

# OSHA Health Science 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. Which route of entry allows chemicals to enter the body through the airways?**
  - A. Ingestion**
  - B. Inhalation**
  - C. Absorption**
  - D. Injection**
  
- 2. How long after hospitalization can HAIs typically occur?**
  - A. 10 days**
  - B. 48 to 72 hours**
  - C. 1 hour**
  - D. 24 hours**
  
- 3. Why should an employer have a guardrail around a floor hole?**
  - A. To comply with safety regulations**
  - B. To save on construction costs**
  - C. To improve aesthetics**
  - D. To provide a place for workers to rest**
  
- 4. What safety measure should be taken when using a ladder on slippery surfaces?**
  - A. Ladders should never be used on slippery surfaces**
  - B. Ladders should be secured and stabilized**
  - C. Ladders can be moved while in use**
  - D. Ladders can be leant against unstable surfaces**
  
- 5. Which category do endoscopes fall into regarding their risk of infection?**
  - A. Noncritical**
  - B. Cryogenic**
  - C. Semicritical**
  - D. Critical**

- 6. What disease causes severe damage to the liver and can potentially be fatal?**
- A. Hepatitis A Virus**
  - B. Hepatitis B Virus**
  - C. Hepatitis C Virus**
  - D. HIV**
- 7. When a nurse disposes of a syringe after administration, what is the safety implication of this action?**
- A. Unsafe**
  - B. Safe**
  - C. Risky**
  - D. Negligent**
- 8. What should employers do to prevent worker falls and accidents when using portable ladders?**
- A. Ladders should be color-coded for visibility**
  - B. All workers must wear helmets**
  - C. Rungs and steps are slip-resistant**
  - D. Ladders should be stored vertically**
- 9. 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**
- 10. What does the term "patient-related factors" refer to?**
- A. Personal background of staff**
  - B. Psychological status of caregivers**
  - C. Characteristics such as patient size and resistance to equipment**
  - D. Patient medication and treatment history**

## **Answers**

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

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## **Explanations**

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**1. Which route of entry allows chemicals to enter the body through the airways?**

- A. Ingestion**
- B. Inhalation**
- C. Absorption**
- D. Injection**

Inhalation is the route of entry that allows chemicals to enter the body specifically through the airways. When a person breathes in, air passes through the nose or mouth and travels down the trachea into the lungs. If the air contains hazardous chemicals or pollutants, these substances can be absorbed directly into the bloodstream via the alveoli, which are tiny air sacs in the lungs. This route is of particular concern in occupational health because many harmful substances, such as fumes, vapors, and aerosols, can readily enter the respiratory system, leading to potential health risks, including respiratory damage and systemic toxicity. Other routes of entry, such as ingestion or absorption through the skin, are related to different mechanisms and environments. Ingestion involves swallowing substances, while absorption refers to chemicals entering the body through the skin or mucous membranes. Injection, on the other hand, involves a direct entry through a puncture or break in the skin, often via needles or sharp objects. Each route presents unique risks and requires appropriate safety measures to prevent exposure.

**2. How long after hospitalization can HAIs typically occur?**

- A. 10 days**
- B. 48 to 72 hours**
- C. 1 hour**
- D. 24 hours**

Hospital-acquired infections (HAIs) typically manifest within a specific timeframe following hospitalization, with the most common window being 48 to 72 hours. This period reflects the time it generally takes for pathogens introduced in a healthcare setting to cause detectable infections in patients who were admitted for other reasons. During these first few days, the risk of exposure to various infectious agents increases due to invasive procedures, compromised immune systems, or prolonged hospital stays. If infections were to arise outside of this typical window, the timing could potentially be attributed to other sources or conditions not related to the hospital setting. For example, an infection that appears too soon after admission might indicate the patient was already infected upon arrival. Conversely, infections that show up significantly later could involve factors or sources external to the initial hospital environment. Understanding this timeframe helps healthcare providers to implement appropriate infection control measures and monitor for symptoms, ultimately improving patient safety and outcomes.

**3. Why should an employer have a guardrail around a floor hole?**

- A. To comply with safety regulations**
- B. To save on construction costs**
- C. To improve aesthetics**
- D. To provide a place for workers to rest**

Having a guardrail around a floor hole is primarily a safety measure that is mandated by regulations to protect workers from potential falls. In the context of workplace safety, these regulations, often set by OSHA, are designed to minimize risks and provide a secure working environment. Guardrails serve as a physical barrier that helps prevent accidental falls, which are one of the leading causes of workplace injuries. While compliance with safety regulations is crucial, the most important aspect is the protection of employees from harm. Implementing guardrails not only adheres to legal requirements but also demonstrates an employer's commitment to maintaining safety standards. This proactive approach in risk management can significantly reduce accidents and the associated costs of injuries or fatalities in the workplace. Other options may have some relevance in different contexts, but they do not align with the primary purpose of guardrails in relation to workplace safety.

**4. What safety measure should be taken when using a ladder on slippery surfaces?**

- A. Ladders should never be used on slippery surfaces**
- B. Ladders should be secured and stabilized**
- C. Ladders can be moved while in use**
- D. Ladders can be leant against unstable surfaces**

When using a ladder on slippery surfaces, it is crucial to secure and stabilize it to prevent accidents. Stabilization can involve placing the ladder on a firm, level surface and using stabilizing devices such as ladder stabilizers or outriggers if necessary. This practice increases the ladder's safety and ensures it remains stable under the weight of the user. Slippery conditions pose a significant risk of slipping and falling, making these safety precautions essential for maintaining balance and preventing falls while working at heights. Without proper stabilization, the chances of the ladder shifting or slipping are greatly increased, leading to potential injuries.

