

OSHA 510 Construction Practice Exam (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

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- 1. Before starting work under Subpart V - Power Transmission and Distribution, what must be determined?**
 - A. Tools required**
 - B. Existing conditions**
 - C. Employee qualifications**
 - D. Permits needed**

- 2. Within how many days must Form 301 and 300 be filled out after receiving information that a recordable case has occurred?**
 - A. 5 days**
 - B. 7 days**
 - C. 10 days**
 - D. 14 days**

- 3. What part of Title 29 CFR includes general industry standards?**
 - A. 1904**
 - B. 1926**
 - C. 1910**
 - D. 1932**

- 4. Which of the following is a primary goal of PPE?**
 - A. To reduce workplace aesthetics**
 - B. To enhance machinery performance**
 - C. To protect workers from hazards**
 - D. To comply with aesthetic regulations**

- 5. Which type of contaminants can be toxic to the reproductive systems of workers during certain construction activities?**
 - A. Heavy metals**
 - B. Pesticides**
 - C. Solvents**
 - D. Lead and asbestos**

- 6. What does the acronym LOTO stand for?**
- A. Lift/Operate/Transfer/Observe**
 - B. Lockout/Tagout**
 - C. Limit/Organize/Track/Operate**
 - D. Log/Operate/Test/Order**
- 7. What must an employer demonstrate to defend against a citation in a multi-employer situation?**
- A. They were the only employer on site**
 - B. They did not cause or control the hazard**
 - C. They trained all employees on safety**
 - D. They reported every incident**
- 8. What is the significance of the phrase "Safe Work Procedures"?**
- A. Guidelines for performing tasks safely to prevent accidents and injuries**
 - B. General advice on staying healthy**
 - C. Rules about worker attire**
 - D. Tips on maintaining machinery**
- 9. Which of the following is NOT a principle of effective safety management?**
- A. Encouraging employee involvement**
 - B. Ignoring suggestions from workers**
 - C. Providing adequate safety resources**
 - D. Implementing regular safety audits**
- 10. Which type of employer is defined as one who allows workers to be exposed to a hazard?**
- A. Correcting Employer**
 - B. Exposing Employer**
 - C. Controlling Employer**
 - D. Creating Employer**

Answers

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

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Explanations

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1. Before starting work under Subpart V - Power Transmission and Distribution, what must be determined?

- A. Tools required
- B. Existing conditions**
- C. Employee qualifications
- D. Permits needed

Determining existing conditions is critical before commencing work under Subpart V - Power Transmission and Distribution. This involves assessing the specific site and environmental factors that could impact safety and work performance. Evaluating existing conditions includes identifying potential hazards, such as overhead power lines, ground stability, weather conditions, and any nearby structures or equipment that may pose risks during operations. Understanding these factors is essential for implementing appropriate safety measures and ensuring that the work can be performed without endangering employees or the public. Proper site assessment lays the groundwork for planning and executing tasks safely, thus minimizing the risk of accidents and ensuring compliance with OSHA standards. This proactive approach is a fundamental aspect of occupational safety and health practices in the construction industry.

2. Within how many days must Form 301 and 300 be filled out after receiving information that a recordable case has occurred?

- A. 5 days
- B. 7 days**
- C. 10 days
- D. 14 days

The correct timeframe for filling out Form 301 and Form 300 after receiving information that a recordable case has occurred is 7 days. This requirement aligns with OSHA's regulations that stipulate employers must record work-related injuries and illnesses promptly. Form 300 serves as the Log of Work-Related Injuries and Illnesses, while Form 301 is the Incident Report which provides more detailed information about the event. Timely completion of these forms is essential for proper recordkeeping and compliance with OSHA standards, as it allows for accurate tracking of workplace incidents. This helps ensure that employers are addressing safety concerns in a timely manner and can take appropriate preventive actions moving forward. Meeting the 7-day requirement is critical in maintaining effective safety management and documentation practices within the workplace.

