

OSHA Compliance Training 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

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- 1. _____ failures lay the foundation of an active failure due to issues such as ineffective training, poor engineering of the equipment or location, poor or inadequate supervision, ineffective communication, and unclear roles for the worker.**
 - A. Latent**
 - B. Active**
 - C. Defective**
 - D. Managerial**

- 2. Direct costs of an accident are the costs directly associated with the accident and are easily quantifiable.**
 - A. They are the costs directly associated with the accident and are easily quantifiable**
 - B. They are not related to the accident and are hard to quantify**
 - C. They are always paid by the employee**
 - D. They refer only to intangible costs**

- 3. HBV is the most common infectious bloodborne hazard facing healthcare workers. What does HBV stand for?**
 - A. Hepatitis B virus**
 - B. Human B virus**
 - C. HBV is a bacteria**
 - D. HBV stands for Hepatocyte Virus**

- 4. In the domino model, removing which domino would prevent an accident?**
 - A. Middle unsaved act domino**
 - B. Final injury domino**
 - C. Unsaved act domino at the end**
 - D. Safety domino**

5. _____ are warning devices that can be attached to energy isolating devices to indicate that the equipment to which they are fastened may not be operated until such time that the tagout device has been removed.
- A. Tagout devices
 - B. Lockout devices
 - C. Interlocks
 - D. Fuses
6. What component monitors and integrates all system components and controls audible and visual alarms and discharge functions?
- A. Control Panel
 - B. Power Supply
 - C. Manual Discharge Station
 - D. Distinctive Alarm
7. Post-Contact phase refers to which of the following?
- A. After the release of unplanned energy, the product downtime, or the injury or illness
 - B. Before the event
 - C. During the event
 - D. In the repair phase
8. What is the federal agency that recommends ways to prevent work-related injury, OSHA's sister agency?
- A. NIOSH
 - B. OSHA
 - C. CDC
 - D. EPA
9. An _____ is the route employees are directed to follow in the event of any emergency where evacuation of the facility is the best course of action.
- A. exit route
 - B. evacuation plan
 - C. emergency corridor
 - D. safety route

10. In what year was the OSH Act enacted?

A. 1960

B. 1970

C. 1980

D. 1990

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Answers

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

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Explanations

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1. _____ failures lay the foundation of an active failure due to issues such as ineffective training, poor engineering of the equipment or location, poor or inadequate supervision, ineffective communication, and unclear roles for the worker.

A. Latent

B. Active

C. Defective

D. Managerial

Latent failures are systemic weaknesses built into the organization or design that create vulnerabilities in a safety system. The issues listed—ineffective training, poor engineering of equipment or the work location, inadequate supervision, ineffective communication, and unclear roles—are exactly the kinds of conditions that exist in the system before any worker action. They don't show up as an immediate mistake, but they set the stage for an active failure by increasing the chance that a frontline error will occur or go unnoticed. This fits the idea that safety defenses are layered, and gaps in management, engineering, and procedures (latent) can line up with a worker's error (active) to produce harm. Active failures would be the direct unsafe acts, which these latent conditions help enable.

2. Direct costs of an accident are the costs directly associated with the accident and are easily quantifiable.

A. They are the costs directly associated with the accident and are easily quantifiable

B. They are not related to the accident and are hard to quantify

C. They are always paid by the employee

D. They refer only to intangible costs

Direct costs are the expenses tied straight to the incident and can be measured in money. They include things like medical treatment for the injured worker, workers' compensation payments, property damage, repairs or replacements, and immediate investigation or cleanup costs. Because these costs arise directly from the accident and have clear monetary values, they're typically quantifiable. That's why this statement is the best choice: it correctly defines direct costs as those directly related to the accident and easily measurable. Other descriptions don't fit: costs that aren't linked to the incident aren't direct, or costs that are hard to quantify aren't direct, and direct costs aren't limited to what the employee pays, nor are they only intangible costs. Remember, indirect costs (like downtime and lost productivity) and intangible costs (like morale or reputational harm) are separate concepts.

3. HBV is the most common infectious bloodborne hazard facing healthcare workers. What does HBV stand for?

- A. Hepatitis B virus**
- B. Human B virus**
- C. HBV is a bacteria**
- D. HBV stands for Hepatocyte Virus**

HBV stands for Hepatitis B virus. This identifies the infectious agent that causes hepatitis B, a viral infection of the liver. In healthcare settings, HBV is a major bloodborne hazard because it can be transmitted through exposure to infected blood and body fluids. The correct expansion uses the disease name followed by "virus," confirming it is a virus, not a bacteria or any other term. The other options are not valid: they either propose an incorrect or nonstandard name or classify HBV as a bacteria. Recognizing that HBV is a virus helps reinforce that protection relies on vaccination, standard precautions, and post-exposure procedures.