**5. Which category do endoscopes fall into regarding their risk of infection?**

- A. Noncritical**
- B. Cryogenic**
- C. Semicritical**
- D. Critical**

Endoscopes are classified as semicritical items in terms of their risk of infection. This classification is based on their use and the level of contact they have with body tissues. Semicritical items come into direct contact with mucous membranes or non-intact skin but do not penetrate sterile tissues or enter the vascular system. Endoscopes are used for diagnostic and therapeutic purposes where they come in contact with mucous membranes, such as during gastrointestinal procedures. Because the potential for transmission of pathogens exists, these instruments must be accurately cleaned and disinfected between uses to minimize infection risk. Semicritical items require high-level disinfection (HLD) to ensure they are safe for patient use, addressing the moderate level of risk associated with their usage. In contrast, noncritical items have a lower risk of infection as they come into contact with intact skin only, while critical items penetrate sterile tissues or blood and require sterilization. Cryogenic does not apply in this context as it refers to substances or techniques involving extremely low temperatures, which is unrelated to the classification of medical instruments regarding infection risk.

**6. What disease causes severe damage to the liver and can potentially be fatal?**

- A. Hepatitis A Virus**
- B. Hepatitis B Virus**
- C. Hepatitis C Virus**
- D. HIV**

The disease that is most known for causing severe damage to the liver and has the potential to be fatal is associated with the Hepatitis C Virus. Hepatitis C is a viral infection that primarily affects the liver, leading to inflammation, liver cirrhosis, and increased risk of liver cancer. It is often asymptomatic in its early stages, which can allow it to progress to serious liver disease before symptoms become apparent. Hepatitis C is particularly concerning because it can lead to chronic infection in a significant number of cases. This chronic infection poses a high risk of developing significant liver disease over time. Additionally, there is currently no vaccine available for Hepatitis C, making prevention more challenging compared to other types of hepatitis. In contrast, Hepatitis A typically causes acute but self-limiting liver disease and does not lead to chronic infection, while Hepatitis B can indeed cause chronic infection and severe liver damage, but it is less frequently fatal than Hepatitis C. HIV, while a serious and potentially fatal condition, primarily targets the immune system rather than the liver. Therefore, among the diseases listed, Hepatitis C is the one that is most associated with severe, potentially fatal liver damage.

**7. When a nurse disposes of a syringe after administration, what is the safety implication of this action?**

- A. Unsafe
- B. Safe**
- C. Risky
- D. Negligent

Disposing of a syringe properly after administration is considered a safe practice. This is crucial because syringes, if not disposed of correctly, can pose significant health and safety risks, including potential exposure to bloodborne pathogens for both healthcare workers and the general public. Safe disposal typically involves placing used syringes into designated sharps containers that are puncture-resistant, labeled, and leak-proof. This practice minimizes the risk of needle-stick injuries, which can lead to infections or diseases such as HIV or hepatitis. Safety procedures surround the disposal of sharps to ensure that healthcare environments remain safe for both staff and patients. Following proper disposal protocols demonstrates adherence to safety regulations and best practices established by organizations such as OSHA, which aims to protect individuals in the workplace. Hence, the action of safely disposing of used syringes is pivotal in maintaining a safe healthcare setting.

**8. What should employers do to prevent worker falls and accidents when using portable ladders?**

- A. Ladders should be color-coded for visibility
- B. All workers must wear helmets
- C. Rungs and steps are slip-resistant**
- D. Ladders should be stored vertically

Ensuring that rungs and steps of portable ladders are slip-resistant is crucial for preventing falls and accidents in the workplace. Slip resistance provides traction for the user's shoes, reducing the likelihood of slipping while climbing or descending the ladder. This feature is particularly important because falls from ladders are a common source of workplace injuries. When rungs and steps are designed with materials or surface patterns that enhance grip, they significantly improve the safety of using ladders. While visibility through color coding can aid in ladder identification, wearing helmets can provide some protection, and storing ladders vertically helps in managing space and organization, none of these directly address the immediate risk of slips while using the ladder. Therefore, the most effective strategy among the options to prevent falls is to ensure that the surfaces of the ladder used by workers are designed to minimize slipping.

**9. 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.

**10. What does the term "patient-related factors" refer to?**

- A. Personal background of staff**
- B. Psychological status of caregivers**
- C. Characteristics such as patient size and resistance to equipment**
- D. Patient medication and treatment history**

The term "patient-related factors" encompasses various characteristics and attributes of the patient that can influence healthcare delivery and outcomes. In this context, "patient-related factors" specifically refers to characteristics such as patient size and resistance to equipment. These factors are crucial in clinical settings because they can impact everything from the effectiveness of certain treatments to considerations around safety and proper equipment usage. For example, a patient's size may determine the type of medical equipment that needs to be used, such as appropriately sized doses for medication or the selection of medical devices. Understanding these attributes ensures that healthcare professionals can tailor their approaches to meet individual patient needs effectively, thereby enhancing patient care and safety. The other options involve aspects related to the healthcare environment or personnel (such as staff backgrounds or caregivers' psychological status) or focus primarily on a patient's medical history (like medication and treatment history). While all these elements can be important in providing comprehensive care, they don't directly pertain to the specific characteristics of patients themselves in the context of the provided 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](mailto: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!**

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