3. What part of Title 29 CFR includes general industry standards?

- A. 1904**
- B. 1926**
- C. 1910**
- D. 1932**

The correct answer is based on the structure of Title 29 of the Code of Federal Regulations (CFR), which governs labor regulations enforced by OSHA. Specifically, 29 CFR 1910 is dedicated to General Industry Standards. These standards encompass a wide variety of regulations for industries that are not specifically regulated by other parts of the CFR, such as construction or agriculture. These regulations address a broad range of occupational safety and health requirements, including the use of personal protective equipment, exposure to hazardous substances, and provisions for electrical safety, among many others. Understanding the distinction between general industry standards and those that are specific to construction (found in 29 CFR 1926) is crucial for professionals in the field, as it informs the appropriate safety practices and compliance measures that need to be implemented in various employment settings. This categorization ensures that industries not directly related to construction also have the necessary guidelines to protect workers' health and safety, making it an essential part of occupational safety regulations.

4. Which of the following is a primary goal of PPE?

- A. To reduce workplace aesthetics**
- B. To enhance machinery performance**
- C. To protect workers from hazards**
- D. To comply with aesthetic regulations**

The primary goal of personal protective equipment (PPE) is to protect workers from hazards that may cause injury or illness in the workplace. PPE serves as a critical line of defense against various physical, chemical, biological, and mechanical hazards present in construction and other industrial environments. By providing necessary protection, PPE helps to minimize the risk of accidents, injuries, and long-term health effects associated with exposure to harmful conditions. In contrast, the other options focus on aspects that are not central to the function of PPE. Reducing workplace aesthetics, enhancing machinery performance, and complying with aesthetic regulations do not contribute to the core purpose of PPE, which is centered solely around the safety and protection of employees engaged in potentially hazardous tasks.

5. Which type of contaminants can be toxic to the reproductive systems of workers during certain construction activities?

A. Heavy metals

B. Pesticides

C. Solvents

D. Lead and asbestos

Lead and asbestos are both well-documented hazardous substances that can pose significant risks to workers' reproductive health during construction activities. Lead exposure is particularly concerning because it has been associated with reduced fertility, miscarriage, and developmental issues in offspring. Construction workers may encounter lead through various sources, such as old paint, pipes, and contaminated soil, especially in renovations or demolitions of older buildings. The absorption of lead into the body can lead to systemic toxicity, adversely affecting both male and female reproductive systems. Asbestos is primarily known for its carcinogenic properties and its link to respiratory diseases, but it has also been implicated in reproductive health concerns. Workers exposed to asbestos may face risks of infertility, tribulations during pregnancy, and issues related to fetal development due to the toxic nature of asbestos fibers. While heavy metals, pesticides, and solvents can also affect reproductive health, they are not as directly associated with construction activities in the same way that lead and asbestos are. Therefore, the specific mention of lead and asbestos highlights their unique and severe impact on reproductive health in the context of construction work, making this choice the most relevant in addressing the question posed.

6. What does the acronym LOTO stand for?

A. Lift/Operate/Transfer/Observe

B. Lockout/Tagout

C. Limit/Organize/Track/Operate

D. Log/Operate/Test/Order

The acronym LOTO stands for Lockout/Tagout, which is a critical safety procedure used in various industries, including construction, to ensure that machinery is properly shut down and unable to be started up again before maintenance or servicing work is completed. The LOTO process involves placing a lock on a machine's energy source and attaching a tag that indicates that the machine should not be operated. This procedure protects workers from accidental machine start-up, hazardous energy release, and other potential risks that could lead to serious injuries or fatalities. Understanding the importance of LOTO is essential for maintaining a safe working environment and complying with OSHA regulations, which require employers to provide a safe workplace for their employees.

