

OSHA 30-Hour General Industry Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is included in medical surveillance programs?**
 - A. Drug testing**
 - B. Health monitoring related to workplace exposures**
 - C. Only first aid training**
 - D. General health assessments**
- 2. Which of the following is an example of a physical hazard?**
 - A. Respiratory sensitization**
 - B. Skin corrosion**
 - C. Explosives and flammables**
 - D. Carcinogenicity**
- 3. What is the OSHA requirement for noise exposure?**
 - A. Noise levels must not exceed 80 dBA**
 - B. Employers must implement a hearing conservation program at 85 dBA or above**
 - C. All employees must wear earplugs**
 - D. No requirement exists for noise exposure**
- 4. Metal Fume Fever is primarily caused by exposure to which substance?**
 - A. Lead Fumes**
 - B. Zinc Oxide Fumes**
 - C. Copper Vapors**
 - D. Cadmium Fumes**
- 5. What does a "Positive Exposure Assessment" mean?**
 - A. It indicates that employees have been exposed to a hazardous substance**
 - B. All employees are safe from exposure to hazards**
 - C. There are no reports of chemical leaks in the workplace**
 - D. Training in hazard exposure was completed successfully**

- 6. What is a key benefit of having well-maintained fire extinguishers in the workplace?**
- A. They serve as a backup for emergency exits**
 - B. They allow for quick action to prevent fire escalation**
 - C. They are a legal requirement only**
 - D. They provide light in dark areas**
- 7. What is the primary purpose of workplace safety training programs?**
- A. To enhance employee performance reviews**
 - B. To prepare employees to recognize, avoid, and respond to hazards effectively**
 - C. To increase overall productivity**
 - D. To satisfy legal requirements only**
- 8. Cases that result in days away from work are recordable, and the cap day count is?**
- A. 90**
 - B. 180**
 - C. 365**
 - D. 120**
- 9. What hazard might arise if ventilating equipment fails in an area with gases?**
- A. Increased visibility**
 - B. Increased flammability**
 - C. Development of corrosive gases**
 - D. Mechanical failure**
- 10. What does "workplace violence" refer to?**
- A. Any act of violence or threat of violence that occurs in the work environment**
 - B. Only physical fights among employees**
 - C. Acts of shunning or ostracizing individuals at work**
 - D. Incidents of theft or robbery in the workplace**

Answers

SAMPLE

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

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Explanations

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1. What is included in medical surveillance programs?

- A. Drug testing
- B. Health monitoring related to workplace exposures**
- C. Only first aid training
- D. General health assessments

Medical surveillance programs are designed to monitor workers who may be exposed to hazardous substances or conditions in the workplace. The primary purpose of these programs is to identify potential health effects from exposures and to ensure that any adverse effects are detected early enough for intervention. Health monitoring related to workplace exposures encompasses a range of activities, including regular health screenings, biological monitoring, and assessment of symptoms related to specific hazards in the work environment. This is essential for protecting workers by ensuring that any changes in their health status, potentially linked to workplace exposures, are identified and managed appropriately. The other choices, while they may have relevance in a workplace health context, do not specifically address the core functions of medical surveillance programs. Drug testing does not inherently relate to monitoring health effects from workplace exposures, first aid training focuses on immediate response to injuries rather than ongoing health evaluation, and general health assessments, while important, do not specifically target monitoring for the potential impacts of specific workplace hazards. Thus, the inclusion of health monitoring related to workplace exposures is central to the effectiveness of medical surveillance programs.

2. Which of the following is an example of a physical hazard?

- A. Respiratory sensitization
- B. Skin corrosion
- C. Explosives and flammables**
- D. Carcinogenicity

The identification of explosives and flammables as a physical hazard is grounded in their inherent properties that can cause immediate physical harm. Physical hazards are typically associated with properties of materials that can lead to accidents or injuries, such as fire, energy release, or objects that can cause physical damage. Explosives and flammables pose significant risks because they can lead to fires or explosions when improperly handled, stored, or transported, making them key examples of physical hazards in the workplace. Understanding the characteristics of these substances is essential for implementing safety measures and controls that minimize risk to workers and the environment. In contrast, the other options relate to health hazards that affect the body in ways that are not immediately physical, such as respiratory systems or skin. While important in the context of overall workplace safety, they do not fit under the definition of physical hazards that involve the potential for instant physical injury or damage caused by the substance or material itself.

