



MANDATORY TOPICS

Introduction to OSHA Standards; OSH Act/General Duty Clause 5(a)(1); 29 CFR 1904, Recordkeeping, Subpart C; General S&H Provisions, Competent Person; STD 3-1.1, Clarification of Citation Policy Regarding 29 CFR 1926.20, 29 CFR 1926.21, and Related General Safety and Health Provisions Safety Programs

1. What is one purpose of OSHA?

- a. To protect workers by enforcing safety and health standards
- b. To manage the cleanup of hazardous waste sites
- c. To research safety and health issues
- d. To protect workers in mining operations

2. In which situation is a case considered work related?

- a. If an event or exposure in the work environment resulted from the employee performing a personal task
- b. If an event or exposure in the work environment significantly aggravated a pre-existing injury or illness
- c. If an event or exposure occurred during commute to work
- d. If an event or exposure occurred while sleeping in a hotel while on business travel

3. What major categories of business and industry are covered by OSHA standards?

- a. Mining, agriculture, maritime
- b. Agriculture, construction, maritime, general industry
- c. Construction and general industry
- d. Maritime, mining

4. Which of the following has the highest OSHA inspection priority?

- a. Imminent danger situations
- b. Catastrophes
- c. Complaints
- d. Fatalities

5. What is another name for the OSH Act?

- a. Occupational Safety Act
- b. Safety Enforcement Act
- c. U. S. Health and Safety Act
- d. Williams-Steiger Act

- 6. What is the purpose of the General Duty Clause of the OSH Act?**
- a. Describes historical perspective of the law
 - b. Defines employer and employee requirements for employee health and safety
 - c. Outlines the priorities of the OSHA organization
 - d. Provides an overview of OSHA's health and safety standards
- 7. What immediate action does an OSHA inspector take after discovering an imminent danger situation?**
- a. A citation is issued
 - b. The fine amount is determined
 - c. The condition or practice is halted
 - d. Specific individuals are held responsible
- 8. What is the number one cause of construction fatalities?**
- a. Falls
 - b. Electrical shock
 - c. Struck by falling objects and moving vehicles
 - d. Caught in between cave-ins, unguarded machinery/equipment
- 9. Which of the following areas continues to be the most cited standard year after year?**
- a. Excavations
 - b. Materials handling and storage
 - c. Hazard communication
 - d. Fall protection
- 10. What is the accident record information provided by employers used for?**
- a. Serves as a benchmark for allocating annual healthcare funds
 - b. Provides OSHA the right to issue citations
 - c. Allows awards for workers' compensation
 - d. Provides the base data for the U.S. Bureau of Labor Statistics annual workplace injury, illness, and fatality statistics
- 11. How many workers must an employer have to trigger recordkeeping of injuries and illnesses?**
- a. 5
 - b. 10
 - c. 20
 - d. 50

12. When are workers protected under OSHA from employer discharge or discrimination if they complain to their employer about unsafe or unhealthful conditions in their workplace?

- a. Workers do not have this protection under OSHA
- b. Only when under Union or collective bargaining contracts
- c. At any time as long as the complaint is made in good faith
- d. Only if the employer has 10 or more employees

13. What is a worker right under OSHA?

- a. The right to examine and copy your medical records
- b. The right to walk off a job if “unsafe and dangerous acts” are present
- c. Immediate mitigation of any recognized work place hazard
- d. The right to contact OSHA within 90 days if punished for exercising safety and health rights

14. What toll gives workers information on the number of workers that are getting injured or ill?

- a. NIOSH Injury Data (ID) list
- b. Employer HazCom inventory list
- c. OSHA 300 Log
- d. OSHA 500 Log

15. Under OSHA, an employer would not have to pay for this type of personal protective equipment (PPE)?

- a. Rubber boots with steel toes
- b. Hearing protection
- c. Hard hat
- d. Non-specialty safety-toe protective footwear

