

U.S. Army Corps of Engineers (USACE) EM 385-1-1 Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What aspect of heat stress prevention is emphasized in EM 385-1-1?**
 - A. Regular breaks to enhance focus**
 - B. Avoiding work during the hottest part of the day**
 - C. Awareness training and hydration protocols**
 - D. Providing cooling shelters on all job sites**
- 2. How does EM 385-1-1 address limited access zones?**
 - A. Access is freely allowed for all employees**
 - B. Specific guidelines are provided to control access to areas where hazards are present**
 - C. Only management has control over access**
 - D. Access zones vary but are not specifically defined**
- 3. According to EM 385-1-1, how should medical emergencies be addressed?**
 - A. Call for help only if serious**
 - B. Ignore minor injuries**
 - C. Develop and follow emergency response planning**
 - D. Only notify a supervisor**
- 4. What is the primary purpose of an energized work permit?**
 - A. To prevent equipment malfunction**
 - B. To ensure safety while working on live equipment**
 - C. To document maintenance work**
 - D. To track personnel on site**
- 5. Signs warning of the presence of construction site hazards must be maintained to prevent what?**
 - A. Unauthorized access**
 - B. Site damage**
 - C. Weather exposure**
 - D. Equipment theft**

- 6. When should cracked or pitted lenses not be used during welding activities?**
- A. Only when the sun is out**
 - B. Always, regardless of the situation**
 - C. When the job is small**
 - D. When working with heavy machinery**
- 7. What is the minimum buoyancy requirement for a personal flotation device?**
- A. 40 lbs**
 - B. 70 lbs**
 - C. 80 lbs**
 - D. 100 lbs**
- 8. What must covers support in order to ensure safety?**
- A. Just the worker's weight**
 - B. The weight of the worker and equipment**
 - C. The weight of tools only**
 - D. The total weight of all materials onsite**
- 9. What does EM 385-1-1 state about drug and alcohol use on the job site?**
- A. Moderate use is allowed during breaks**
 - B. Strict prohibitions are in place regarding drug and alcohol use while on duty**
 - C. Use is permitted if not affecting performance**
 - D. Employees must report any substance use**
- 10. What is the purpose of a confined space survey?**
- A. To find spaces that do not require safety equipment**
 - B. To inventory hazardous materials**
 - C. To develop a site-specific confined space plan**
 - D. To train employees**

Answers

SAMPLE

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

SAMPLE

Explanations

1. What aspect of heat stress prevention is emphasized in EM 385-1-1?

- A. Regular breaks to enhance focus**
- B. Avoiding work during the hottest part of the day**
- C. Awareness training and hydration protocols**
- D. Providing cooling shelters on all job sites**

The emphasis on awareness training and hydration protocols as a key aspect of heat stress prevention in EM 385-1-1 underscores the significance of understanding the risks associated with heat exposure and the vital role hydration plays in maintaining a safe working environment. Awareness training is essential because it educates workers about the symptoms of heat stress, the importance of recognizing their physiological limits, and how to respond effectively to heat-related illnesses. This knowledge allows workers to take proactive measures to protect themselves and their colleagues when faced with high temperatures in the work environment. Hydration protocols are equally critical. Ensuring that workers have access to plenty of water and guidelines on how much they should drink can significantly decrease the risk of heat-related issues. Staying hydrated helps the body regulate temperature and maintain optimal function, particularly in strenuous work conditions typical in many construction and engineering settings. While other choices provide valuable measures for managing heat stress, the comprehensive approach of combining awareness training with hydration protocols directly addresses both the knowledge and the practical steps needed to prevent heat-related illnesses effectively, which aligns with the requirements and recommendations outlined in EM 385-1-1.

