

OSHA 30 Hour Construction Program Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

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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. Which precautions can help avoid powerline hazards?**
 - A. Keeping a distance of at least 10 ft, marking with warning signs, using wood ladders**
 - B. Wearing rubber boots, installing underground cables, using metal ladders**
 - C. Using drones for inspection, avoiding plastic tools, employing spotters only**
 - D. Installing automatic shut-off, using insulated gloves, relying on visual checks**
- 2. How much strength must a PFAS possess to withstand the potential impact energy of a six-foot free fall?**
 - A. Equal to the impact energy**
 - B. 1.5 times the potential impact energy**
 - C. Twice the potential impact energy**
 - D. Three times the potential impact energy**
- 3. What describes an obstructed space in the context of confined spaces?**
 - A. A space that is completely unobstructed**
 - B. A space that is fully sealed**
 - C. A permit space with some type of obstruction**
 - D. A designated emergency exit path**
- 4. What is the primary purpose of a safety fuse in blasting operations?**
 - A. To ignite the blasting cap**
 - B. To secure the blasting area**
 - C. To enable remote detonation**
 - D. To measure blast timing**
- 5. What should be kept free from grease and oil at all times?**
 - A. Tools**
 - B. Hoses**
 - C. Cylinders**
 - D. Electric cords**

6. In what way should flexible cords not be used?

- A. Run through walls, hidden in ceilings, or installed in conduits**
- B. Laid flat on the ground, attached to metal surfaces, or exposed to water**
- C. Coiled up while in use, placed in accommodating locations, or used with adaptors**
- D. Connected to high-power devices, wrapped around poles, or used with other cords**

7. Which of the following actions can help prevent heat stress?

- A. Taking breaks in shaded areas**
- B. Working longer hours**
- C. Wearing multiple layers of clothing**
- D. Drinking sodas**

8. Which of the following is a major cause of crane accidents identified by OSHA?

- A. Improper signaling**
- B. Dropped loads**
- C. Crane training deficiencies**
- D. Weather conditions**

9. What is the first aid response for a second-degree burn?

- A. Apply wet bandage and seek medical help**
- B. Apply dry bandage and seek medical help**
- C. Wash with cold water**
- D. Ignore the burn**

10. What is one hazard associated with crane operation?

- A. Improper load rating**
- B. Using too many hand signals**
- C. Frequent loading and unloading**
- D. Ignoring safety regulations**

Answers

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

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Explanations

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1. Which precautions can help avoid powerline hazards?

- A. Keeping a distance of at least 10 ft, marking with warning signs, using wood ladders**
- B. Wearing rubber boots, installing underground cables, using metal ladders**
- C. Using drones for inspection, avoiding plastic tools, employing spotters only**
- D. Installing automatic shut-off, using insulated gloves, relying on visual checks**

Keeping a distance of at least 10 feet from power lines is crucial because this distance helps protect workers from electrical hazards, as high-voltage electricity can jump or arc through the air. Marking areas with warning signs alerts workers to the presence of nearby power lines, ensuring increased awareness and caution. The recommendation to use wood ladders is based on the fact that wood is a non-conductive material, which further reduces the risk of electrical shock when working in proximity to power lines. These precautions collectively promote a safer work environment by addressing both equipment safety and awareness of hazards in the area.

2. How much strength must a PFAS possess to withstand the potential impact energy of a six-foot free fall?

- A. Equal to the impact energy**
- B. 1.5 times the potential impact energy**
- C. Twice the potential impact energy**
- D. Three times the potential impact energy**

The correct answer is that a personal fall arrest system (PFAS) must possess strength equal to twice the potential impact energy associated with a six-foot free fall. This requirement is in accordance with the standards set by OSHA for fall protection systems to ensure the safety and well-being of workers at heights. When a worker falls, the impact energy generated when coming to a stop can be significant. By ensuring that the PFAS can withstand twice the potential impact energy, it accounts for additional factors such as dynamic forces that occur during a fall and the system's overall safety. This additional capacity reduces the risk of failure under unforeseen stress, ensuring that the PFAS can effectively arrest the fall without posing a risk of injury due to equipment failure. Understanding this requirement helps mitigate the risks associated with working at heights and ensures that fall protection systems are adequately designed to handle various fall scenarios. The emphasis on having a strength factor that is double the potential impact energy reflects a commitment to safety and precaution in the construction industry, where falls are a leading cause of injury and fatalities.

