

OSHA 30-Hour General Industry Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. Which OSHA standard specifically addresses fall protection in general industry?**
 - A. 29 CFR 1926.501**
 - B. 29 CFR 1910.28**
 - C. 29 CFR 1910.23**
 - D. 29 CFR 1926.500**
- 2. What is the first step that must be taken if a workplace injury occurs?**
 - A. Document it in the accident log**
 - B. Report it immediately to the supervisor**
 - C. Administer first aid**
 - D. Evacuate the area**
- 3. Metal Fume Fever is primarily caused by exposure to which substance?**
 - A. Lead Fumes**
 - B. Zinc Oxide Fumes**
 - C. Copper Vapors**
 - D. Cadmium Fumes**
- 4. What action should be taken if an employee suffers a workplace injury?**
 - A. Consult with their coworkers first**
 - B. Notify a supervisor immediately and seek medical assistance**
 - C. Wait until the end of the shift**
 - D. Document the issue only**
- 5. When is Personal Protective Equipment (PPE) necessary?**
 - A. When engineering controls are effective**
 - B. When work practice controls are sufficient**
 - C. When administrative controls are implemented**
 - D. When other controls do not provide suitable protection for workers**

- 6. What does the acronym "CFR" stand for in OSHA regulations?**
- A. Code of Federal Responsibility**
 - B. Code of Federal Regulations**
 - C. Code of Federal Reporting**
 - D. Code of Federal Review**
- 7. What is a key requirement for the OSHA 300-A log?**
- A. It must be completed daily**
 - B. It should not include any employee names**
 - C. It summarizes injuries for public viewing for a specific period**
 - D. It must be sent to OSHA directly**
- 8. What should be noted on OSHA 300 logs when there is a privacy concern?**
- A. Leave the name blank**
 - B. Write "confidential case"**
 - C. Enter "privacy case"**
 - D. Mark it as a non-recordable incident**
- 9. How can employers recognize heat stress in employees?**
- A. By checking body temperatures constantly**
 - B. By monitoring for symptoms such as excessive sweating, fatigue, or dizziness**
 - C. By conducting post-work surveys**
 - D. By requiring regular doctor visits**
- 10. Which type of injury is most likely if machinery is not locked out during maintenance?**
- A. Electrical shock**
 - B. Severe cuts**
 - C. Crushing injuries**
 - D. All of the above**

Answers

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

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Explanations

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1. Which OSHA standard specifically addresses fall protection in general industry?

- A. 29 CFR 1926.501**
- B. 29 CFR 1910.28**
- C. 29 CFR 1910.23**
- D. 29 CFR 1926.500**

The correct choice focuses on 29 CFR 1910.28, which is specifically designed for general industry and outlines the requirements for fall protection systems. This section is part of the general industry standards under OSHA, ensuring that employers provide necessary fall protection to employees working at heights. The regulations covered in 1910.28 detail various aspects such as determining when fall protection is required, the types of fall protection systems permissible, and the proper use and maintenance of these systems. This standard is essential for protecting workers from fall hazards that are prevalent in various work environments, including construction, maintenance, and warehousing. Other options refer to standards that cater to different sectors or aspects of safety. For example, 29 CFR 1926.501 pertains to construction industry requirements, while 29 CFR 1910.23 addresses the general requirements for guardrails, handrails, and stairways, not specifically fall protection systems. 29 CFR 1926.500 is an older standard related to construction as well, which has been replaced by more specific regulations. Therefore, the focus on 29 CFR 1910.28 is vital for understanding and implementing fall protection strategies in a general industry setting.

