

# USNSCC Petty Officer 1st Class (PO1) Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. What phrase should you use as the relieving OOD when you are ready to relieve the watch?**
  - A. I have it, you are relieved sir/ma'am**
  - B. I am ready to relieve you, sir/ma'am**
  - C. I am prepared to assume the watch**
  - D. I will take the watch after briefing**
- 2. What warfare type targets enemy surface combatants and merchant ships?**
  - A. Anti-air**
  - B. Anti-submarine**
  - C. Anti-surface ship**
  - D. Strike**
- 3. Which substance is considered the number one drug problem in the United States?**
  - A. Alcohol**
  - B. Cocaine**
  - C. Marijuana**
  - D. Barbiturates**
- 4. What do Standard Subject Identification Codes (SSICs) provide throughout the Navy?**
  - A. Colors**
  - B. Numbers**
  - C. Symbols**
  - D. Alphabets**
- 5. A fire will be extinguished when which component is eliminated?**
  - A. Fuel**
  - B. Heat**
  - C. Oxygen**
  - D. Each of the above**

- 6. Which type of drug may result in reoccurring effects months after it has been taken?**
- A. Hallucinogens**
  - B. Depressants**
  - C. Stimulants**
  - D. Narcotics**
- 7. What is required if personnel work in a designated noise hazard area averaging more than 84 dB?**
- A. Protective eyewear**
  - B. Hearing protection**
  - C. Respirators**
  - D. Body armor**
- 8. Who is responsible for taking preliminary damage control measures before any incident occurs?**
- A. Division officer**
  - B. Officer of the deck**
  - C. Damage control assistant**
  - D. Damage control petty officer**
- 9. Which publication outlines the command safety program and the safety organization?**
- A. Standard Organization and Regulations of the U.S. Navy**
  - B. U.S. Navy Safety Precautions Manual**
  - C. Navy Safety Precautions for Forces Afloat**
  - D. Navy Occupational Safety and Health Program**
- 10. What type of protective equipment is essential for preventing inhalation of harmful substances?**
- A. Gloves**
  - B. Face shield**
  - C. Respirator**
  - D. Safety goggles**

## **Answers**

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

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## **Explanations**

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**1. What phrase should you use as the relieving OOD when you are ready to relieve the watch?**

- A. I have it, you are relieved sir/ma'am**
- B. I am ready to relieve you, sir/ma'am**
- C. I am prepared to assume the watch**
- D. I will take the watch after briefing**

The phrase "I am ready to relieve you, sir/ma'am" is the appropriate choice for the relieving Officer of the Deck (OOD) when preparing to take over the watch. This statement clearly communicates to the outgoing OOD that you are fully prepared and in a position to take on the responsibilities of the watch. It indicates a level of readiness and professionalism, establishing the proper protocol for the transition of command. Using this precise language is important in military and naval settings, as it ensures clarity in communication and reinforces the chain of command. It signifies respect for the outgoing officer and acknowledges the authority they have held during their watch. This formality is crucial in maintaining discipline and order within naval operations. In contrast, the other phrases may not convey the same sense of preparedness or could imply a lack of readiness or formality that is expected during such transitions. For example, indicating that you have the watch or implying that you're prepared after a briefing could create confusion about whether you are ready to assume responsibility immediately. Hence, being direct and explicit about your readiness is essential in successfully executing this handover.

**2. What warfare type targets enemy surface combatants and merchant ships?**

- A. Anti-air**
- B. Anti-submarine**
- C. Anti-surface ship**
- D. Strike**

The correct choice highlights the specific type of warfare that is intended to engage and neutralize surface vessels. Anti-surface ship warfare focuses on using various assets and tactics to target and disable enemy surface combatants, which include warships and naval vessels, as well as merchant ships that may support an enemy's naval operations. This type of warfare is crucial for maintaining control over maritime regions, securing shipping lanes, and ensuring that opposing naval forces are kept at bay, thereby protecting friendly operations. It involves using surface ships, submarines, aircraft, and land-based systems to engage targets in this category, demonstrating a tactical focus on surface engagements. Understanding the nuances of different warfare types, such as anti-air and anti-submarine, is essential, as these focus on different threats (aircraft and submarines, respectively). However, anti-surface ship warfare is unique in its direct approach to confront and neutralize surface threats, making it the relevant choice for this question.

**3. Which substance is considered the number one drug problem in the United States?**

**A. Alcohol**

**B. Cocaine**

**C. Marijuana**

**D. Barbiturates**

Alcohol is considered the number one drug problem in the United States due to its widespread availability, social acceptance, and the significant health risks associated with its misuse. Despite being legal, alcohol can lead to severe addiction, significant health issues, and increased risk of accidents and violence. It is also linked to numerous societal problems, including family disruption, economic costs, and criminal behavior. The prevalence of alcohol consumption and its impact on public health make it a primary concern for health officials and policymakers, overshadowing the challenges posed by illicit drugs such as cocaine, marijuana, and barbiturates. These substances, while also problematic, do not match the broad effects and the scale of issues related to alcohol use across the nation.

**4. What do Standard Subject Identification Codes (SSICs) provide throughout the Navy?**

**A. Colors**

**B. Numbers**

**C. Symbols**

**D. Alphabets**

Standard Subject Identification Codes (SSICs) are a systematic method used by the Navy to organize and categorize various types of correspondence, documents, and records. These codes consist of a numerical system, where each code corresponds to a specific subject or topic relevant to Navy operations. The use of numbers allows for a standardized way of organizing information, making it easier for personnel to locate, reference, and manage documentation effectively across various units and departments. The numerical structure of SSICs promotes consistency and efficiency in handling information within the Navy's administrative and operational framework.

