

OSHA HEALTH SCIENCE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What action is NOT recommended during an earthquake if you are indoors?**
 - A. Stay inside
 - B. Take cover under furniture
 - C. Evacuate the building
 - D. Stay away from windows

- 2. In the event of a massive ammonia gas release in a sealed room, what should your response be?**
 - A. Evacuate immediately
 - B. Shelter in place
 - C. Open the windows for ventilation
 - D. Call for emergency services

- 3. What does Class C refer to in fire classifications?**
 - A. Ordinary combustibles
 - B. Electrical equipment
 - C. Combustible metals
 - D. Flammable gases

- 4. After the actual use of sharps devices, what is the next leading cause of sharps injuries?**
 - A. Improper disposal
 - B. Cleaning procedures
 - C. Activities after use and prior to disposal
 - D. Equipment malfunction

- 5. What type of exposure is characterized by procedures where there is poor visualization?**
 - A. Chemical exposure
 - B. Physical exposure
 - C. Radiological exposure
 - D. Sharps exposure

- 6. Which of the following statements about fixed ladders is TRUE?**
- A. Fixed ladders are adjustable
 - B. Employers must have safety systems for fixed ladders over 20 feet
 - C. Any worker using fixed ladders must have specific training
 - D. Fixed ladders can be portable
- 7. Which patient of Cameron exhibits behaviors that could lead to violence?**
- A. Elise
 - B. Richard
 - C. Cameron
 - D. Ava
- 8. Which type of lift requires at least a PFAS for workers?**
- A. Scissor lifts
 - B. Forklifts
 - C. Aerial lifts
 - D. Cherry pickers
- 9. What type of materials are represented by Class D fires?**
- A. Flammable liquids
 - B. Combustible metals
 - C. Electrical fires
 - D. Ordinary combustibles
- 10. Which guideline should you follow if you must exit through smoke during a fire?**
- A. Run quickly to your exit
 - B. Crawl low under the smoke to your exit
 - C. Remain standing to see better
 - D. Stay away from windows

Answers

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

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Explanations

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1. What action is NOT recommended during an earthquake if you are indoors?

- A. Stay inside
- B. Take cover under furniture
- C. Evacuate the building**
- D. Stay away from windows

During an earthquake, the safest action for those indoors is to take cover and protect themselves from potential hazards such as falling debris. Staying inside is typically recommended because exiting a building during shaking can expose individuals to increased risks, such as falling objects or structural failures. Taking cover under sturdy furniture helps shield individuals from these dangers, while staying away from windows prevents injury from shattered glass. Evacuating the building is not recommended during the quake itself because the shaking may pose significant risks outside, and it can be difficult to navigate safely. Instead, individuals should remain in place until the shaking stops, then evaluate their surroundings before considering evacuation if necessary. This approach focuses on immediate safety during the unpredictable and potentially dangerous moments of an earthquake.

2. In the event of a massive ammonia gas release in a sealed room, what should your response be?

- A. Evacuate immediately
- B. Shelter in place**
- C. Open the windows for ventilation
- D. Call for emergency services

In the event of a massive ammonia gas release in a sealed room, sheltering in place is often the recommended response. This approach is based on the understanding that ammonia is a highly toxic and irritating gas that can pose serious health risks upon exposure. If you were to evacuate without proper protective measures, you could inadvertently expose yourself to high concentrations of ammonia, which could lead to respiratory distress, skin irritation, or other severe reactions. Sheltering in place helps mitigate the risk of exposure by staying in a location where you can limit contact with the ammonia gas. Sealing the area to the extent possible—by closing doors and windows—can also help contain the gas and reduce the immediate risk. It's vital to remain aware of the situation and monitor for guidance from emergency services, which will provide instructions once they assess the situation. Other options like opening windows for ventilation could increase the influx of ammonia, potentially putting individuals in or around the area at even greater risk. Immediate evacuation might also be unsafe if it means moving through contaminated areas without proper training or equipment. Thus, sheltering in place serves as a critical precaution in protecting health during such hazardous events.