7. What must an employer demonstrate to defend against a citation in a multi-employer situation?

- A. They were the only employer on site**
- B. They did not cause or control the hazard**
- C. They trained all employees on safety**
- D. They reported every incident**

In a multi-employer worksite scenario, the correct response is that the employer must demonstrate they did not cause or control the hazard. This principle is essential because the Occupational Safety and Health Administration (OSHA) recognizes the complexity of operations at such sites, where multiple employers and their workers may be exposed to the same hazards. When an employer is cited for a violation, demonstrating that they did not cause or control the hazardous condition is crucial for establishing a defense. This can involve showing that the hazard was a result of another employer's actions or that they did not have the ability or authority to correct the situation. For instance, if another contractor's activity created a dangerous condition that the defending employer could not reasonably address due to their lack of access or capacity to intervene, this fact would support their defense. In this context, the actions or training provided by the employer, or the reporting of incidents, do not directly correlate to their responsibility related to the specific hazard in question. The defense must specifically target the causation and control of the hazard rather than the broader compliance or safety training aspects. Thus, the key factor in defending against a citation in this scenario centers around the employer's relationship to the hazard itself.

8. What is the significance of the phrase "Safe Work Procedures"?

- A. Guidelines for performing tasks safely to prevent accidents and injuries**
- B. General advice on staying healthy**
- C. Rules about worker attire**
- D. Tips on maintaining machinery**

The phrase "Safe Work Procedures" is significant because it refers to the specific guidelines established to ensure that tasks are performed in a manner that enhances safety and minimizes the risk of accidents and injuries. These procedures are developed based on an understanding of potential hazards associated with specific tasks and engineering controls, administrative measures, and personal protective equipment that can mitigate these risks. By adhering to Safe Work Procedures, workers are better equipped to recognize hazards, make informed decisions while performing their duties, and work within a framework that prioritizes safety. The implementation of these procedures is a crucial component of workplace safety programs, particularly in the construction industry, where the environment is often complex and potentially hazardous. Other options, while related to health and safety in different contexts, do not directly capture the comprehensive and structured nature of Safe Work Procedures aimed specifically at accident prevention and injury reduction in a work environment.

9. Which of the following is NOT a principle of effective safety management?

- A. Encouraging employee involvement**
- B. Ignoring suggestions from workers**
- C. Providing adequate safety resources**
- D. Implementing regular safety audits**

Choosing to ignore suggestions from workers is crucial to recognize as not being a principle of effective safety management. In fact, effective safety management thrives on the active participation and input from employees. Workers on the front lines often have valuable insights into potential hazards and practical safety improvements that management may not fully see or understand. Encouraging employee involvement fosters a culture of safety, where team members feel valued and empowered to contribute to safety solutions. This is crucial in identifying risks and enhancing the overall safety climate on the job site. Providing adequate safety resources, such as training, equipment, and safety materials, is another key principle that supports a strong safety management system. When employees have the proper tools and training, they can perform their tasks safely and effectively. Implementing regular safety audits is also vital, as these assessments help to identify risks, ensure compliance with regulations, and promote continuous improvement in safety practices. These audits encourage accountability and can lead to the early detection of safety issues before they result in incidents. In summary, ignoring worker suggestions is counterproductive and undermines the foundation of effective safety management, which relies on collaboration, resource allocation, and consistent evaluation of safety protocols.

10. Which type of employer is defined as one who allows workers to be exposed to a hazard?

- A. Correcting Employer**
- B. Exposing Employer**
- C. Controlling Employer**
- D. Creating Employer**

The definition of an exposing employer refers to a type of employer that allows workers to be exposed to certain hazards in the workplace. This classification is essential when discussing workplace safety and health standards, particularly in the construction industry where various risks are present. An exposing employer has a duty to recognize and manage the hazards that their workers face, thereby ensuring a safe working environment. Understanding the context of the other terms: a correcting employer is one that takes steps to fix or mitigate hazards after they have been identified. A controlling employer typically oversees other employers on a site and ensures compliance with safe practices, while a creating employer is responsible for creating conditions or work processes that result in hazards. Thus, the exposing employer specifically focuses on permitting exposure to hazards without appropriate safeguards or controls, which aligns precisely with the definition presented in the question.

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://osha510.examzify.com>

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

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