Electrical – Subpart K

1. The pressure from an electrical arc develops from which two sources?

- a. Expansion of the metal as it vaporizes and heating of air by the arc energy
- b. Barriers in the path of the electrical arc and heating of air by the arc energy
- c. Expansion of the metal as it vaporizes and rapid cooling around the electrical circuit
- d. Heating of air by the arc energy and shrinkage of the work piece

2. What degree of burn involves the first and second layers of skin?

- a. First degree
- b. Second degree
- c. Third degree

- 3. What degree of burn causes charring of the skin and involves all three layers of skin?**
- a. First degree
 - b. Second degree
 - c. Third degree
- 4. What are the three major electrical hazards potentially encountered on a work site?**
- a. Inadequate wiring, improper grounding, and overloads
 - b. High voltage, electrodes, and electrical lockout
 - c. Improper grounding, use of insulated tools, and flexible cords insulated
 - d. Overloads, use of GFCIs with generators, and lack of grounding
- 5. Which of the following is an effective protection practice from electrical hazards?**
- a. Performing live electrical work with only one hand
 - b. Disconnecting of the ground wire from a plug
 - c. Working on circuits that have been locked out by your co-worker
 - d. Locking and tagging of circuits
- 6. Which of the following can cause an arcing fault?**
- a. Amperage too low
 - b. Insufficient voltage
 - c. An arc fault detection system
 - d. Poor electrical connection between conductors
- 7. What is the recommendation for testing electrical equipment on a regular basis?**
- a. On a daily basis
 - b. Monthly
 - c. Every 3 months
 - d. Annually
- 8. Which of the following is the last line of defense against an electrical arc flash?**
- a. Equipment labeling of electrical hazards
 - b. Personal Protective Equipment (PPE)
 - c. Employee training
 - d. Guarding of equipment
- 9. Which of the following is an example of tagout?**
- a. Placing a special tag on the operational controls to warn workers
 - b. Removing a guard and placing a tag at the guard location not to run the equipment
 - c. Placing a special tag on energy isolating devices of equipment to warn workers
 - d. Placing a sign at an interlocked door to clear an equipment jam

10. Which of the following is an example of lockout?

- a. Locking the jog control of equipment to prevent operation
- b. Placing a lock on an interlocked door to prevent its opening while equipment is running
- c. Telling all workers not to operate equipment until further notice
- d. Placing a padlock on a disconnect switch to prevent operation

11. Which of the following is a measure of electrical force or pressure?

- a. Amp
- b. Volt
- c. Rem
- d. Ohm

12. What amount of amps will cause cardiac standstill and internal organ damage?

- a. <1 amp
- b. 1 amp
- c. 2 amps
- d. 15 amps

13. Which of the following is an engineering control that can be applied to electrical hazards?

- a. Training
- b. Tagout program
- c. Rubber gloves
- d. GFCI

Fall Protection – Subpart M

1. What is the required tensile strength of the D-rings and snap hooks of a personal fall arrest system?

- a. 1,500 pound tensile strength
- b. 3,500 pound tensile strength
- c. 5,000 pound tensile strength
- d. 7,500 pound tensile strength

2. Which of the following are used to protect workers against falling objects from overhead?

- a. Barricades and lanyards
- b. Canopies and hardhats
- c. Outriggers
- d. Controlled access zones

- 3. What is the cause of most fatalities when the proper fall protection isn't used?**
- a. Falls where components of fall arrest systems don't meet the required tensile strength
 - b. Falls from open-sided floors and through floor openings
 - c. Falls from rebar assemblies
 - d. Falls from crane suspended man baskets
- 4. Which of the following are fall protection methods?**
- a. Safety net system
 - b. Exclusion zones
 - c. Chutes
 - d. Body belt and lanyard for fall arrest
- 5. Which of the following typically requires the use of fall protection for construction workers?**
- a. Scaffolding above 6 feet
 - b. Open sides and edges above 6 feet
 - c. Platforms above 4 feet
 - d. Work from a ladder at 6 feet or above
- 6. What is the minimum distance of a fall onto the ground or to a lower level when fall protection is warranted?**
- a. 3 feet
 - b. 4 feet
 - c. 5 feet
 - d. 6 feet
- 7. Which of the following is an example of an area in which certain work may take place without standard means of fall protection and within a controlled access zone?**
- a. Steep roof work
 - b. Overhand bricklaying
 - c. Work from scissor lifts
 - d. Work from scaffolding
- 8. Which of the following is an unacceptable method of fall protection?**
- a. Safety net
 - b. Guardrail
 - c. Body belt
 - d. Full body harness and lanyard