**5. A fire will be extinguished when which component is eliminated?**

- A. Fuel**
- B. Heat**
- C. Oxygen**
- D. Each of the above**

A fire is fundamentally a chemical reaction involving the three elements known as the fire triangle: fuel, heat, and oxygen. To extinguish a fire, it is crucial to eliminate at least one of these components. When fuel is removed, there's nothing left for the fire to consume, effectively starving it and causing it to go out. If heat is eliminated—such as by dousing with water or using a fire extinguisher—the temperature drops below the material's ignition point, halting combustion. Similarly, if the supply of oxygen is cut off, the fire cannot continue to burn since oxygen is necessary for combustion. Thus, eliminating any one of these components—fuel, heat, or oxygen—will extinguish the fire. The option indicating that each of these components must be eliminated indeed underscores the comprehensive understanding of fire dynamics, making "each of the above" the correct answer.

**6. Which type of drug may result in reoccurring effects months after it has been taken?**

- A. Hallucinogens**
- B. Depressants**
- C. Stimulants**
- D. Narcotics**

Hallucinogens are known for their unique ability to cause lingering effects even long after the substance has been taken. Substances such as LSD or psilocybin mushrooms can lead to phenomena such as "flashbacks," where an individual may re-experience elements of their hallucinogenic experience months or even years later without having consumed the drug again. This occurrence is often attributed to how these drugs interact with serotonin receptors in the brain, which can leave lasting changes to perception and consciousness. In contrast, while depressants, stimulants, and narcotics have their own set of physiological and psychological effects, they typically do not produce reoccurring effects long after use. Depressants and narcotics tend to lead to short-term sedation and pain relief, respectively, while stimulants primarily increase energy and alertness during their effects. The nature of these substances does not support the same kind of lingering alterations in perception or thought after the drug has left the system, as seen with hallucinogens.

**7. What is required if personnel work in a designated noise hazard area averaging more than 84 dB?**

**A. Protective eyewear**

**B. Hearing protection**

**C. Respirators**

**D. Body armor**

When personnel are working in a designated noise hazard area where noise levels average more than 84 decibels (dB), specific precautions must be taken to protect their hearing. The primary concern in environments with such high noise levels is the risk of hearing loss or damage, which can occur over time with prolonged exposure to intense sound. Hearing protection is essential in these situations, as it helps mitigate the harmful effects of loud noises. This protection can come in various forms, such as earplugs or earmuffs, which are designed to reduce the intensity of sound that reaches the inner ear. Regulations and safety standards often require that workers in these environments utilize hearing protection to ensure their safety and long-term auditory health. Other options like protective eyewear, respirators, and body armor are not specifically aimed at addressing the risks associated with noise exposure. While they are crucial in other contexts, they do not pertain to the hazards imposed by high noise levels. Thus, it is hearing protection that is explicitly required in this scenario.

**8. Who is responsible for taking preliminary damage control measures before any incident occurs?**

**A. Division officer**

**B. Officer of the deck**

**C. Damage control assistant**

**D. Damage control petty officer**

The responsibility for taking preliminary damage control measures before any incident occurs falls primarily on the division officer. This role involves proactive planning and preparedness to ensure that the division is ready to respond to emergencies, which includes training personnel, conducting drills, and ensuring that equipment is operational and accessible. The division officer has overall accountability for their division's readiness to handle damage control situations, which encompasses identifying potential risks, assessing vulnerabilities, and implementing preventive measures. This forward-thinking approach is crucial in minimizing risks and ensuring an effective response in the event of an incident. While other roles such as the officer of the deck, damage control assistant, and damage control petty officer also play significant parts in damage control, their responsibilities often come into play during or after an incident has occurred, rather than in the initial preventative measures.

**9. Which publication outlines the command safety program and the safety organization?**

- A. Standard Organization and Regulations of the U.S. Navy**
- B. U.S. Navy Safety Precautions Manual**
- C. Navy Safety Precautions for Forces Afloat**
- D. Navy Occupational Safety and Health Program**

The Navy Occupational Safety and Health Program is the publication that specifically outlines the command safety program and the safety organization within the U.S. Navy. It provides a comprehensive framework for ensuring the health and safety of personnel in a variety of environments, emphasizing the importance of safety at both the operational and administrative levels. This publication covers regulatory requirements, responsibilities of personnel, and the structure necessary for maintaining a safe workplace, which directly aligns with establishing an effective safety program within commands. While other publications like the Standard Organization and Regulations of the U.S. Navy and the U.S. Navy Safety Precautions Manual may touch on various aspects of safety, they do not provide the same level of detail and specific focus on safety program structure as the Navy Occupational Safety and Health Program. The Navy Safety Precautions for Forces Afloat primarily addresses safety measures specific to maritime operations, which may not comprehensively cover the broader organizational safety program. Thus, the Navy Occupational Safety and Health Program is the most appropriate reference for understanding both command safety initiatives and the overarching safety organization.

**10. What type of protective equipment is essential for preventing inhalation of harmful substances?**

- A. Gloves**
- B. Face shield**
- C. Respirator**
- D. Safety goggles**

The essential protective equipment for preventing inhalation of harmful substances is a respirator. A respirator is specifically designed to filter the air you breathe, protecting the user from inhaling airborne contaminants, such as dust, vapors, and gases that could be hazardous to health. This type of equipment is crucial in environments where exposure to harmful substances is a risk, ensuring that even small particles or noxious fumes are effectively blocked from entering the respiratory system. While gloves, face shields, and safety goggles provide important protection against physical hazards, they do not prevent inhalation. Gloves protect the skin from contact with hazardous materials, face shields defend the face against flying debris and spills, and safety goggles safeguard the eyes from injury. However, without a respirator, workers remain vulnerable to airborne threats, which makes the respirator indispensable in any situation where inhalation of harmful substances is a concern.