3. What is the OSHA requirement for noise exposure?

- A. Noise levels must not exceed 80 dBA
- B. Employers must implement a hearing conservation program at 85 dBA or above**
- C. All employees must wear earplugs
- D. No requirement exists for noise exposure

The requirement for noise exposure established by OSHA mandates that when employees are exposed to noise levels averaging 85 decibels (dBA) or higher over an 8-hour workday, employers must implement a hearing conservation program. This program includes several components designed to protect workers' hearing, such as regular monitoring of noise levels, providing hearing protection to employees, and conducting audiometric tests to track the hearing ability of workers over time. This requirement is critical because prolonged exposure to loud noise can lead to irreversible hearing loss. By establishing a threshold at 85 dBA, OSHA aims to prevent potential damage before it occurs, ensuring a safer work environment for employees who might be subject to hazardous noise conditions. The other options do not accurately reflect OSHA's stance or requirements regarding noise exposure. For instance, while 80 dBA is a level of concern, it does not trigger the same regulatory actions as the 85 dBA threshold. Moreover, while hearing protection may be necessary in certain situations, it is not mandated for all employees indiscriminately. Lastly, stating that no requirement exists undermines the importance of noise exposure regulations set forth by OSHA, which are significant for worker safety.

4. Metal Fume Fever is primarily caused by exposure to which substance?

- A. Lead Fumes
- B. Zinc Oxide Fumes**
- C. Copper Vapors
- D. Cadmium Fumes

Metal Fume Fever is primarily caused by exposure to zinc oxide fumes. This condition is often associated with activities like welding galvanized steel, which releases zinc fumes into the air. When inhaled, these fumes can lead to flu-like symptoms such as fever, chills, nausea, and muscle aches, usually occurring several hours after exposure. The body's reaction to these airborne zinc particles triggers an inflammatory response, resulting in the symptoms of Metal Fume Fever. The references to other substances like lead, copper, or cadmium may relate to other health issues or toxic exposures but do not typically cause Metal Fume Fever. Lead exposure, for instance, is associated with different health risks, including neurological damage, while copper and cadmium fumes can lead to various acute and chronic health effects but are not the primary cause of Metal Fume Fever. Understanding the specific source of metal fume fever helps target preventative measures for workers potentially exposed to zinc oxide fumes in their environments.

5. What does a "Positive Exposure Assessment" mean?

- A. It indicates that employees have been exposed to a hazardous substance**
- B. All employees are safe from exposure to hazards**
- C. There are no reports of chemical leaks in the workplace**
- D. Training in hazard exposure was completed successfully**

A "Positive Exposure Assessment" refers to a situation where it has been determined that employees have been exposed to a hazardous substance during their work activities. This assessment is crucial because it allows employers to understand the potential risks that employees face and to implement necessary controls to safeguard their health. This could involve monitoring exposure levels, making adjustments to work processes, or enhancing personal protective equipment to mitigate the risk of harm. In this context, the other options do not accurately represent what a Positive Exposure Assessment signifies. The statement about employees being safe from exposure to hazards represents an entirely different scenario, as an assessment that indicates safety would suggest a lack of exposure rather than confirmation of it. Reports of no chemical leaks suggest a different aspect of workplace safety and do not specifically address employee exposure to hazardous substances. Lastly, training completion regarding hazard exposure does not equate to a Positive Exposure Assessment, which is concerned with actual exposure levels and situations rather than training outcomes.

6. What is a key benefit of having well-maintained fire extinguishers in the workplace?

- A. They serve as a backup for emergency exits**
- B. They allow for quick action to prevent fire escalation**
- C. They are a legal requirement only**
- D. They provide light in dark areas**

A key benefit of having well-maintained fire extinguishers in the workplace is that they allow for quick action to prevent fire escalation. Having readily accessible and functioning fire extinguishers enables employees to respond promptly to small fires before they can grow out of control. This immediate response is crucial in mitigating damage to property, ensuring the safety of staff, and preventing a minor incident from developing into a major disaster. Timeliness is essential in firefighting, and the presence of equipped extinguishers enhances workplace safety by empowering individuals to take action without delay. The other options, while they may hold some relevance in certain contexts, do not directly address the primary purpose and advantage of fire extinguishers in a workplace setting.

