

# Safety Trained Supervisor in Construction (STSC) 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. In which of the following conditions are hard hats required?**
  - A. When working at heights**
  - B. In crowded areas**
  - C. All of the above**
  - D. Only when lifting heavy objects**
  
- 2. According to Contemporary Motivation Theory, what is considered the strongest motivator?**
  - A. Financial incentives**
  - B. Promotion opportunities**
  - C. Recognition of achievement**
  - D. Work-life balance**
  
- 3. How can the integrity of a synthetic sling be primarily ensured?**
  - A. Annual inspections by a certified professional**
  - B. Regular cleaning with suitable chemicals**
  - C. Daily, pre-use visual inspections**
  - D. Only replacing the sling when fraying is evident**
  
- 4. By how much must a ladder extend above the working surface?**
  - A. 1 foot**
  - B. 2 feet**
  - C. 3 feet**
  - D. 4 feet**
  
- 5. What must be checked first when responding to an accident on-site?**
  - A. The condition of the power tools**
  - B. The electrical sources in the area**
  - C. The victim's respiration and pulse**
  - D. The layout of the worksite**

- 6. What is the best solution to a hazard present on a job site?**
- A. Report the hazard to a supervisor**
  - B. Temporary fixes until the project is complete**
  - C. Eliminate the hazard**
  - D. Provide protective equipment**
- 7. During an accident investigation, which of the following is considered an indirect cost?**
- A. Medical expenses for the injured worker**
  - B. Loss of productivity**
  - C. Repair costs for damaged equipment**
  - D. Workers' compensation claims**
- 8. What requirement must a heavy equipment operator fulfill?**
- A. Be able to operate multiple types of equipment**
  - B. Have a valid driver's license**
  - C. Be properly trained or have enough experience**
  - D. Complete a pre-operation checklist**
- 9. At what height must employees be protected from falling by guardrail systems or fall arrest systems?**
- A. 4 feet**
  - B. 6 feet**
  - C. 8 feet**
  - D. 10 feet**
- 10. Labels for hazardous chemicals should be written in what manner?**
- A. A language familiar to the supervisor only**
  - B. A general language understood by anyone**
  - C. A language and symbols that workers can read and identify hazards**
  - D. Technical jargon specific to the chemical industry**

## Answers

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

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## **Explanations**

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**1. In which of the following conditions are hard hats required?**

- A. When working at heights**
- B. In crowded areas**
- C. All of the above**
- D. Only when lifting heavy objects**

Hard hats are required in various conditions to ensure the safety and protection of workers from potential head injuries. When considering the context of working at heights, the risk of falling objects becomes significant; thus, hard hats are essential protective gear. Similarly, in crowded areas, the likelihood of someone unintentionally bumping into or dropping objects increases, making hard hats necessary to guard against those hazards. In addition, while lifting heavy objects may seem like a situation that warrants hard hat usage due to the physical demands, it does not encompass the full range of scenarios where head protection is vital. Therefore, the choice indicating that hard hats are required in all of these conditions emphasizes the comprehensive safety measures that should be implemented to protect workers in various environments. This approach highlights the critical nature of consistent head protection in multiple situations, reinforcing that safety should be a top priority in the workplace.

**2. According to Contemporary Motivation Theory, what is considered the strongest motivator?**

- A. Financial incentives**
- B. Promotion opportunities**
- C. Recognition of achievement**
- D. Work-life balance**

According to Contemporary Motivation Theory, recognition of achievement is considered the strongest motivator because it addresses the intrinsic desires of individuals to feel valued and appreciated for their contributions. When employees receive acknowledgment for their efforts, it boosts their self-esteem and reinforces their sense of purpose within the organization. This recognition can take many forms, such as praise from management, awards, or simply a shout-out in team meetings. While financial incentives, promotion opportunities, and work-life balance are important motivators in the workplace, they often focus more on extrinsic factors. Financial rewards can stimulate initial motivation, but over time, individuals may seek deeper fulfillment through recognition. Promotion opportunities provide goals to strive for but often depend on the acknowledgment of achievements. Work-life balance improves overall satisfaction, yet it does not directly link to the recognition of individual accomplishments. The emphasis on recognition reflects the contemporary understanding that people are driven not just by tangible rewards but also by the appreciation of their contributions and successes.