4. In the domino model, removing which domino would prevent an accident?

- A. Middle unsaved act domino**
- B. Final injury domino**
- C. Unsaved act domino at the end**
- D. Safety domino**

In the domino model of accident causation, an accident happens when a sequence of dominos falls: social environment and inherited traits, fault of the person, unsafe act or condition, accident, and injury. Prevention aims to interrupt this chain before the accident occurs. The middle domino, which represents the unsafe act or condition, is the best point to intervene because removing it stops the cascade before the accident domino falls. Without that unsafe act, the accident and the injury never happen. Removing the final injury domino would only prevent injury after the fact, not stop the accident itself. An unsaved-act domino toward the end is still part of the cascade, so removing it isn't as effective as removing the actual trigger in the middle. The safety domino isn't a standard link in the diagram, so removing it doesn't align with stopping the chain.

5. _____ are warning devices that can be attached to energy isolating devices to indicate that the equipment to which they are fastened may not be operated until such time that the tagout device has been removed.

A. Tagout devices

B. Lockout devices

C. Interlocks

D. Fuses

In Lockout/Tagout programs, warning tags attached to energy isolating devices indicate that the equipment cannot be operated until the tag is removed. These tagout devices serve as the communication piece of the safety process, signaling that the energy source has been isolated and must not be operated until authorized personnel remove the tag. They are used to warn others and are often used alongside physical lockout devices for added protection. The other options describe things that either physically prevent operation (lockout devices), prevent machine starting by design (interlocks), or interrupt electricity (fuses), none of which are the warning tags described in the scenario.

6. What component monitors and integrates all system components and controls audible and visual alarms and discharge functions?

A. Control Panel

B. Power Supply

C. Manual Discharge Station

D. Distinctive Alarm

The control panel acts as the system's central brain, gathering data from every component and coordinating the overall response. It continuously monitors inputs from sensors and devices, analyzes the conditions, and then triggers actions across the system. Because it orchestrates both audible and visual alarms and initiates discharge functions, it provides the centralized control needed to alert occupants and activate safety measures in a coordinated way. The other options don't perform this integration and control role: the power supply only provides energy to the system, a manual discharge station requires human action to discharge, and a distinctive alarm may only indicate status without directing system-wide responses.

7. Post-Contact phase refers to which of the following?

- A. After the release of unplanned energy, the product downtime, or the injury or illness**
- B. Before the event**
- C. During the event**
- D. In the repair phase**

Post-Contact is the period after an incident has occurred—after energy has released, after downtime has begun, or after someone is injured or becomes ill. In this phase the focus is on response and recovery: securing the area, de-energizing equipment if safe, giving first aid or medical care, reporting the incident, preserving evidence for investigation, and implementing corrective actions to prevent recurrence. It's distinct from what happens before the event (where hazards are being controlled) and from the moment during the event itself (the energy release or injury moment). Repair work can occur in this post-incident window, but the concept refers to the overall time after contact.

8. What is the federal agency that recommends ways to prevent work-related injury, OSHA's sister agency?

- A. NIOSH**
- B. OSHA**
- C. CDC**
- D. EPA**

NIOSH—the National Institute for Occupational Safety and Health—focuses on research and recommendations to prevent work-related injuries and illnesses. It sits within the CDC, which is part of the Department of Health and Human Services, and works alongside OSHA. OSHA enforces safety standards, while NIOSH provides the scientific evidence and guidance used to develop those preventive measures. So when the question asks for OSHA's sister agency that recommends ways to prevent work-related injury, NIOSH is the best fit because its mission is to identify risks and publish research-based recommendations employers can implement. The others don't fit because OSHA is the enforcement arm, CDC is the broader public health agency, and EPA deals with environmental protection rather than workplace safety.

9. An _____ is the route employees are directed to follow in the event of any emergency where evacuation of the facility is the best course of action.

A. exit route

B. evacuation plan

C. emergency corridor

D. safety route

The route employees follow during an evacuation is called the exit route. This term refers specifically to the actual, continuous, unobstructed path from any occupied area to a place of safety, designed for use in an emergency when leaving the building is the best option. OSHA standards emphasize that exit routes must be clearly marked, well lit, and kept free of obstructions to ensure a safe and rapid egress. An evacuation plan, while related, describes the overall procedures, responsibilities, and steps for evacuating, which may include multiple exit routes and muster points but is not the route itself. The other terms don't capture the exact idea of the designated path to safety during an evacuation.

10. In what year was the OSH Act enacted?

A. 1960

B. 1970

C. 1980

D. 1990

The year the Occupational Safety and Health Act was enacted is 1970. This act, officially the Occupational Safety and Health Act of 1970, was signed into law in December 1970 to establish a framework for improving workplace safety and health. It led to the creation of OSHA and NIOSH and set the standards and enforcement mechanisms that guide workplace safety today. While OSHA began enforcing standards in 1971, the enactment date is 1970. The other years are outside the actual time the law was signed into effect.

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://oshacompliancetraining.examzify.com>

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

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