9. Which of the following describes a positioning device system?

- a. A system used to arrest a worker in a fall from a working level
- b. A deceleration device which travels on a lifeline, automatically engages the lifeline, and locks so as to arrest the fall of a worker
- c. A safety system in which a competent person is responsible for recognizing and warning workers of fall hazards
- d. A body belt or body harness system rigged to support a worker on an elevated vertical surface

10. Which of the following describes a warning line system?

- a. A barrier erected to prevent employees from falling to lower levels
- b. A barrier erected on a roof to warn workers of an unprotected roof side or edge
- c. A body belt or body harness system rigged to support a worker on an elevated vertical surface
- d. A safety system in which a competent person is responsible for recognizing and warning workers of fall hazards

11. What is the amount of force applied in any direction that the top rail of a guardrail system must be able to withstand?

- a. 100 pounds
- b. 200 pounds
- c. 300 pounds
- d. 400 pounds

12. What is the minimum load a hole “cover” must be able to support?

- a. Equal the weight of employees, equipment, and materials that may be imposed on the cover at any one time
- b. At least twice the weight of employees, equipment, and materials that may be imposed on the cover at any one time
- c. At least three times the weight of employees, equipment, and materials that may be imposed on the cover at any one time
- d. At least four times the weight of employees, equipment, and materials that may be imposed on the cover at any one time

13. Which type of work site, due to its unknown and chaotic nature, adds to the risk of the fall hazards workers may face?

- a. New home construction
- b. Disaster sites
- c. Skyscraper erection
- d. Dam construction

- 1. What is the definition of time weighted average (TWA)?**
 - a. Average exposure to a hazardous substance over a 40-hour work week
 - b. The exposure that may not be exceeded at any point during an 8-hour period
 - c. Average exposure to a hazardous substance over an 8-hour period
 - d. Average exposure correlated to an employee's individual body weight

- 2. What happens when the permissible exposure limit (PEL) decreases?**
 - a. Asphyxiation levels decrease
 - b. Exposure increases
 - c. Flammability decreases
 - d. Toxicity usually increases

- 3. Typically, what is the maximum acceptable short-term exposure limit (STEL)?**
 - a. 5 minutes
 - b. 10 minutes
 - c. 15 minutes
 - d. 20 minutes

- 4. What does IDLH mean?**
 - a. Immediately don; leave in a hurry
 - b. Immediately dangerous to life or health
 - c. Immediately dangerous to limb or health
 - d. Immediately dangerous; leave in a hurry

- 5. What happens to a liquid when it reaches the “boiling point?”**
 - a. It transforms to gas
 - b. It becomes steam
 - c. Its chemical structure changes
 - d. It ignites

- 6. What happens when a chemical exerts more pressure against air?**
 - a. It becomes a solid
 - b. It freezes
 - c. It remains a liquid
 - d. More vapor is released

- 7. What three components make up the fire triangle?**
 - a. Fuel, oxygen, and carbon dioxide
 - b. Fuel, heat, and oxygen

- c. Fuel, heat, and carbon dioxide
- d. Fuel, oxygen, and temperature above 32 degrees Fahrenheit

8. What does the acronym “GHS” stand for?

- a. Globally Harmonized System
- b. Greater Hazard System
- c. Global Health and Safety
- d. Global Hazard Signs

9. What will GHS not accomplish?

- a. Standardize HazCom Globally
- b. Create new, simple hazard warning pictograms
- c. Create a replacement for MSDS
- d. Remove responsibility for hazardous chemicals from employers