2. How does EM 385-1-1 address limited access zones?

- A. Access is freely allowed for all employees**
- B. Specific guidelines are provided to control access to areas where hazards are present**
- C. Only management has control over access**
- D. Access zones vary but are not specifically defined**

The correct choice emphasizes the importance of providing specific guidelines to control access to areas where hazards are present. EM 385-1-1, which is a safety and health regulation for all U.S. Army Corps of Engineers (USACE) projects, stipulates that limited access zones are implemented to ensure safety in environments where there are potential risks to workers. These zones are established in situations where there is an imminent danger or significant hazards that could be harmful, such as construction sites, areas with heavy machinery, or locations with toxic substances. By controlling access to these areas, the regulation helps to minimize the risk of accidents and injuries, ensuring that only trained and authorized personnel can enter these areas. This focused approach contributes to maintaining a safe working environment and adhering to safety protocols laid out in the regulation. Access being freely allowed for all employees, management having exclusive control over access, or varying access zones without defined parameters would undermine the intended purpose of these safety guidelines. The correct answer highlights the structured and regulated approach necessary for maintaining worker safety around hazardous conditions.

3. According to EM 385-1-1, how should medical emergencies be addressed?

- A. Call for help only if serious**
- B. Ignore minor injuries**
- C. Develop and follow emergency response planning**
- D. Only notify a supervisor**

The recommendation to develop and follow emergency response planning is crucial as it establishes a systematic approach to handling medical emergencies. Effective emergency response planning includes identifying potential medical scenarios, outlining the steps to be taken in the event of an emergency, and ensuring that all personnel are trained on these procedures. This proactive planning helps to ensure that swift and appropriate action can be taken when a medical situation arises, which can significantly reduce the risk of further injury or complicated medical issues. Comprehensive emergency response planning involves designating individuals to perform first aid, knowing how to contact emergency services, and having necessary medical supplies readily available. By adhering to these established protocols, teams can manage emergencies more effectively, ensuring both safety and compliance with the regulatory guidance of EM 385-1-1.

4. What is the primary purpose of an energized work permit?

- A. To prevent equipment malfunction**
- B. To ensure safety while working on live equipment**
- C. To document maintenance work**
- D. To track personnel on site**

The primary purpose of an energized work permit is to ensure safety while working on live equipment. This type of permit is specifically designed to address the unique hazards associated with working on equipment that is still energized, such as electrical systems or machinery. By requiring a permit, organizations establish a formalized process to evaluate and mitigate risks associated with live operations, ensuring that safety measures are in place before any work begins. This includes assessing the potential for electrical shock, arc flash incidents, and providing guidelines for personal protective equipment (PPE) requirements. The permit system serves as a communication tool among all involved, so they are aware of the risks and safety protocols in place. The other choices while related to safety and operational efficiency, do not encompass the specific intent of the energized work permit. Preventing equipment malfunction pertains to ensuring operational integrity but does not directly relate to the safety measures during handling live equipment. Documenting maintenance work is generally a practice for tracking repair needs and completed actions, rather than focusing on safety during live operations. Tracking personnel on site is important for various operational reasons but is not the primary focus of an energized work permit.

5. Signs warning of the presence of construction site hazards must be maintained to prevent what?

A. Unauthorized access

B. Site damage

C. Weather exposure

D. Equipment theft

Maintaining signs that warn of the presence of construction site hazards is crucial for preventing unauthorized access. These signs serve as a clear indication of potential dangers associated with the worksite, such as falling objects, electrical hazards, or equipment in operation. By effectively communicating these risks, the signs help deter individuals who may not have the proper training or clearance from entering the area, thereby protecting both their safety and the safety of workers on site. In addition to protecting unauthorized individuals, clear warning signs also promote a culture of safety and awareness among all personnel involved in the project, ensuring that everyone respects site boundaries and understands the risks. This proactive approach not only reduces the possibility of accidents but also demonstrates compliance with safety regulations, which can help avoid potential liabilities. While other factors like site damage, weather exposure, and equipment theft are important considerations on a construction site, the primary purpose of safety signs is to prevent unauthorized access to hazardous areas.