2. What is the first step that must be taken if a workplace injury occurs?

- A. Document it in the accident log**
- B. Report it immediately to the supervisor**
- C. Administer first aid**
- D. Evacuate the area**

Reporting the injury immediately to the supervisor is the first step that must be taken if a workplace injury occurs. Quick communication ensures that the appropriate response is initiated without delay. The supervisor can then take charge of the situation, which may include guiding the administration of medical assistance, notifying emergency services if necessary, and beginning the process of investigating the incident. Timely reporting is crucial as it helps in documenting the event accurately and can assist in avoiding similar incidents in the future. It also ensures that all involved parties are informed and can act based on the circumstances, thereby promoting a safe working environment. While other options, such as administering first aid and documenting the incident, are important steps to follow after reporting the injury, they should come after the supervisor has been informed and appropriate actions are determined based on the injury's severity. Likewise, evacuating the area might be vital in specific situations, but that decision would also fall under the supervisor's purview. Reporting to a supervisor therefore is the foundation for a proper response to workplace injuries.

3. 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.

4. What action should be taken if an employee suffers a workplace injury?

- A. Consult with their coworkers first**
- B. Notify a supervisor immediately and seek medical assistance**
- C. Wait until the end of the shift**
- D. Document the issue only**

When an employee suffers a workplace injury, the immediate priority is to ensure their safety and health. Notifying a supervisor immediately is crucial because they can initiate the proper response protocol, which may include calling for medical assistance, documenting the incident, and ensuring the employee receives the necessary care. Seeking medical assistance promptly can prevent complications and further injury. The supervisor is also responsible for reporting the incident according to the company's safety policies and OSHA regulations, which helps in understanding the cause of the injury and preventing future occurrences. Waiting until the end of the shift could lead to worsening of the injury, as well as potential legal and compliance issues for the employer if they are not alerted in a timely manner. Consulting with coworkers before reporting may delay necessary medical action, and documenting the issue is important but should be a follow-up action, rather than the first response.

5. When is Personal Protective Equipment (PPE) necessary?

- A. When engineering controls are effective
- B. When work practice controls are sufficient
- C. When administrative controls are implemented
- D. When other controls do not provide suitable protection for workers**

Personal Protective Equipment (PPE) is essential in situations where other safety measures have been evaluated and found inadequate to protect workers from hazards. The primary purpose of PPE is to act as a last line of defense against exposure to workplace hazards that can lead to injury or illness. In environments where engineering controls—such as ventilation systems—or work practice controls, which modify how tasks are performed, are not sufficient to eliminate or minimize risk, PPE is necessary to provide the required level of protection. Administrative controls, such as changing schedules or training, are also important but may not fully mitigate risk if physical hazards remain. Therefore, when all these other control measures do not adequately protect workers, PPE becomes critical to ensure their safety. This understanding underscores the importance of a comprehensive safety strategy that prioritizes hazard elimination or reduction through other controls before resorting to PPE. When evaluating workplace safety, it is vital to assess whether the existing controls offer adequate protection, leading to the conclusion that PPE is necessary when these measures are insufficient.

6. What does the acronym "CFR" stand for in OSHA regulations?

- A. Code of Federal Responsibility
- B. Code of Federal Regulations**
- C. Code of Federal Reporting
- D. Code of Federal Review

The correct answer is "Code of Federal Regulations." This acronym, CFR, refers to the codification of the general and permanent rules published in the Federal Register by the executive departments and agencies of the U.S. Federal Government. In the context of OSHA, the CFR is significant because it compiles all the regulations that OSHA has established to ensure workplace safety and health standards. The regulations found in Title 29 of the CFR specifically pertain to labor and include OSHA's rules regarding various aspects of workplace safety, such as permissible exposure limits to hazardous substances, safety equipment requirements, and procedures for reporting workplace injuries. Understanding what CFR stands for is crucial for anyone studying OSHA regulations, as it provides the framework within which OSHA operates and helps locate specific safety standards and regulations that must be adhered to in different industries. This knowledge can help individuals and businesses ensure compliance and maintain a safe working environment.