10. What is the color for “health hazards” in the NFPA 704M diamond?

- a. Yellow
- b. Blue
- c. Red
- d. White

Health Hazards in Construction – Subpart D

1. Which of the following chemicals or materials used in construction work are classified as carcinogens?

- a. Benzene
- b. Oxidized steel
- c. Drywall
- d. Copper

2. What is the maximum permissible noise level for construction workers?

- a. 30 dBA
- b. 60 dBA
- c. 90 dBA
- d. 120 dBA

3. Which of the following terms is used to refer to hearing loss to the inner ear?

- a. Mixed loss
- b. Sensorineural loss
- c. Central loss
- d. Conductive loss

4. **Which of the following terms is used to refer to hearing loss to the middle and outer ear?**
- a. Central loss
 - b. Conductive loss
 - c. Mixed loss
 - d. Sensorineural loss
5. **What is the purpose of a noise dosimeter?**
- a. It determines noise levels
 - b. It measures hearing loss at different frequencies
 - c. It measures exposure to noise over a period of time
 - d. It determines the adequacy of various types of frequency-dependent noise controls
6. **Which of the following is a typical respiratory hazard to construction workers?**
- a. Carbon black
 - b. Crystalline silica
 - c. Methanol
 - d. Vinyl chloride
7. **What is the best description of a respirator “fit test?”**
- a. Plan to check the proper storage and handling of respirators
 - b. Test of a worker’s current physical fitness
 - c. Test of how well a respirator fits against a person’s face
 - d. Progress report on how the job site meets the OSHA respirator standard
8. **Which of the following is not an appropriate control for heat stress?**
- a. Air conditioning
 - b. Sampling environmental conditions
 - c. Keep working at a slower pace
 - d. Drinking small amounts of water frequently
9. **Which of the following cancers is asbestos not associated with?**
- a. Lung
 - b. Ocular
 - c. Stomach
 - d. Lung lining
10. **Which of the following hazardous materials does not have its own OSHA standard?**
- a. Lead
 - b. Asbestos
 - c. Mold
 - d. Benzene

- 1. Which PPE level includes a fully-encapsulating chemical protective clothing (CPC) suit?**
 - a. Level A
 - b. Level B
 - c. Level C
 - d. Level D

- 2. What is the main difference between Level B and Level C PPE?**
 - a. Level C protects the skin more
 - b. Level B protects the skin more
 - c. Level B protects the lungs more
 - d. Level C protects the lungs more

- 3. Which level of protection must be used when the work requires the greatest level of skin protection (e.g., working in an acid cloud)?**
 - a. Level A
 - b. Level B
 - c. Level C
 - d. Level D

- 4. What is the definition of “permissible practice?”**
 - a. Maximum number of workers permitted on a work site
 - b. Display of a permit to practice safety
 - c. Use of feasible engineering controls
 - d. Degree of respiratory protection

- 5. What does “End of Service Life Indicator (ESLI)” refer to in respiratory protection?**
 - a. An oxygen-deficient atmosphere
 - b. A service product under warranty
 - c. A license to use a product for a limited amount of time
 - d. A system that warns the user of the approach of the end of adequate respiratory protection

- 6. What type of respirator cartridge should be used when oil particles are present?**
 - a. N or P
 - b. P or R
 - c. R or N

- 7. What does the respirator cartridge label “N95” indicate?**
 - a. 95% efficient for naphthalene
 - b. N-series filter for 95% of solvents

- c. N-series filter with 95% of ESLI accuracy
 - d. N-series filter with 95% efficiency
- 8. What type of respirator may be used in oxygen-deficient atmospheres?**
- a. PAPR
 - b. Full face APR with oxygen cartridge
 - c. No respirator may be used in oxygen-deficient atmospheres
 - d. SCBA
- 9. What must be done in order for a worker to wear a respirator?**
- a. Purchase a respirator
 - b. Be medically evaluated
 - c. Read the respiratory standard
- 10. What is the most common way a chemical enters your body?**
- a. Injection
 - b. Absorption
 - c. Ingestion
 - d. Inhalation

