR CONSTRUCTION PROGRAM PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://osha-10hourconstructionprogram.examzify.com>



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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 a major risk associated with trenching?**
 - A. Flooding
 - B. Cave-ins or collapses
 - C. Punctured utility lines
 - D. Loss of machinery
- 2. What personal protective equipment is recommended when working with hazardous materials?**
 - A. Hard hats and earplugs
 - B. Gloves, goggles, respirators, and protective clothing
 - C. Work boots and safety vests
 - D. Dust masks and first aid kits
- 3. What are the two best means of avoiding injury from electrical devices?**
 - A. Insulation and grounding
 - B. Proper wearing of safety gear
 - C. Maintaining a safe distance
 - D. Regular tool inspections
- 4. What is required when using cranes to hoist materials?**
 - A. Regular maintenance of the crane
 - B. All of the above
 - C. Supervision by qualified personnel
 - D. Completion of a safety checklist
- 5. What types of injuries can result from electrical hazards?**
 - A. Only burns
 - B. Electrocutation and cuts
 - C. Burns, electrocution, shocks, and falls
 - D. Only falls from heights
- 6. What does the acronym "HAZCOM" stand for?**
 - A. Hazardous Communication
 - B. Hazardous Conditions
 - C. Hazard Communication
 - D. Hazardous Management

7. What should be done with hazardous materials at a construction site?

- A. Store them in any available space
- B. Follow proper disposal procedures
- C. Leave them for the next shift
- D. Dispose of them in regular trash

8. What is the appropriate way to lift a heavy object?

- A. Bend at the waist and lift
- B. Keep your back straight and lift with arms
- C. Bend at the knees and lift with your legs
- D. Ask someone else to lift it

9. Why is training important in a construction environment?

- A. To increase employee turnover
- B. To ensure compliance with regulations
- C. To minimize equipment usage
- D. To reduce workplace morale

10. How often should safety inspections be conducted?

- A. Only when an accident occurs
- B. Regularly, as per OSHA standards
- C. Once every year
- D. Randomly as needed

Answers

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

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Explanations

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1. What is a major risk associated with trenching?

- A. Flooding
- B. Cave-ins or collapses**
- C. Punctured utility lines
- D. Loss of machinery

A major risk associated with trenching is cave-ins or collapses. Trenching involves the excavation of a narrow underground area, and this process inherently increases the risk of the soil collapsing into the trench, potentially trapping or injuring workers inside. According to OSHA regulations, precautions must be taken to protect workers from cave-ins, such as using protective systems like trenches, shields, or sloping the walls of the trench. Ensuring worker safety during trenching operations is critical, as cave-ins can occur quickly and without warning. This risk makes it essential for construction professionals to be trained in recognizing the signs of unstable soil conditions, implementing proper safety measures, and conducting regular inspections. While flooding, punctured utility lines, and loss of machinery are also potential risks associated with trenching, the immediate and severe hazard posed by cave-ins makes it the primary concern. Proper training and adherence to safety protocols can greatly mitigate these risks on a construction site.

2. What personal protective equipment is recommended when working with hazardous materials?

- A. Hard hats and earplugs
- B. Gloves, goggles, respirators, and protective clothing**
- C. Work boots and safety vests
- D. Dust masks and first aid kits

When working with hazardous materials, it is essential to use personal protective equipment that is specifically designed to prevent exposure to harmful substances. The correct set of recommended protective gear includes gloves, goggles, respirators, and protective clothing. Gloves are crucial for preventing skin contact with toxic materials, while goggles protect the eyes from splashes or airborne particles that could cause injury or illness. Respirators are necessary when there is a risk of inhaling hazardous fumes, vapors, or dust, ensuring that workers have clean, breathable air. Protective clothing, which may include lab coats, coveralls, or chemical-resistant suits, adds an extra layer of defense against spills and contamination. This comprehensive approach to personal protective equipment is vital in maintaining safety and health while handling potentially dangerous substances, making this answer the best choice for the question presented.

3. What are the two best means of avoiding injury from electrical devices?

- A. Insulation and grounding**
- B. Proper wearing of safety gear
- C. Maintaining a safe distance
- D. Regular tool inspections

Insulation and grounding are fundamental safety measures when working with electrical devices. Insulation serves as a barrier that prevents accidental electrical contact with conductive materials, thereby reducing the risk of shock or electrocution. It is crucial in ensuring that wires and components do not unintentionally conduct electricity to areas where it could pose a danger to workers. Grounding, on the other hand, provides a safe pathway for electricity to flow back to the ground in the event of a fault, such as a short circuit. This reduces the likelihood of electrical shock by ensuring that excess electrical energy is safely redirected, minimizing the risk of injury. While proper wearing of safety gear, maintaining a safe distance, and conducting regular tool inspections are important practices for overall safety, they do not address the specific risks associated with electrical devices as effectively as insulation and grounding do. Insulation and grounding tackle the root causes of electrical hazards, making them the best means to avoid injury in this context.

4. What is required when using cranes to hoist materials?

- A. Regular maintenance of the crane
- B. All of the above**
- C. Supervision by qualified personnel
- D. Completion of a safety checklist

Using cranes to hoist materials requires a comprehensive approach to ensure safety and efficiency on construction sites. Regular maintenance of the crane is essential, as it helps to identify any mechanical issues that could lead to malfunctions during operation. This involves routine inspections and servicing to keep the crane in optimal working condition, automatically reducing the risk of accidents. Supervision by qualified personnel is a critical component, as certified operators are trained to understand and manage the complexities of crane mechanics and load handling. Their expertise ensures that safety protocols are adhered to and that operators are making informed decisions during hoisting operations. The completion of a safety checklist is another vital requirement. This checklist typically includes inspections of the crane's functionalities, rigging equipment, load limits, and overall site conditions. Having this structured approach ensures that all potential hazards are assessed and addressed before lifting operations begin. Therefore, the practice of completing all of these activities collectively contributes to a safer work environment when using cranes to hoist materials, making "all of the above" the appropriate choice.