7. What is a key requirement for the OSHA 300-A log?

- A. It must be completed daily
- B. It should not include any employee names
- C. It summarizes injuries for public viewing for a specific period**
- D. It must be sent to OSHA directly

The OSHA 300-A log serves as a summary of job-related injuries and illnesses that occurred in a workplace during the previous year. This document is crucial because it provides a clear overview of the safety record for the facility. The log must include aggregated information, such as the total number of injuries and illnesses, the number of lost workdays, and details about the types of incidents that occurred. This summary is intended for public viewing, making it important for employers to accurately reflect the safety and health performance of their organization. By providing accessible information on workplace safety, the OSHA 300-A log encourages transparency and promotes a culture of safety within the organization and the community. The other options do not align with the specific requirements set forth by OSHA for maintaining the 300-A log. For example, it is not necessary to complete it daily, employee names are omitted for privacy reasons, and while the log must be posted in the workplace, it does not need to be sent directly to OSHA, but rather made available as needed.

8. What should be noted on OSHA 300 logs when there is a privacy concern?

- A. Leave the name blank
- B. Write "confidential case"
- C. Enter "privacy case"**
- D. Mark it as a non-recordable incident

When there is a privacy concern regarding an incident recorded on OSHA 300 logs, it is important to enter "privacy case." This terminology aligns with OSHA's guidelines for addressing cases where the details of a worker's injury or illness need to be kept confidential, particularly in instances involving sensitive situations such as sexual assault, mental health issues, or any other scenario that could lead to stigma or personal distress. By labeling the case as a "privacy case," employers can notify those reviewing the logs that while the incident is documented, the specifics of the case will not be disclosed in order to protect the individual's identity and personal information. This practice helps maintain the confidentiality of employees while ensuring compliance with recordkeeping requirements under OSHA regulations. Leaving the name blank or using terms like "confidential case" does not meet the appropriate regulatory standards for documenting injuries and illnesses. Marking it as a non-recordable incident would also be incorrect, as it would imply that the incident does not need to be recorded at all, which is not the case when maintaining accurate records is essential for workplace safety and health monitoring.

9. How can employers recognize heat stress in employees?

- A. By checking body temperatures constantly
- B. By monitoring for symptoms such as excessive sweating, fatigue, or dizziness**
- C. By conducting post-work surveys
- D. By requiring regular doctor visits

Recognizing heat stress in employees is crucial for maintaining a safe working environment. Monitoring for symptoms such as excessive sweating, fatigue, or dizziness is the most effective way for employers to identify heat stress. These signs are immediate and observable, allowing for quick intervention to help prevent more severe conditions such as heat exhaustion or heat stroke. Excessive sweating can indicate that the body is working hard to regulate its temperature, while fatigue and dizziness are clear indicators that the body may be struggling to cope with heat. By being aware of these symptoms, employers can take necessary actions like moving affected employees to cooler areas, providing hydration, or adjusting workloads to mitigate the risk of serious heat-related illnesses. Other options, while related to health monitoring, do not directly address the immediate recognition of heat stress during work activities. Checking body temperatures constantly may not be practical in a busy work environment and does not account for the subjective symptoms of heat stress. Conducting post-work surveys could provide insights into experiences after the fact but would miss the opportunity for timely intervention. Requiring regular doctor visits might be beneficial for overall health monitoring but does not directly aid in recognizing heat stress as it occurs in real time. Therefore, observing and responding to visible symptoms is key in effectively managing heat stress in

10. Which type of injury is most likely if machinery is not locked out during maintenance?

- A. Electrical shock
- B. Severe cuts
- C. Crushing injuries
- D. All of the above**

When machinery is not properly locked out during maintenance, there is a significant risk of various types of injuries due to unintentional activation of equipment. Lockout/tagout procedures are critical safety measures that ensure that machinery is completely shut off and cannot be started up again until maintenance or servicing is completed. If these procedures are not followed, the machinery can inadvertently start, leading to potential electrical shock if maintenance workers come into contact with live components. Additionally, severe cuts can occur if individuals are working near blades or other sharp tools that may become operational unexpectedly. Crushing injuries are particularly hazardous as well; workers could get caught between moving parts or equipment that is improperly serviced. Given this context, the most comprehensive and accurate answer encompasses all potential risks, which justifies the selection of "All of the above." This reflects the reality that neglecting proper lockout/tagout procedures poses numerous dangers, emphasizing the importance of adhering to safety protocols to prevent all types of injuries when working with machinery.

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://osha30hrgenindustry.examzify.com>

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