OPTIONAL TOPICS

1) Fire Protection and Prevention – Subpart F

- 1. Which class of fires involves metals?**
- a. Class A
 - b. Class B
 - c. Class C
 - d. Class D
- 2. Which class of fires involves flammable liquids?**
- a. Class A
 - b. Class B
 - c. Class C
 - d. Class D
- 3. Which class of fires involves electrical equipment?**
- a. Class A
 - b. Class B
 - c. Class C
 - d. Class D

4. **What are the safety and health requirements for open yard storage for fire prevention?**
- a. Driveways between piles need to be at least 30 feet wide
 - b. Fire extinguishers are available within 100 feet of travel
 - c. Combustible materials piled no higher than 40 feet high
 - d. No combustible materials allowed in open storage area
5. **What are the safety and health requirements for servicing and refueling areas?**
- a. Portable fuel containers not allowed in refueling area
 - b. Only station attendants can operate hoses and equipment
 - c. Emergency stop button within reach of hose dispensing system
 - d. Motors shut off before fueling
6. **Following the initial training, how often must employees receive training according to the fire protection requirement?**
- a. Monthly
 - b. Quarterly
 - c. Semi-annually
 - d. Annually
7. **Which of the following are true concerning transferring and dispensing of flammable liquids?**
- a. When transferring liquids, two containers must be electrically bonded
 - b. Lightning protection must be provided on all dispensing tanks
 - c. One person must be standing by with a 15B fire extinguisher
 - d. All containers to be filled must be placed on an electrostatic mat

2) Confined Space Entry

1. **What are the major causes of worker fatalities in confined spaces?**
- a. Suffocation/asphyxiation, engulfment, and explosions
 - b. Engulfment and falls
 - c. Electrocution and burns
 - d. Falls, engulfment, and burns
2. **Which of the following best describes an oxygen-deficient atmosphere in a confined space?**
- a. Less than 19.5% oxygen
 - b. 19.5% oxygen
 - c. 20% oxygen
 - d. 50% oxygen

- 3. What percentage of confined space fatalities occur among would-be rescuers?**
- a. 27%
 - b. 55%
 - c. 60%
 - d. 73%
- 4. At what percentage of oxygen will an individual become unconscious working in a confined space?**
- a. 12% or less
 - b. 15%
 - c. 19.5%
 - d. 20%
- 5. Which of the following are potential ignition sources in a confined space?**
- a. Welding equipment
 - b. Electrical and brass hand tools
 - c. Soil conditions
 - d. Carbon dioxide
- 6. Which of the following describes a “permit required confined space?”**
- a. A confined space that has a minor health or safety hazard
 - b. A confined space that has a toxic atmosphere
 - c. A confined space that does not have a toxic atmosphere
 - d. A confined space that does not contain a material that could suffocate a person who enters
- 7. Which of the following are examples of a confined space?**
- a. Silos and sewage pumping stations
 - b. Tank rooms where operators work “around the clock” (24 hours)
 - c. Five gallon containers
 - d. Flammable liquid storage tanks with no openings large enough to enter
- 8. Which of the following is a component in the definition of a confined space?**
- a. Adequate size and shape to allow person to enter
 - b. Toxic atmosphere
 - c. Circular in shape
 - d. Located below grade
- 9. When must confined space training be conducted?**
- a. Within 30 days of being hired
 - b. Before you are first assigned confined space work

- c. Before you become an authorized attendant
- d. Within 3 days of entering a permit required confined space

10. Where must a permit for “permit required confined space” entry be posted?

- a. At the entrance of the confined space
- b. Inside the confined space where entrants can see it
- c. In the EH&S office
- d. In the closest supervisor’s office

3) Tools: Hand and Power – Subpart I

1. Which of the following is an example of guarding methods often used on hand and power tools?

- a. Worker restraint devices
- b. Foot treadle cover
- c. Gauntlets
- d. Two-hand tripping device