3. What does Class C refer to in fire classifications?

- A. Ordinary combustibles
- B. Electrical equipment**
- C. Combustible metals
- D. Flammable gases

Class C fires refer specifically to fires involving electrical equipment. This classification encompasses situations where the fire involves appliances, wiring, circuit breakers, or anything that operates on electricity. The reason why Class C fires are distinct is that water, which is a common extinguishing agent, is not considered safe to use on electrical fires because it conducts electricity and can lead to electrocution. Instead, special extinguishing agents like carbon dioxide or dry chemical extinguishers are recommended for Class C fires since they can effectively snuff out the flame without the risk of electrical shock. Understanding this classification is crucial for safety protocols in environments where electrical equipment is prevalent.

4. After the actual use of sharps devices, what is the next leading cause of sharps injuries?

- A. Improper disposal
- B. Cleaning procedures
- C. Activities after use and prior to disposal**
- D. Equipment malfunction

The leading cause of sharps injuries after their actual use is related to activities that occur following their use and prior to their proper disposal. This can include actions such as handling or passing used sharps without appropriate safety measures, which significantly increases the risk of accidental punctures or cuts. Once sharps have been used, the likelihood of injury increases during the handling of these devices, especially if appropriate protocols, such as using designated containers or employing safety devices like needle shield mechanisms, are not followed. It is crucial for healthcare workers to be trained and aware of the risks associated with handling used sharps, emphasizing the need for immediate and safe disposal. Other options, while they represent important factors in the handling of sharps, do not capture the critical phase when the sharps are still in circulation after use but before they are securely disposed of. Understanding this context helps in implementing effective strategies and training programs to minimize sharps injuries in healthcare settings.

5. What type of exposure is characterized by procedures where there is poor visualization?

- A. Chemical exposure
- B. Physical exposure
- C. Radiological exposure
- D. Sharps exposure**

The appropriate type of exposure characterized by procedures where there is poor visualization is sharps exposure. This type of exposure often occurs in medical or laboratory environments where there are risks associated with handling sharp instruments or tools, such as needles, scalpels, or broken glass. When procedures are conducted without adequate visualization, the risk of accidental injury increases, as healthcare workers may inadvertently puncture or cut themselves. Poor visualization can lead to a lack of awareness of the sharp objects present, heightening the chances of an exposure incident. It is crucial for workers to maintain a clear line of sight to safely handle such instruments and avoid potential injuries. This is why training and the implementation of safe work practices around sharp devices are emphasized in healthcare settings. Other types of exposure mentioned, such as chemical, physical, and radiological exposures, involve different contexts where the primary risks and safety measures are distinct from those related to handling sharp objects.

6. Which of the following statements about fixed ladders is TRUE?

- A. Fixed ladders are adjustable
- B. Employers must have safety systems for fixed ladders over 20 feet
- C. Any worker using fixed ladders must have specific training**
- D. Fixed ladders can be portable

The correct choice emphasizes the requirement that any worker using fixed ladders must have specific training. This is crucial because fixed ladders, which are permanently affixed to a structure, often present unique safety hazards. Workers need to understand how to use them safely, including recognizing potential fall hazards, proper ascending and descending techniques, and the importance of using fall protection systems where required. OSHA regulations underline the importance of proper training to ensure that workers are adequately prepared to navigate the risks associated with using fixed ladders. Such training can significantly reduce the likelihood of accidents and injuries. Safety measures and training are essential components of a workplace safety program, particularly in environments where fixed ladders are common. While other options present different aspects of fixed ladders, they do not accurately reflect the critical aspect of worker training required for safety in their use. The adjustable nature of ladders, the specifics of safety systems reliance based on height, and the classification of ladders as portable do not align with the true characteristics and regulations governing fixed ladders.

