OSHA Health Science Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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. Don’t worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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. What should you do if you are outside during an earthquake?

A. Run towards buildings for safety

B. Move into the open, away from hazards

C. Lie down on the ground

D. Seek shelter under a tree

2. Which type of infection control method is used for items that come into contact with broken skin?

A. Non-critical

B. Semicritical

C. Critical

D. Low-risk

3. What is one of the key elements in a fire prevention plan?

A. Accounting for lost items after a fire

B. Evacuation procedures and emergency escape route assignments

C. Employee recreational activities

D. Team building exercises

4. Who is responsible for inspecting the scaffold and its components before every work shift?

A. A safety officer

B. A competent person

C. The site supervisor

D. Any worker on the site

5. Which of the following threats might be addressed in an Emergency Action Plan (EAP)?

A. Explosion

B. Tornado

C. Civil disturbance

D. Both A and C

6. In an emergency room setting, if a person asks about wait times while looking at his watch, does this indicate potential for violence?

A. Yes

B. No

C. Maybe

D. Not enough information

7. Which of the following is NOT a common route of transmission for microorganisms in healthcare settings?

A. Airborne spread

B. Direct contact

C. Indirect contact

D. Invasive procedures

8. What kind of effects does a low current typically result in?

A. Severe cardiac issues

B. Minor tingling sensation

C. Complete loss of bodily function

D. Instantaneous injury

9. A worker climbs an unsecured 10-foot ladder with slip-resistant feet to access a landing 9 feet above the adjacent floor. Is this a safe practice?

A. Yes, it is safe

B. No, it is not safe

C. Yes, but only if the ladder is stable

D. No, it requires safety gear

10. What is the first step to take when moving a patient safely?

A. Get the necessary equipment

B. Assess the environment

C. Assess the patient

D. Call for help

Answers

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

Explanations

1. What should you do if you are outside during an earthquake?

A. Run towards buildings for safety

B. Move into the open, away from hazards

C. Lie down on the ground

D. Seek shelter under a tree

Moving into the open, away from hazards is the appropriate action to take if you find yourself outside during an earthquake. This response prioritizes safety by reducing the risk of injury from falling debris, which is a significant danger during seismic events. Buildings, walls, and other structures can collapse, and anything that is not securely anchored may become a projectile. By positioning yourself in an open area, you minimize exposure to these potential hazards. Additionally, it's crucial to be mindful of other dangers that might be present in the surroundings, such as power lines, glass, or heavy objects that could fall. Selecting a spot that is clear of these risks ensures a higher level of safety while the earthquake occurs. After the shaking stops, assessing your environment and being cautious about aftershocks or further dangers will be important for continued safety.

2. Which type of infection control method is used for items that come into contact with broken skin?

A. Non-critical

B. Semicritical

C. Critical

D. Low-risk

The appropriate infection control method for items that come into contact with broken skin is semicritical. Semicritical items are those that, while they do not penetrate soft tissue or bone, do come into contact with mucous membranes or non-intact skin. Therefore, these items require a higher level of disinfection, such as high-level disinfection, to reduce the risk of infection. Understanding the classification of items based on their risk level is crucial in healthcare settings. Non-critical items, for example, typically come into contact only with intact skin, which means that standard cleaning and disinfection procedures may suffice. Critical items, on the other hand, are those that penetrate soft tissue, bone, or enter the vascular system, necessitating sterilization methods to eliminate all forms of microbial life. By identifying items as semicritical, healthcare professionals recognize the importance of stringent infection control to prevent potential transmission of pathogens, particularly in clinical environments where the risk of infectious disease spread is heightened. This classification forms a fundamental part of safe practices in healthcare.

3. What is one of the key elements in a fire prevention plan?

A. Accounting for lost items after a fire

B. Evacuation procedures and emergency escape route assignments

C. Employee recreational activities

D. Team building exercises

A key element in a fire prevention plan is evacuation procedures and emergency escape route assignments. This component is critical because it directly addresses the safety of employees in the event of a fire or other emergency situation. Clear and well-communicated evacuation procedures ensure that everyone knows how to exit the building quickly and safely, reducing the risk of injuries or fatalities during an emergency. Having designated escape routes helps to minimize confusion and panic when a fire occurs. This plan should include details about primary and secondary exits, assembly points, and any special provisions for individuals with disabilities or other needs. Regular drills and training on these procedures reinforce their importance and ensure that all employees are familiar with them. Other options like accounting for lost items or activities that focus on employee recreation and team-building do not contribute directly to fire prevention or safety in an emergency context. These aspects may be part of an organization's overall culture or operational plans but do not serve the primary function of a fire prevention strategy, which is centered on minimizing risk and ensuring safe responses to emergencies.

4. Who is responsible for inspecting the scaffold and its components before every work shift?

A. A safety officer

B. A competent person

C. The site supervisor

D. Any worker on the site

The responsibility for inspecting the scaffold and its components before every work shift falls to a competent person. A competent person is defined by OSHA as someone who is knowledgeable about the construction methods and safety requirements, as well as being able to identify existing and predictable hazards in the surroundings or working conditions. This individual has the authority to take prompt corrective measures to eliminate these hazards. The rationale for this designation is that a competent person possesses the necessary training and experience to recognize safety issues specific to scaffolding. This can include inspecting structural integrity, ensuring proper setup, and verifying compliance with safety regulations. Regular inspections are vital for preventing accidents and ensuring the safety of workers who utilize scaffolds during construction activities. While a safety officer or site supervisor may have roles in overseeing safety and compliance on the job site, it is the competent person's targeted expertise that qualifies them to conduct these specific inspections reliably. Workers on the site can be involved in safety practices, but not all workers have the required training to perform such specialized inspections.