5. What types of injuries can result from electrical hazards?

- A. Only burns
- B. Electrocution and cuts
- C. Burns, electrocution, shocks, and falls**
- D. Only falls from heights

Electrical hazards can lead to a range of serious injuries due to the nature of electricity and how it interacts with the human body. The correct answer identifies burns, electrocution, shocks, and falls as possible consequences of electrical hazards. Burns can occur when a person comes into contact with live electrical components, resulting in thermal injuries from both the electrical current itself and the heat it generates. Electrocution refers to fatal injuries caused by electrical shock, which can disrupt vital bodily functions. Electrical shocks can cause immediate and sometimes long-lasting physical effects, including muscle spasms, respiratory distress, or cardiac arrest. Additionally, falls can occur as an indirect result of electrical hazards. For instance, a worker may be startled by an electrical shock and lose balance, leading to a fall from height or from stationary positions. Therefore, the comprehensive nature of this answer reflects the varied and serious risks associated with electrical hazards in construction and other environments.

6. What does the acronym "HAZCOM" stand for?

- A. Hazardous Communication
- B. Hazardous Conditions
- C. Hazard Communication**
- D. Hazardous Management

The acronym "HAZCOM" stands for Hazard Communication. This term is crucial within the context of workplace safety, particularly in industries like construction where workers may be exposed to various hazardous substances. The Hazard Communication Standard, enforced by OSHA, requires employers to inform and train their employees about the hazardous chemicals they may encounter on the job. This ensures that workers understand the risks associated with these substances, know how to handle them safely, and can access the necessary information through safety data sheets (SDS). By fostering a clear communication protocol regarding hazardous materials, this standard aims to reduce workplace accidents and health issues stemming from chemical exposures. Understanding HAZCOM is vital for maintaining a safe work environment and ensuring compliance with safety regulations.

7. What should be done with hazardous materials at a construction site?

- A. Store them in any available space
- B. Follow proper disposal procedures**
- C. Leave them for the next shift
- D. Dispose of them in regular trash

Following proper disposal procedures for hazardous materials at a construction site is critical for ensuring safety and compliance with regulations. Hazardous materials can pose significant risks to health and the environment, so they must be handled in accordance with specific guidelines set by OSHA and other regulatory bodies. Correct disposal procedures typically involve identifying the hazardous waste, labeling it appropriately, and using designated containers for storage until it can be disposed of properly. This process helps to prevent accidental exposure to workers and minimizes the risk of environmental contamination. It may also involve coordinating with licensed waste disposal companies that specialize in handling hazardous substances to ensure that they are treated and disposed of according to applicable laws and regulations. In contrast, the other options would likely lead to unsafe practices. Storing hazardous materials in any available space could result in unintentional spills or exposure. Leaving them for the next shift fails to manage the risk and could lead to exposure or accidents. Disposing of hazardous materials in regular trash is illegal and could pose severe health risks and penalties. Proper handling and disposal are essential for maintaining a safe working environment.

8. What is the appropriate way to lift a heavy object?

- A. Bend at the waist and lift
- B. Keep your back straight and lift with arms
- C. Bend at the knees and lift with your legs**
- D. Ask someone else to lift it

The appropriate way to lift a heavy object is to bend at the knees and lift with your legs. This method is crucial for preventing injury because it utilizes the strength of your leg muscles, which are far more powerful than those in your back. When you bend your knees, it allows you to lower your body closer to the object, reducing the strain on your back. By keeping your back straight and using your legs to lift, you maintain proper posture and distribute the weight evenly throughout your body. Using this technique minimizes the risk of back injuries, which are common among individuals who lift heavy objects without proper form. It's essential to always think about your body mechanics when lifting, as many injuries in the workplace result from improper lifting techniques. This method is aligned with ergonomic best practices and plays a vital role in creating a safer work environment.

9. Why is training important in a construction environment?

- A. To increase employee turnover
- B. To ensure compliance with regulations**
- C. To minimize equipment usage
- D. To reduce workplace morale

Training in a construction environment is essential primarily to ensure compliance with regulations. The construction industry is governed by numerous safety standards and regulations established by OSHA and other regulatory bodies. Proper training equips workers with the necessary knowledge and skills to perform their tasks safely and in accordance with these standards. Without adequate training, workers may not be aware of the specific hazards associated with their jobs and the proper safety protocols to follow. This can lead to accidents, injuries, and fatalities, which not only jeopardize the wellbeing of employees but can also result in legal consequences and financial penalties for the company. By prioritizing training, employers help create a safer work environment and ensure they meet legal requirements, ultimately promoting compliance and reducing the risk of incidents on the job site.

10. How often should safety inspections be conducted?

- A. Only when an accident occurs
- B. Regularly, as per OSHA standards**
- C. Once every year
- D. Randomly as needed

Regular safety inspections are critical in maintaining a safe work environment and ensuring compliance with OSHA standards. Conducting these inspections regularly helps in identifying potential hazards before they lead to accidents or injuries. OSHA advocates for frequent and systematic inspections as part of a proactive safety strategy, emphasizing that safety is an ongoing commitment rather than a reactive response. By implementing regular inspections, employers can assess the effectiveness of safety measures, update safety practices as needed, and foster a culture of safety among workers. This continuous monitoring approach aligns with OSHA's recommendations for workplace safety, which prioritize prevention and risk assessment, making the correct response a reflection of best practices in occupational safety management.

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!

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