7. What is the primary purpose of workplace safety training programs?

A. To enhance employee performance reviews

B. To prepare employees to recognize, avoid, and respond to hazards effectively

C. To increase overall productivity

D. To satisfy legal requirements only

The primary purpose of workplace safety training programs is to prepare employees to recognize, avoid, and respond to hazards effectively. This focus is essential for creating a safe work environment, as it equips employees with the knowledge and skills they need to identify potential risks and take appropriate action to mitigate them. Effective training helps ensure that workers are aware of the dangers present in their specific job roles and can implement safe work practices, which in turn leads to a reduction in accidents and injuries on the job. By not only teaching employees about the hazards but also how to respond appropriately in emergency situations, these programs foster a culture of safety within the workplace. This proactive approach is vital for protecting both employees and the organization, enhancing overall safety performance and promoting employee well-being. While aspects like improving performance reviews, increasing productivity, and satisfying legal requirements can be benefits of safety training, they are secondary to the fundamental goal of instilling a robust safety mindset and skill set in employees. This underlines the importance of the correct answer, as it captures the essence of what safety training is fundamentally designed to achieve.

8. Cases that result in days away from work are recordable, and the cap day count is?

A. 90

B. 180

C. 365

D. 120

The cap day count for cases that result in days away from work is set at 180 days. This means that if an employee is unable to work due to a work-related injury or illness, the days counted towards the severity of the case as recordable are capped at 180 days. Beyond this period, further days away from work due to the same injury or illness are not counted for recordkeeping purposes by OSHA. This regulation ensures that the record-keeping reflects significant cases without overwhelming the data with excessive counts of days off that may not provide a realistic picture of workplace safety or employee health recovery. Thus, the cap serves both to enforce accountability for workplace safety and to help organizations manage employee return-to-work programs more effectively.

9. What hazard might arise if ventilating equipment fails in an area with gases?

- A. Increased visibility**
- B. Increased flammability**
- C. Development of corrosive gases**
- D. Mechanical failure**

When ventilating equipment fails in an area where gases are present, the primary concern is the risk of increased flammability. Effective ventilation is essential for diluting potentially hazardous gases and preventing the build-up of flammable concentrations. If the ventilation system is not functioning, gases can accumulate to levels that pose a serious explosion or fire risk due to their flammable nature. Inadequate ventilation allows for a buildup of gases, raising the likelihood of reaching their lower explosive limits. It can also result in the accumulation of toxic gases that could pose serious health risks to employees. Thus, ensuring proper operation of ventilation equipment is critical for maintaining safety in environments where flammable or hazardous gases are present. The other options, while they may be relevant in different contexts, do not directly address the immediate hazard posed by the failure of ventilation specifically concerning flammable gases. Increased visibility does not directly relate to the function of ventilation equipment, and while mechanical failure of equipment is a concern, it does not specifically establish the hazard posed by gases. The development of corrosive gases may occur in certain environments but is not a direct consequence of ventilation failure related to flammable gases.

10. What does "workplace violence" refer to?

- A. Any act of violence or threat of violence that occurs in the work environment**
- B. Only physical fights among employees**
- C. Acts of shunning or ostracizing individuals at work**
- D. Incidents of theft or robbery in the workplace**

The concept of "workplace violence" encompasses a broad range of behaviors and incidents that can occur within a work environment. The correct answer identifies workplace violence as any act of violence or threat of violence that occurs in the work environment. This includes not only physical altercations but also behaviors such as threats, intimidation, harassment, or even psychological abuse. Recognizing workplace violence in its comprehensive definition is crucial for creating a culture of safety and prevention, helping employers to implement appropriate measures to protect employees. Other options are narrower in scope and fail to capture the full range of behaviors that can be considered workplace violence. For instance, limiting the definition to only physical fights among employees excludes many other serious forms of violence such as threats or bullying. Likewise, acts of shunning or ostracizing individuals, while harmful, do not necessarily fall within the traditional understanding of violence. Lastly, incidents of theft or robbery, while certainly serious, typically relate more to property crime rather than interpersonal violence, making them outside the standard definition of workplace violence.