

UPS INTEGRAD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Designated walk paths are intended to provide slip resistance and safe egress.**
 - A. Not specified
 - B. Not applicable
 - C. False
 - D. True
- 2. The most popular delivery service UPS offers is which of the following?**
 - A. UPS Ground
 - B. UPS Freight
 - C. UPS Next Day Air
 - D. UPS 2nd Day Air
- 3. After arriving at your final car destination at the end of the day, which of the following must you do?**
 - A. Make sure the carry aid is secure.
 - B. Check the gas gauge.
 - C. Turn on the interior lights.
 - D. Close the trunk.
- 4. The job element "load and prepare" includes all time spent. Which activities are included?**
 - A. Loading packages onto a carry aid
 - B. Preparing for a stop
 - C. Neither
 - D. Loading onto a carry aid and preparing for a stop
- 5. Should you use existing equipment to assist you when lifting or lowering packages?**
 - A. Yes
 - B. No
 - C. Only if asked by supervisor
 - D. It depends on weight

- 6. When you leave the car, you should always verify which condition?**
- A. The engine is off
 - B. The doors are locked
 - C. There are packages in the selection area
 - D. The radio is off
- 7. Some packages do not require inspection at the center at the end of the day.**
- A. True
 - B. False
 - C. Not sure
 - D. Sometimes
- 8. The 340 methods provide driver service provider methods for which activities?**
- A. Delivery and pickup
 - B. Parcel tracking only
 - C. Customer service calls
 - D. Weight estimation
- 9. How should you carry packages when you are required to deliver big packages?**
- A. Carry with both arms
 - B. Use a carry aid
 - C. Drag the package
 - D. Leave behind
- 10. Which option correctly describes how to handle large packages?**
- A. Carry the package with one arm
 - B. Pace the package across the floor
 - C. Use a carry aid
 - D. Slide the package along the floor

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Designated walk paths are intended to provide slip resistance and safe egress.

- A. Not specified
- B. Not applicable
- C. False**
- D. True

Designated walk paths are about guiding where people should walk to avoid hazards and keep pedestrian traffic organized. They help separate foot traffic from machinery, vehicles, or other dangers, and they indicate routes for safe movement. However, slip resistance and safe egress come from how the floor is finished and maintained (for slip resistance) and from the presence of unobstructed, well-lit exits with clear signage and adequate egress routes (for safe egress). Merely labeling or designating a path does not, by itself, guarantee a surface will be slip-resistant or that people will be able to exit quickly in an emergency. Therefore, the statement is false.

2. The most popular delivery service UPS offers is which of the following?

- A. UPS Ground**
- B. UPS Freight
- C. UPS Next Day Air
- D. UPS 2nd Day Air

Ground service is the most popular option because it offers the broadest coverage and the best balance of cost and reliability for everyday, non-urgent domestic shipments. It serves a large volume of parcels, including a huge amount of e-commerce and business-to-consumer shipments, at a price point that makes it attractive for the majority of customers. Faster services exist for urgent deliveries, but they are more expensive and used less frequently. Freight is intended for large, heavy freight rather than standard parcels, so it doesn't compete in volume with the regular parcel network. So the standard Ground option handles the most shipments overall.

3. After arriving at your final car destination at the end of the day, which of the following must you do?

- A. Make sure the carry aid is secure.**
- B. Check the gas gauge.
- C. Turn on the interior lights.
- D. Close the trunk.

Securing equipment before you leave the vehicle is a safety and security priority. If the carry aid is not secured, it can shift or tip as the vehicle moves, posing a risk to anyone opening the door, potentially damaging other items, or giving thieves an opportunity. Keeping the carry aid firmly in place protects people and property and keeps the vehicle ready for the next day. Other tasks like checking the gas gauge, turning on interior lights, or closing the trunk don't address that immediate safety risk in the same way, so securing the carry aid is the best action.

4. The job element "load and prepare" includes all time spent. Which activities are included?

- A. Loading packages onto a carry aid
- B. Preparing for a stop
- C. Neither
- D. Loading onto a carry aid and preparing for a stop**

The key idea is that a job element captures the entire sequence of actions it describes. For the "load and prepare" element, that means all time spent on both loading packages onto a carry aid and getting everything ready for the next stop. So the activities included are loading onto a carry aid and preparing for a stop. This is the best choice because it reflects the full cycle from starting the load to being ready to proceed, not just one part of it. Choosing only one sub-task would miss part of the work, and choosing neither would exclude the necessary actions.