**3. How can the integrity of a synthetic sling be primarily ensured?**

- A. Annual inspections by a certified professional**
- B. Regular cleaning with suitable chemicals**
- C. Daily, pre-use visual inspections**
- D. Only replacing the sling when fraying is evident**

The integrity of a synthetic sling can be primarily ensured through daily, pre-use visual inspections. This practice is crucial because it allows operators to assess the sling's condition before each use, identifying any potential signs of damage, wear, or degradation that may have occurred since it was last used. Conducting these inspections daily helps to identify issues such as cuts, abrasions, or other forms of damage that might compromise the sling's strength and safety. Regular visual checks are important because slings are often subjected to various environmental conditions and loading stresses that can affect their integrity over time. Identifying and addressing any concerns before the sling is used significantly reduces the risk of failure during lifting operations. While annual inspections by a certified professional are important for a comprehensive evaluation of the sling's condition, they do not provide the immediate oversight that daily inspections accomplish. Regular cleaning is beneficial for maintaining the sling, but it does not directly assess its structural integrity. Replacing a sling only when fraying is evident does not account for other potential types of damage that may affect the slings' performance, making a proactive daily inspection approach more effective in ensuring safety.

**4. By how much must a ladder extend above the working surface?**

- A. 1 foot**
- B. 2 feet**
- C. 3 feet**
- D. 4 feet**

The requirement for a ladder to extend above the working surface is essential for ensuring safety when workers are exiting or entering a structure. Extending the ladder at least 3 feet above the working surface provides a secure handhold, helping to prevent falls and offering extra stability while transitioning between the ladder and the platform. This extension enhances the user's grip on the ladder, allowing them to maintain balance and control as they step on or off. By ensuring that a ladder extends at least 3 feet above the point of access, it meets safety guidelines and standards commonly upheld in workplace and construction environments, reducing the risk of accidents associated with improper ladder use. This specific measurement is often included in safety regulations to standardize ladder usage and promote safe practices among workers.

**5. What must be checked first when responding to an accident on-site?**

- A. The condition of the power tools**
- B. The electrical sources in the area**
- C. The victim's respiration and pulse**
- D. The layout of the worksite**

When responding to an accident on-site, the initial priority is to assess the victim's condition, specifically checking for respiration and pulse. This is crucial because it directly relates to the victim's life-threatening injuries. Immediate medical attention is often necessary for individuals who may be unconscious or unable to breathe. Stabilizing the victim and ensuring they are alive provides context for subsequent actions, such as calling for emergency assistance and determining any further treatments needed. The other considerations, while important for overall safety and management of the site, come into play after ensuring the victim's basic life support needs are met. Checking the condition of the power tools or the electrical sources can help prevent further accidents, and assessing the layout of the worksite aids in understanding the scene. However, the foremost concern in an emergency situation is to ensure the individual affected is receiving the necessary care to maintain their life.

**6. What is the best solution to a hazard present on a job site?**

- A. Report the hazard to a supervisor**
- B. Temporary fixes until the project is complete**
- C. Eliminate the hazard**
- D. Provide protective equipment**

Eliminating the hazard is considered the best solution because it addresses the issue at its source, removing the danger from the workplace entirely. This approach aligns with the principles of safety management that prioritize hazard control. Simply reporting the hazard or implementing temporary fixes does not resolve the underlying issue, leaving workers exposed to potential risks. While providing protective equipment can help mitigate the risk, it does not eliminate the hazard itself. Effective safety practices aim to create a safer work environment by removing dangers rather than merely managing or covering them up.