6. When should cracked or pitted lenses not be used during welding activities?

A. Only when the sun is out

B. Always, regardless of the situation

C. When the job is small

D. When working with heavy machinery

The use of cracked or pitted lenses during welding activities is always unsafe and should be avoided. The primary purpose of welding helmets and goggles is to protect the welder's eyes from both the bright light produced during the welding process and from harmful UV and IR radiation. Cracks and pits can compromise this protective function, allowing harmful light and debris to reach the eyes, which can lead to serious injury, including permanent vision damage. Regardless of the conditions or the size of the job—whether it's sunny outside, involves heavy machinery, or is a small task—safety should always be the top priority. Using lenses that are in good condition is essential to ensure proper protection, making it vital to replace any damaged lenses before starting any welding tasks. This proactive approach aligns with best safety practices and the guidance provided in safety regulations like those from the U.S. Army Corps of Engineers (USACE) EM 385-1-1.

7. What is the minimum buoyancy requirement for a personal flotation device?

- A. 40 lbs**
- B. 70 lbs**
- C. 80 lbs**
- D. 100 lbs**

The minimum buoyancy requirement for a personal flotation device (PFD) is established to ensure that the device can effectively keep the wearer afloat in water, promoting safety during water-related activities. A personal flotation device needs to provide sufficient buoyancy to support the weight of an average adult and their gear while helping the wearer remain in a face-up position if they fall into the water. The correct answer indicates that a PFD must provide at least 80 pounds of buoyancy, which is generally seen as adequate for most adults to maintain buoyancy and safety. This requirement reflects standards set by safety regulations to ensure that the device can be relied upon in a variety of circumstances, particularly in emergency situations. In contrast, lower buoyancy levels associated with the other options may not reliably support the weight of an adult along with any additional equipment, which is essential for effective and safe flotation. It is crucial for PFDs to meet or exceed the established buoyancy requirements to ensure that users are adequately protected in water environments.

8. What must covers support in order to ensure safety?

- A. Just the worker's weight**
- B. The weight of the worker and equipment**
- C. The weight of tools only**
- D. The total weight of all materials onsite**

Covers must be designed to support the weight of both the worker and any equipment that might be on top of them. This is crucial because work environments often involve not just personnel, but also tools, machinery, and materials that can add significant weight. If a cover only supports the weight of a worker, it may not be safe if equipment is added or if multiple workers are present. Therefore, ensuring that covers can handle the cumulative weight of personnel and equipment helps prevent accidents and injuries, maintaining a safe work environment. This adherence to safety standards is aligned with the principles set forth in USACE EM 385-1-1, which emphasizes comprehensive risk assessment and safety measures at all work sites.

9. What does EM 385-1-1 state about drug and alcohol use on the job site?

A. Moderate use is allowed during breaks

B. Strict prohibitions are in place regarding drug and alcohol use while on duty

C. Use is permitted if not affecting performance

D. Employees must report any substance use

The policy outlined in EM 385-1-1 establishes that there are strict prohibitions regarding drug and alcohol use while on duty. This is crucial for maintaining the safety and health of all personnel on the job site. The presence of drugs and alcohol can significantly impair judgment, reaction times, and overall performance, thereby increasing the risk of accidents and injuries. Ensuring a safe working environment is a top priority for the U.S. Army Corps of Engineers, and stringent regulations on substance use help to uphold this standard. Thus, adherence to these prohibitions ensures that all employees can perform their duties without the risks associated with substance use.

10. What is the purpose of a confined space survey?

A. To find spaces that do not require safety equipment

B. To inventory hazardous materials

C. To develop a site-specific confined space plan

D. To train employees

The purpose of a confined space survey is fundamentally to develop a site-specific confined space plan. This involves assessing various confined spaces within a worksite to identify and analyze potential hazards present in these areas. This survey ensures that proper safety measures and protocols are established, tailored to the specific conditions and risks associated with each confined space. By conducting this survey, organizations can ascertain the necessary safety equipment, training, and procedures needed to mitigate risks and protect workers entering these potentially dangerous environments. In addition, a thorough confined space survey helps in ensuring compliance with safety regulations, providing critical information that will inform emergency response plans and rescue procedures tailored to the unique challenges posed by each confined space.