3. What describes an obstructed space in the context of confined spaces?

- A. A space that is completely unobstructed**
- B. A space that is fully sealed**
- C. A permit space with some type of obstruction**
- D. A designated emergency exit path**

An obstructed space in the context of confined spaces refers to a permit space that has some type of obstruction. This might include physical barriers or equipment that can hinder access or egress, affecting ventilation or the ability to maneuver within the space. Understanding this concept is crucial for safety procedures, as obstructions can create additional hazards, making it essential to evaluate and mitigate these risks before entry. The other choices do not accurately describe an obstructed space. A space that is completely unobstructed merely indicates there are no obstacles present, and a fully sealed space does not allow for entry or exit, which does not align with the definition of an obstructed space. A designated emergency exit path is not related to the physical characteristics of the space itself, but rather to the means of escape from it. Recognizing the characteristics of confined spaces assists in implementing safety measures to protect workers.

4. What is the primary purpose of a safety fuse in blasting operations?

- A. To ignite the blasting cap**
- B. To secure the blasting area**
- C. To enable remote detonation**
- D. To measure blast timing**

The primary purpose of a safety fuse in blasting operations is to ignite the blasting cap. A safety fuse is specifically designed to provide a reliable means of initiating a blasting operation by transmitting a flame or spark to the blasting cap, which in turn detonates the explosive material. This ignition method is crucial for ensuring the safety and effectiveness of the blasting procedure, as it allows for controlled detonation at a designated time. The other options do not capture the fundamental role of the safety fuse. While securing the blasting area is indeed important for safety, this is not the function of the fuse itself. Remote detonation and measuring blast timing are relevant to certain types of blasting operations, but they typically involve different technology and methods, such as electric detonation systems or timing devices, rather than the traditional safety fuse.

5. What should be kept free from grease and oil at all times?

- A. Tools**
- B. Hoses**
- C. Cylinders**
- D. Electric cords**

Keeping hoses free from grease and oil is essential for several reasons. Hoses, especially those used in construction and industrial settings, are often made of rubber or flexible materials that can degrade when exposed to certain substances. Grease and oil can cause the materials to become slippery, which can be dangerous in environments where hoses are used for transporting fluids, such as water, air, or chemicals. Additionally, oil and grease contamination can compromise the integrity of the hose, potentially leading to leaks, bursts, or reduced functionality. By ensuring that hoses are clean and free of these substances, workers can maintain a safe working environment and ensure that hoses perform effectively without unexpected failures. In comparison, other items mentioned do have specific guidelines related to cleanliness, but they may not share the same critical safety concerns regarding the direct impact grease and oil can have on their functionality and the overall safety of work operations.

6. In what way should flexible cords not be used?

- A. Run through walls, hidden in ceilings, or installed in conduits**
- B. Laid flat on the ground, attached to metal surfaces, or exposed to water**
- C. Coiled up while in use, placed in accommodating locations, or used with adaptors**
- D. Connected to high-power devices, wrapped around poles, or used with other cords**

The correct answer highlights that flexible cords should not be run through walls, hidden in ceilings, or installed in conduits due to safety regulations and potential hazards. Flexible cords are designed to be used as temporary wiring for portable devices and should not be utilized in permanent electrical installations. When cords are run through walls or other structures, it can create risks such as overheating, as they may not dissipate heat effectively. Additionally, these practices can lead to damage of the cords which might not be easily detectable, increasing the likelihood of electrical failures or fire hazards. This understanding underscores the importance of adhering to electrical codes that dictate how electrical wiring should be installed and maintained. Maintaining the integrity of flexible cords and ensuring they are used in their intended manner is essential for minimizing risk in construction and workplace environments.