**7. During an accident investigation, which of the following is considered an indirect cost?**

- A. Medical expenses for the injured worker**
- B. Loss of productivity**
- C. Repair costs for damaged equipment**
- D. Workers' compensation claims**

In the context of accident investigations, indirect costs refer to expenses that are not directly tied to immediate, tangible damages, but rather to the broader impact of the accident on the organization's productivity and profitability. Loss of productivity is considered an indirect cost because it encompasses the time lost by workers who may be injured, as well as the time lost by other employees who might need to cover for their absent colleague or who are involved in the investigation and cleanup process. These consequences can significantly affect the overall efficiency and output of a project, extending beyond the mere medical expenses incurred or the costs associated with repairs and claims. In contrast, medical expenses, repair costs, and workers' compensation claims are direct financial obligations that arise immediately from the accident itself, making them direct costs associated with the incident at hand. Understanding these distinctions is crucial for effectively managing safety and financial implications in construction projects.

**8. What requirement must a heavy equipment operator fulfill?**

- A. Be able to operate multiple types of equipment**
- B. Have a valid driver's license**
- C. Be properly trained or have enough experience**
- D. Complete a pre-operation checklist**

The requirement for a heavy equipment operator to be properly trained or have enough experience is crucial because operating heavy machinery demands specific skills and knowledge for safe and effective operation. This includes understanding the machinery's controls, capabilities, and safety protocols. Proper training can involve formal education, certifications, or extensive on-the-job training, all aimed at ensuring the operator can handle the equipment responsibly and safely. While being able to operate multiple types of equipment and having a valid driver's license can be advantageous in certain situations, they are not universally required for all heavy equipment operators. Similarly, completing a pre-operation checklist is an essential safety practice that supports safe operation but doesn't fulfill the fundamental requirement of training or experience. Thus, having adequate training or experience is the primary requirement to ensure that heavy equipment is operated safely and effectively, minimizing risks on the construction site.

**9. At what height must employees be protected from falling by guardrail systems or fall arrest systems?**

- A. 4 feet
- B. 6 feet**
- C. 8 feet
- D. 10 feet

In construction, the Occupational Safety and Health Administration (OSHA) mandates that fall protection must be provided at elevations of 6 feet in the general industry. This requirement is designed to protect workers from the risks associated with falls, which can result in significant injuries or fatalities. When working at such heights, implementing guardrail systems or using fall arrest systems is crucial to ensure the safety of employees. The choice of 6 feet is based on extensive research into workplace injuries and reflects the industry's commitment to maintaining worker safety standards. In contexts where construction activities occur, this height threshold is particularly critical since many tasks involve working near edges or at considerable heights, emphasizing the importance of adequate fall protection measures to create a safer working environment.

**10. Labels for hazardous chemicals should be written in what manner?**

- A. A language familiar to the supervisor only
- B. A general language understood by anyone
- C. A language and symbols that workers can read and identify hazards**
- D. Technical jargon specific to the chemical industry

Labels for hazardous chemicals are required to communicate important safety information effectively to all workers who may come into contact with those substances. Therefore, it is crucial that the language and symbols used on these labels are easily readable and understandable to every worker, regardless of their level of expertise or background in the chemical industry. Using clear, straightforward language and universally recognized symbols allows workers to identify hazards quickly and take appropriate precautions to protect themselves and others. This approach aligns with safety regulations and standards, ensuring that everyone on the worksite can comprehend the potential dangers and necessary handling procedures associated with the chemicals. In contrast, using a language familiar only to supervisors limits the accessibility of critical safety information to essential personnel and could endanger workers who may encounter these hazardous substances without adequate understanding. A general language that anyone can understand might lack the specificity needed to clearly communicate specific hazards. Relying on technical jargon specific to the chemical industry can create barriers for workers who are not trained in that terminology, potentially leading to confusion or misinterpretation of the risks involved.

## 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://stsc.examzify.com>**

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

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