7. Which patient of Cameron exhibits behaviors that could lead to violence?

- A. Elise**
- B. Richard
- C. Cameron
- D. Ava

Elise is identified as the patient whose behaviors could potentially lead to violence. This recognition is crucial in a healthcare setting, especially in cases involving mental health and behavioral issues. Patients exhibiting signs of agitation, aggression, or extreme emotional distress are more likely to develop violent behaviors, posing a risk not only to themselves but also to staff and other patients. In the context of patient care, understanding the triggers and manifestations of such behaviors is essential for effective intervention and management. By being aware of the specific characteristics and warning signs exhibited by Elise, healthcare providers can take proactive measures to ensure a safe environment, which may include de-escalation techniques, offering support, and creating individualized treatment plans. Recognizing and addressing these behaviors early can prevent potential escalation and help maintain a therapeutic environment. In contrast, focusing on the other individuals—whether they display calm demeanor, participate positively in their care, or do not exhibit red flags—may lead to less concern regarding possible violent actions.

8. Which type of lift requires at least a PFAS for workers?

- A. Scissor lifts
- B. Forklifts
- C. Aerial lifts**
- D. Cherry pickers

Aerial lifts are equipment designed to elevate a worker to specific heights, often for tasks such as maintenance or construction work. Due to the inherent risks associated with working at elevated heights, the use of a Personal Fall Arrest System (PFAS) is critical for ensuring worker safety. A PFAS typically includes a harness, lanyard, and anchor point, which together help to prevent falls and protect workers from serious injury should they lose their balance or if the lift tips or malfunctions. The use of a PFAS is mandated because, even with safety mechanisms built into the aerial lift itself, there's an increased risk of falls due to the movement of the platform and the potential for unanticipated situations. Regulations set forth by OSHA emphasize the necessity of using this safety equipment to mitigate the risk of falling from heights, making its use a critical aspect of safe operations when utilizing aerial lifts. Other types of lifts, such as scissor lifts and forklifts, have different operational characteristics and may not require PFAS under certain conditions, depending on their design and use. Cherry pickers, which are a type of aerial lift, also necessitate the use of PFAS due to similar safety concerns related to height. Nevertheless, in this context, the best representation of

9. What type of materials are represented by Class D fires?

- A. Flammable liquids
- B. Combustible metals**
- C. Electrical fires
- D. Ordinary combustibles

Class D fires are specifically associated with combustible metals. This classification is crucial in fire safety because these types of fires require specialized extinguishing agents that differ significantly from those used for other classes of fires. Combustible metals, such as magnesium, titanium, and sodium, can ignite and burn at extremely high temperatures, often creating hazardous conditions that standard fire suppression methods cannot handle effectively. For example, water is ineffective and can even exacerbate the fire in many cases involving combustible metals, as it can react violently with certain metals. Therefore, a proper understanding of Class D fire materials is essential for selecting the appropriate firefighting techniques and equipment. The other classifications referenced in the question—flammable liquids, electrical fires, and ordinary combustibles—belong to different fire classes. Flammable liquids are associated with Class B fires, electrical fires with Class C, and ordinary combustibles such as paper and wood with Class A. Understanding these distinctions is vital for effective fire prevention and response strategies.

10. Which guideline should you follow if you must exit through smoke during a fire?

- A. Run quickly to your exit
- B. Crawl low under the smoke to your exit**
- C. Remain standing to see better
- D. Stay away from windows

Crawling low under the smoke during a fire is essential for several reasons. Smoke rises, so by staying low, you avoid the more concentrated and toxic fumes that accumulate closer to the ceiling. This tactic increases your chances of staying conscious and being able to exit safely. Additionally, air near the floor is typically cooler, which can help reduce the risk of burns and smoke inhalation. It's important to note that rushing towards the exit without considering the smoke can lead to disorientation and increased danger from inhaling harmful smoke particles. Remaining upright may block your vision and increase the risk of suffocation or disorientation, while avoiding windows doesn't directly address navigating through smoke. Staying low is a proven best practice in fire safety, enabling safe movement towards an exit.

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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:

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

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