5. Should you use existing equipment to assist you when lifting or lowering packages?

- A. Yes**
- B. No
- C. Only if asked by supervisor
- D. It depends on weight

Using equipment to assist with lifting or lowering packages helps protect your body and prevent accidents. When you have a hand truck, dolly, pallet jack, or lift available, engaging it keeps the load closer to your center of gravity, reduces the strain on your back and arms, and lowers the chance of dropping a package or slipping. Because safety improves whenever you use the tools designed for the task, the best practice is to use existing equipment whenever possible. Choosing No would ignore the clear safety benefit of mechanical aid. Saying you should only use equipment if asked by a supervisor adds an unnecessary barrier to safe practice, and relying on weight to decide whether to use equipment (It depends on weight) suggests unsafe variability in handling. Both overlook the primary goal of minimizing risk by using the available safer method. So, using the equipment is the recommended approach.

6. When you leave the car, you should always verify which condition?

- A. The engine is off
- B. The doors are locked
- C. There are packages in the selection area**
- D. The radio is off

The main idea is to make sure you don't leave behind any packages. The area where you stage the next set of deliveries—the selection area—should still contain the items you're responsible for on that run. Verifying there are packages there confirms your load is present and accounted for, helping prevent missed deliveries or mixing up shipments. While other safety checks like engine, doors, and radio are sensible, they don't ensure you're taking all required packages with you. So confirming that there are packages in the selection area is the best check when you leave the vehicle.

7. Some packages do not require inspection at the center at the end of the day.

- A. True**
- B. False
- C. Not sure
- D. Sometimes

End-of-day inspections are designed to be efficient by focusing on exceptions rather than every single package. Many packages are cleared automatically through accurate scans, correct labels, and matching manifests, so no manual inspection is needed for them. Only items that show discrepancies, damaged packaging, missing scans, or label mismatches are pulled aside for hands-on inspection. Because of this system, some packages truly do not require inspection at the center at the end of the day.

8. The 340 methods provide driver service provider methods for which activities?

- A. Delivery and pickup**
- B. Parcel tracking only
- C. Customer service calls
- D. Weight estimation

Driver service provider methods cover the actions a driver performs in the field to move shipments. These methods support the two core field activities: delivering parcels to customers and picking up parcels from customers for return or onward transport. That's why delivery and pickup is the best fit—the driver is directly executing these tasks as part of the service they provide. Other options refer to aspects that aren't driver actions during delivery operations. Parcel tracking is about monitoring status and location, not the actual on-the-ground duties of delivering or collecting packages. Customer service calls involve support interactions rather than the driver's in-field work. Weight estimation is a planning or data-collection step that doesn't describe the driver's service activities in delivering or picking up.

9. How should you carry packages when you are required to deliver big packages?

- A. Carry with both arms
- B. Use a carry aid**
- C. Drag the package
- D. Leave behind

Moving large packages safely hinges on using the right equipment to handle the load. A carry aid—like a dolly, hand truck, or wheeled cart—lets you keep the weight close to your body, maintain better balance, and push or pull smoothly across different surfaces. This reduces strain on your back and arms and minimizes the chance of dropping or damaging the package. Carrying with both arms alone can strain the back and shoulders and may not provide sufficient control for a heavy or awkward item. Dragging the package creates friction, can damage floors or the box, and is hard to stop once momentum starts. Leaving the package behind isn't an option in a delivery role. So using a carry aid is the safest and most practical method for big packages.

10. Which option correctly describes how to handle large packages?

- A. Carry the package with one arm
- B. Pace the package across the floor
- C. Use a carry aid
- D. Slide the package along the floor

Safe handling of large packages relies on using a carry aid to keep the load close, stable, and under control. A carry aid, such as a hand truck, dolly, or cart, lets you cradle the package against your body, use wheels or leverage, and push or pull with your legs rather than twisting and straining your back. This keeps the load balanced, reduces the risk of injury, and makes moving heavy items more practical on the job. The other methods are riskier: carrying with one arm creates an imbalanced load and can throw you off balance; sliding the package along the floor offers little control and increases chances of dropping or injuring yourself; sliding also can damage floors or the package. Using a carry aid is the safer, more controlled approach.

SAMPLE

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://upsintegrad.examzify.com>

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

SAMPLE