2. Which of the following describes the term “point of operation guarding?”

- a. Area on a machine where mechanical transmission devices actuate
- b. Area on a machine where work is actually performed upon the material being processed
- c. Location where the equipment is activated (on/off control)
- d. Area on a machine where electrical hazards exists

3. Why must fixed machinery be anchored?

- a. To protect machinery from theft
- b. To decrease the noise of the machine
- c. To ensure that workers operate machinery correctly
- d. To prevent walking or moving of the machine

4. Which of the following are safety requirements for the use of angular grinders?

- a. Must be anchored in place
- b. Must have a positive on and off switch
- c. Kickback dogs must be installed
- d. Guards must start at 90 degree or less horizontal angle

5. Which of the following are workers prohibited from using?

- a. Channel locks
- b. Chisels with mushroomed heads
- c. Planers
- d. Sledge hammers with wooden handles

6. Which of the following materials may be driven into with a powder-actuated tool fastener?

- a. Case iron
- b. Glazed tile
- c. Live rock
- d. Concrete

7. Compressed air may not be used for what?

- a. Blowing dust off skin
- b. Hoisting
- c. Drilling
- d. Cleaning of equipment

8. How long should a powder-actuated tool be held in operating position after a misfire?

- a. No recommended time, clear misfire quickly
- b. At least 15 seconds
- c. At least 30.seconds
- d. At least 60 seconds

4) Materials Handling, Storage, Use, and Disposal – Subpart H

1. Which of the following is a prevention method for handling flammable or combustible materials?

- a. Use approved containers
- b. Wear full body PPE
- c. Store near to oxidizers
- d. Store materials near egress

2. What body part is the most frequently injured as a result of improper handling of materials?

- a. Hand
- b. Eye
- c. Back
- d. Head

3. What precaution must workers take to avoid material storage hazards?

- a. Stacking containers as high as possible to save space
- b. Allowing only truck drivers to unload docked trailers
- c. Separating incompatible materials
- d. Always using a first-in, first-out rotation of stocked materials

- 4. What safeguard must workers follow when stacking materials?**
- a. Only use fork trucks for stacking materials
 - b. Stack lumber no more than 20 feet high if it is handled manually
 - c. Store pipes and bars in racks that face the main aisles
 - d. Stack bagged and bundled materials in interlocking rows
- 5. What material must never be handled by workers using a powered vehicle?**
- a. Acetylene
 - b. Benzene
 - c. Chloride
 - d. Diesel tanks
- 6. What safety measure must be in place when workers use conveyors to handle materials?**
- a. Installation of an emergency button or pull cord
 - b. Posting of load rating charts near conveyor belt
 - c. Employees working in pairs on a conveyor line
 - d. Deceleration of conveyor belt when loading materials
- 7. What safety measure must be in place when cranes are used to handle materials?**
- a. Supervisor approval prior to moving each load of materials
 - b. Only trained and competent crane operators permitted
 - c. Crane operators must notify others before lifting loads over them
 - d. A lifting permit is required for tandem lifts
- 8. Where must manufacturers' recommendations for safe working load and rigging conditions be located?**
- a. Permanently affixed to the rigging equipment
 - b. In the crane cab in a "rigging guidebook"
 - c. In the site superintendent's trailer
 - d. Manufacturers' recommendations are not required since rigging equipment is used by qualified riggers

5) Scaffolding – Subpart L

- 1. According to the Bureau of Labor Statistics, how are 72% of workers injured with scaffolds annually?**
- a. Inappropriate use of scaffolding materials
 - b. Scaffolds used by incompetent persons
 - c. Slips and falls
 - d. Explosions