5. Which of the following threats might be addressed in an Emergency Action Plan (EAP)?

A. Explosion

B. Tornado

C. Civil disturbance

D. Both A and C

An Emergency Action Plan (EAP) is designed to prepare for various emergencies that could arise in the workplace, ensuring the safety of employees and minimizing potential harm. The correct choice, which includes both explosion and civil disturbance, highlights the importance of addressing threats that can lead to immediate and critical safety concerns. Explosions can occur in environments where flammable materials are present, and a well-structured EAP will outline procedures for evacuation, accounting for employees, and emergency communication. Similarly, civil disturbances can pose significant risks to workplace safety, necessitating protocols for lockdowns or evacuations to protect employees from potential harm. While tornadoes are a serious threat that should certainly be included in safety training and planning, they are often covered under a broader category of natural disasters, which may be addressed separately in an EAP. Therefore, the combination of explosions and civil disturbances underlines the necessity for a comprehensive response strategy to both human-made and natural threats in the workplace.

6. In an emergency room setting, if a person asks about wait times while looking at his watch, does this indicate potential for violence?

A. Yes

B. No

C. Maybe

D. Not enough information

In this scenario, the individual asking about wait times while frequently checking their watch does not inherently indicate a potential for violence. Such behavior can reflect impatience or concern about time rather than aggression. Context matters significantly in assessing the potential for violence; while certain behaviors may raise red flags, an isolated action of checking the watch does not provide sufficient evidence to conclude that someone is likely to become violent. Alarm can stem from various factors—stress, urgency, or frustration with medical delays—but these feelings do not automatically translate to violent behavior. Moreover, potential indicators of violence typically involve more concerning behaviors, such as aggressive language, yelling, or physical agitation. In this case, the action of inquiring about wait times appears to be a normal and reasonable behavior for someone seeking timely medical care. Thus, without additional contextual cues or disturbing behaviors, it's appropriate to determine that this alone does not indicate a risk of violence.

7. Which of the following is NOT a common route of transmission for microorganisms in healthcare settings?

A. Airborne spread

B. Direct contact

C. Indirect contact

D. Invasive procedures

In healthcare settings, the transmission of microorganisms typically occurs through well-defined and recognized routes. Airborne spread involves tiny respiratory droplets that can linger in the air, allowing pathogens to be breathed in by individuals. Direct contact occurs when there is physical touching between an infected person and another individual, transferring microorganisms through skin or mucous membranes. Indirect contact involves transferring pathogens from one surface to another via fomites or contaminated instruments. Invasive procedures, while they can indeed introduce microorganisms into the body, do not represent a common or natural route of transmission in the same way the others do. Instead, they are specific medical interventions that may introduce risk if proper sterilization and infection control measures are not followed. Therefore, while invasive procedures can be a method for infection, they are not a standard route of transmission for microorganisms in the broader, more routine context of healthcare settings. This distinction makes it the least common option compared to the others.

8. What kind of effects does a low current typically result in?

A. Severe cardiac issues

B. Minor tingling sensation

C. Complete loss of bodily function

D. Instantaneous injury

A low current typically results in a minor tingling sensation because this level of electrical exposure is usually not sufficient to cause significant physiological harm. At lower currents, the body may experience a sensation similar to light static electricity, which can lead to a momentary awareness of the current flow through the skin. This is generally regarded as a benign effect, especially when compared to the more severe consequences that higher currents can cause, such as severe cardiac issues or instantaneous injury, which can lead to serious health issues or even be life-threatening. Understanding this concept is important, especially in safety training, to help reinforce the need for caution around electrical sources, while also recognizing the differentiation in outcomes based on current levels.

9. A worker climbs an unsecured 10-foot ladder with slip-resistant feet to access a landing 9 feet above the adjacent floor. Is this a safe practice?

A. Yes, it is safe

B. No, it is not safe

C. Yes, but only if the ladder is stable

D. No, it requires safety gear

Climbing an unsecured ladder, regardless of its features like slip-resistant feet, poses significant safety risks. The primary concern is that an unsecured ladder can easily shift or tip over, especially at heights that are relatively close to the maximum height of the ladder itself. In this scenario, the worker is using a 10-foot ladder to reach a landing that is only 1 foot below its maximum height. This increases the chances of losing balance or experiencing an accident. Safety regulations and best practices generally emphasize the importance of both securing a ladder to ensure stability and proper usage techniques. If a ladder is not secured, it is not advisable to use it, even if it appears to be designed for slip resistance. This highlights the critical nature of ladder safety in preventing falls and injuries in the workplace. Therefore, the determination that this practice is not safe aligns with recognized safety protocols.

10. What is the first step to take when moving a patient safely?

A. Get the necessary equipment

B. Assess the environment

C. Assess the patient

D. Call for help

The first step to take when moving a patient safely is to assess the patient. This involves evaluating the patient's physical condition, mobility level, and any potential risks or needs they may have. Understanding the patient's abilities and limitations is crucial in determining the best method for moving them, ensuring their safety and comfort throughout the process. By assessing the patient first, healthcare providers can identify any special considerations, such as the presence of injuries, pain levels, or other medical conditions that may require specific handling techniques. This step sets the foundation for a safe moving process, as it informs the caregiver's actions and assists in planning how to transfer or reposition the patient without causing harm. The other options, while also important in the overall process of moving a patient, do not take precedence over assessing the individual patient. For example, having the necessary equipment or assessing the environment is important but secondary to understanding the patient's condition first. Calling for help can also be necessary, especially for larger or more fragile patients, but knowing the specifics of the patient's situation allows for better organization in mobilizing support.

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://oshahealthscience.examzify.com

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