

WEST VIRGINIA SURFACE COAL MINE HEALTH AND SAFETY COURSE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://wvsurfacecoalminehealthsafety.examzify.com>



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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

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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 does the three-point contact rule require during boarding and alighting equipment?**
 - A. Keep three points of contact only when climbing ladders
 - B. Three-point contact means using two hands and two feet on equipment
 - C. Maintain three points of contact (two hands and one foot or two feet and one hand) to prevent slips and falls
 - D. Always keep three points of contact with three hands
- 2. What is the minimum training required before an apprentice can be issued a permit to work?**
 - A. A forty-hour course of instruction
 - B. A thirty-hour course
 - C. No training required
 - D. A sixty-hour course
- 3. Is it permissible to smoke near a gasoline storage area if there are no NO SMOKING signs posted?**
 - A. Yes
 - B. No
 - C. Only with written authorization
 - D. Only during breaks
- 4. When administering first aid, which should come first: artificial ventilation or control of bleeding?**
 - A. Artificial ventilation first, then control bleeding
 - B. Control bleeding first, then ventilation
 - C. Do both at once
 - D. Neither
- 5. Where should your hands be placed when performing chest compressions on an adult?**
 - A. Upper Half Of Sternum
 - B. Lower Half Of Sternum
 - C. Left Side Of Chest
 - D. Right Side Of Chest

- 6. What is the purpose of a roof control plan and who enforces it?**
- A. To document ventilation requirements; enforced by regulators
 - B. To schedule maintenance; enforced by safety committee
 - C. To specify roof support requirements and procedures; enforced by the mine operator and inspected by regulators
 - D. To set break times; enforced by HR
- 7. What steps must be completed before entering a potential explosive gas area?**
- A. Verify only by visual inspection
 - B. Ventilation and gas monitoring are in place; detectors function; clearance obtained
 - C. Post a sign and begin
 - D. Only rely on training records
- 8. What safety practices apply to mobile equipment operation?**
- A. Do not use spotters
 - B. Speed is more important than safety
 - C. Only use seat belts/ROPS
 - D. Use seat belts/ROPS, maintain safe speed, use spotters where necessary, check blind spots before moving, and obey traffic rules
- 9. CPR is administered to someone who is not breathing and has no pulse.**
- A. True
 - B. False
 - C. Only If They Are Conscious
 - D. Only If They Have A Pulse
- 10. An injured person should not be moved until he/she is on a stretcher.**
- A. True
 - B. False
 - C. Only if there is no pain
 - D. Only if vomiting

Answers

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

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Explanations

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1. What does the three-point contact rule require during boarding and alighting equipment?

- A. Keep three points of contact only when climbing ladders
- B. Three-point contact means using two hands and two feet on equipment
- C. Maintain three points of contact (two hands and one foot or two feet and one hand) to prevent slips and falls**
- D. Always keep three points of contact with three hands

Maintaining three points of contact during boarding and alighting is all about staying stable as you move. The idea is to keep at least three points of contact—two hands and one foot or two feet and one hand—on the equipment or its surfaces at all times. This setup gives you a solid grip and foothold so your balance isn't fully dependent on a single hand or foot. It helps your center of gravity stay close to the surface, making it safer if you slip, misstep, or the surface is slick. In practice, as you climb or descend ladders and steps, pause when you need to reposition and ensure you still have three contact points before moving again. Avoid carrying heavy or bulky items that block your hands, and use handrails whenever available to maintain those three contact points. The rule isn't about using three hands or four points; it's about having a minimum of three contact points to prevent slips and falls.

2. What is the minimum training required before an apprentice can be issued a permit to work?

- A. A forty-hour course of instruction**
- B. A thirty-hour course
- C. No training required
- D. A sixty-hour course

The minimum training required before an apprentice can be issued a permit to work is a forty-hour course of instruction. This baseline ensures the apprentice has covered essential safety topics needed to operate under a permit-to-work system, such as recognizing hazards, understanding the controls and procedures in place, using required personal protective equipment, and knowing when to stop work if conditions change. The permit-to-work process depends on workers who can identify risks and follow approved procedures, and that relies on solid foundational training like this forty-hour program. Shorter training would leave important safety topics uncovered, and having no training at all would jeopardize on-site safety. While more training can be beneficial, the established minimum is forty hours.

3. Is it permissible to smoke near a gasoline storage area if there are no NO SMOKING signs posted?

- A. Yes
- B. No**
- C. Only with written authorization
- D. Only during breaks

Smoking near a gasoline storage area is not allowed because gasoline vapors are extremely flammable and can ignite from a cigarette, a spark, or heat. Even if there are no NO SMOKING signs, the risk remains high: vapors can ignite from a small flame or spark, and a fire or explosion could occur in seconds. Policy and safety standards require that ignition sources be kept away from areas where fuels are stored and handled, so you should avoid smoking in these zones at all times. Think of it as a precaution that protects everyone in the area. The absence of a sign doesn't make it safe; the hazard comes from the material itself. In practice, follow designated no-smoking rules around gasoline storage, and when working with fuels, also control other ignition sources, ensure proper ventilation, and follow any site-specific procedures for handling and transferring flammable liquids.