7. Which of the following actions can help prevent heat stress?

- A. Taking breaks in shaded areas**
- B. Working longer hours**
- C. Wearing multiple layers of clothing**
- D. Drinking sodas**

Taking breaks in shaded areas is an effective way to prevent heat stress because it helps to reduce exposure to direct sunlight and high temperatures. When individuals work in hot environments, their bodies can become overheated, leading to heat-related illnesses. By resting in shaded areas, workers allow their bodies to cool down, reducing the risk of heat stress. Other strategies, such as drinking water and taking adequate breaks, are also crucial to maintaining hydration and recovery, but the specific action of seeking shade directly addresses the physical stress imposed by heat. Implementing this practice can lead to improved comfort and safety, fostering a more productive work environment while minimizing health risks.

8. Which of the following is a major cause of crane accidents identified by OSHA?

- A. Improper signaling**
- B. Dropped loads**
- C. Crane training deficiencies**
- D. Weather conditions**

Dropped loads are indeed a major cause of crane accidents as identified by OSHA. When a load is not secured properly, or if the rigging is faulty, there is a high risk of that load falling. This can lead to severe injuries or fatalities not only for the crane operator but also for workers in the vicinity. Understanding secure rigging techniques and ensuring proper procedures are in place to catch potential issues before they lead to accidents is crucial in minimizing risks associated with dropped loads. This emphasizes the importance of thorough training and adherence to safety protocols in crane operation to protect all personnel on site. The other options, while they can contribute to accidents, are not classified as major causes to the same extent as dropped loads. Improper signaling can lead to miscommunication, crane training deficiencies may result in unqualified operators, and adverse weather conditions can certainly affect crane operation. However, the immediate risk and consequences of dropped loads highlight why this is recognized as a leading cause of crane-related incidents in the construction industry.

9. What is the first aid response for a second-degree burn?

- A. Apply wet bandage and seek medical help
- B. Apply dry bandage and seek medical help**
- C. Wash with cold water
- D. Ignore the burn

The first aid response for a second-degree burn involves cooling the burn area and protecting it to prevent further injury and promote healing. Applying a dry bandage to a second-degree burn is appropriate because it helps to protect the skin, reduces the risk of infection, and keeps the area clean. However, it's essential to ensure that the bandage is sterile and applied lightly to avoid further irritation. In addition to applying a dry bandage, seeking medical help is crucial since second-degree burns can affect deeper layers of skin and may require professional treatment, especially if they cover a large area or are on sensitive areas of the body, such as the face, hands, or feet. Therefore, the combination of applying a dry bandage and seeking medical attention provides the best immediate response to assist with healing and care. Other options may not effectively address the specific needs of a second-degree burn. For instance, while washing with cold water is a common first aid response for burns to cool the affected area, it may not be sufficient for a second-degree burn without further protection. Applying a wet bandage might lead to complications such as increased risk of infection since moisture can encourage bacterial growth. Ignoring the burn is never a wise response, as it neglects the necessary

10. What is one hazard associated with crane operation?

- A. Improper load rating**
- B. Using too many hand signals
- C. Frequent loading and unloading
- D. Ignoring safety regulations

One significant hazard associated with crane operation is improper load rating. This refers to the failure to adhere to the manufacturer's specifications regarding the maximum weight that the crane can lift safely. Operating a crane beyond its load capacity can lead to catastrophic failures, such as crane tipping or structural collapse, which can endanger not only the operator but also nearby workers and bystanders. Understanding load ratings is crucial because cranes are often used in dynamic environments where conditions can change rapidly. An incorrect assessment of load weight, or failure to take into account factors such as load balance and environmental conditions (like wind), can compound the danger. While the other options refer to important safety considerations in crane operation, they do not represent the same level of immediate physical risk as improper load rating. Using too many hand signals may create confusion, frequent loading and unloading can be a logistical challenge, and ignoring safety regulations can lead to a broader culture of neglect, but improper load rating directly affects the structural integrity and stability of the crane and the safety of 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-30hourconstructionprogram.examzify.com>

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

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