4. When administering first aid, which should come first: artificial ventilation or control of bleeding?

- A. Artificial ventilation first, then control bleeding**
- B. Control bleeding first, then ventilation
- C. Do both at once
- D. Neither

When someone isn't breathing, the first priority is to restore oxygen delivery to the body's tissues. Artificial ventilation opens and maintains the airway and provides breaths, which buys time and prevents hypoxia to the brain and heart. Once breathing support is underway, you can turn your attention to controlling bleeding. In practice, you should not delay giving breaths to wait for bleeding to be controlled, and you can address bleeding as you continue ventilation. This sequence helps stabilize the person most quickly, then helps manage other life-threatening issues.

5. Where should your hands be placed when performing chest compressions on an adult?

- A. Upper Half Of Sternum
- B. Lower Half Of Sternum**
- C. Left Side Of Chest
- D. Right Side Of Chest

Place the hands on the center of the chest, on the lower half of the sternum. This location lines up the pushing force with the heart, giving effective chest compressions to circulate blood while reducing the risk of injuring the upper abdomen or the ribs. Pressing higher up on the sternum or off to the sides doesn't engage the heart as effectively and can cause injury. For best results, position the hands with the heel on the lower sternum, interlock fingers, keep arms straight, and press firmly downward at the recommended depth and rate, allowing full recoil between compressions.

6. What is the purpose of a roof control plan and who enforces it?

- A. To document ventilation requirements; enforced by regulators
- B. To schedule maintenance; enforced by safety committee
- C. To specify roof support requirements and procedures; enforced by the mine operator and inspected by regulators**
- D. To set break times; enforced by HR

A roof control plan is the formal guide that specifies how the mine roof will be supported, installed, and maintained to prevent collapses and keep miners safe. It lays out the required roof support, where and how it should be placed, and the procedures for inspecting and maintaining that support. It also covers what actions to take if roof conditions deteriorate, ensuring a consistent approach to safety across the work areas. This plan is the responsibility of the mine operator to implement and uphold. Regulators, such as inspectors from the overseeing agency, review the plan and its execution to verify compliance, and they enforce safety standards through inspections and any necessary actions.

7. What steps must be completed before entering a potential explosive gas area?

- A. Verify only by visual inspection
- B. Ventilation and gas monitoring are in place; detectors function; clearance obtained**
- C. Post a sign and begin
- D. Only rely on training records

Before entering an area with potential explosive gas, you must confirm that the environment is actively controlled and monitored. The safest approach combines three essential steps: ensuring proper ventilation is in place to dilute and sweep away gas; having gas monitoring and detectors in operation so you get real-time readings of gas levels; and obtaining clearance from a qualified supervisor or responsible person who verifies that the air is within safe limits and entry is authorized. Ventilation reduces the hazard at the source, detectors provide early warning and prevent surprises, and the clearance ensures a trained person has reviewed the conditions and approved entry. Relying on visual inspection alone cannot reveal invisible gases or confirm detector accuracy, so that fails to address the actual risk. Simply posting a sign and beginning work does not establish current gas conditions or detector status, leaving the area vulnerable to unseen hazards. Relying only on training records ignores the present environmental conditions and system readiness, which are critical for a safe entry.

8. What safety practices apply to mobile equipment operation?

- A. Do not use spotters
- B. Speed is more important than safety
- C. Only use seat belts/ROPS
- D. Use seat belts/ROPS, maintain safe speed, use spotters where necessary, check blind spots before moving, and obey traffic rules**

When operating mobile equipment, safety comes from a comprehensive, layered approach that protects the operator, controls movement, and coordinates with others on the site. Wearing the seat belt and using the Roll Over Protective Structure is fundamental because they directly reduce the risk of serious injury in a rollover or sudden movements. Keeping speed at a safe, appropriate level for the terrain, visibility, and load gives you time to react to hazards and lowers stopping distances. Using a spotter where visibility is limited or where precise guidance is needed helps prevent collisions in blind spots or during tight maneuvers. Before you move, check blind spots by looking, using mirrors, and leveraging any cameras or sensors to confirm the path is clear. Finally, obey all traffic rules and site-specific signals and routes to maintain orderly, predictable operation around other equipment and people. Taken together, these practices address protection, control, visibility, and coordination, making them the most effective overall safety approach.

9. CPR is administered to someone who is not breathing and has no pulse.

- A. True**
- B. False
- C. Only If They Are Conscious
- D. Only If They Have A Pulse

When someone is not breathing and has no pulse, they are in cardiac arrest and CPR is started to restore circulation and oxygen delivery. Chest compressions push blood through the heart and to the brain and other vital organs, while rescue breaths provide oxygen to the bloodstream. This combination buys time until professional help arrives or an automated external defibrillator can be used. The other options don't fit because CPR is not given if there's a pulse, and being conscious isn't the determining factor—the key is the absence of both breathing and a pulse.

10. An injured person should not be moved until he/she is on a stretcher.

- A. True**
- B. False
- C. Only if there is no pain
- D. Only if vomiting

Keeping the person still and immobilized is essential when there's a potential spinal or serious injury. Moving them can shift the spine, cause further damage to the nerves or internal organs, and complicate breathing or consciousness. The safest approach is to stabilize the head and neck, avoid unnecessary movement, and transport on a backboard or stretcher once proper equipment and trained help are available. That's why this statement is correct: the injured person should not be moved until they are on a stretcher. Pain or vomiting aren't reliable guides for deciding movement—some injuries don't show immediate pain, and these symptoms don't justify risking further harm.

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://wvsurfacecoalminehealthsafety.examzify.com>

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

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