2. **What percentage of construction-related fatalities per year is attributed to scaffolding accidents?**
- a. 10%
 - b. 27%
 - c. 63%
 - d. 71%
3. **Which of the following are types of construction scaffoldings covered under OSHA Scaffolds standards?**
- a. Boatswains chair
 - b. Jenny scaffold
 - c. Crossovers
 - d. Butcher's scaffold
4. **At what height does OSHA require fall protection for construction workers using scaffolding?**
- a. 4 feet
 - b. 6 feet
 - c. 10 feet
 - d. 12 feet
5. **Which of the following materials meet the OSHA requirements for acceptable scaffold footing?**
- a. Gravel
 - b. Cinder blocks
 - c. Clay soil
 - d. Mud sills
6. **What materials can be used to increase the working height of construction workers on supported scaffolds?**
- a. Hoists
 - b. Ladders
 - c. Stilts
 - d. Hydraulic lifts
7. **What types of access to scaffolds are permitted by OSHA?**
- a. Step ladders
 - b. Crossbracing
 - c. Platforms attached to rough-terrain fork trucks
 - d. Stair towers

8. How many times the intended load must scaffolds be constructed to support?

- a. Two times
- b. Four times
- c. Five times
- d. Ten times

6) Welding and Cutting – Subpart J

1. What material should be used when welding to cover a grate metal floor?

- a. Plastic tarp
- b. Planking
- c. Fire blanket
- d. Drop cloth

2. Which of the following places prohibit welding operations?

- a. In buildings equipped with sprinkler systems under repair
- b. On scaffolds
- c. On top of buildings
- d. In excavations

3. At what pounds per square inch (PSI) does acetylene become an unstable gas?

- a. 3 PSI
- b. 7 PSI
- c. 10 PSI
- d. 15 PSI

4. Which of the following are possible eye injuries resulting from improper protection while welding?

- a. Blindness
- b. Cataracts
- c. Laceration
- d. Silicosis

5. Which of the following substances must be separated from fuel gas cylinders or combustible materials by a distance of 20 feet?

- a. Acetylene
- b. Argon
- c. Oxygen
- d. Water

- 6. Which of the following is a safe method for moving a cylinder?**
- a. Carry by handle
 - b. Lift horizontally
 - c. Use a choker sling
 - d. Roll on bottom edges
- 7. Under what conditions where welding or cutting is performed is a fire watch required?**
- a. In situations where welders are working at heights above 10 feet
 - b. In locations where other than a minor fire is possible
 - c. When appreciable combustible materials are 50 feet away
 - d. On industrial sites where water supply is limited
- 8. The following health effect is not associated with welding or cutting?**
- a. Nervous system problems
 - b. Mesothelioma
 - c. Metal fume fever
 - d. Hearing loss

7) Cranes, Derricks, Hoists, Elevators, and Conveyors – Subpart N and CC

- 1. What percentage of all construction fatalities involves cranes?**
- a. 5-10%
 - b. 15-20%
 - c. 20-25%
 - d. 30-35%
- 2. Which of the following are common causes of crane failure?**
- a. High temperatures and cribbing
 - b. Excessive wind and unstable ground
 - c. Fully extending outriggers
 - d. Cribbing and two-blocking
- 3. What should an operator do should he be isolated in the crane equipment cab and come in contact with a power line?**
- a. Lower the block to the ground
 - b. Attempt to move the equipment away from the line
 - c. Remain still in the cab until the line is de-energized
 - d. Leave the equipment cab immediately
- 4. What is the cause of the highest percentage of crane related fatalities?**
- a. Electrocution
 - b. Load handling

- c. Load rigging
 - d. Mechanical failure
- 5. What is the cause of the highest percentage of crane related accidents?**
- a. Support failure
 - b. Outrigger usage
 - c. Operator error
 - d. Mechanical failure
- 6. Which of the following is a dangerous hidden hazard surrounding new buildings that are under construction?**
- a. Other equipment operators
 - b. On-site workers
 - c. Building materials
 - d. Uncompacted soil
- 7. What is the primary factor affecting sling capacity?**
- a. Load weight
 - b. Outrigger blocking
 - c. Choker/sling leg angle
 - d. Vertical height
- 8. Who must provide adequate ground conditions for a crane to operate?**
- a. Crane owner
 - b. Job owner
 - c. Crane operator
 - d. Controlling entity
- 9. To whom should an operator report inadequate ground conditions?**
- a. Crane owner
 - b. Immediate supervisor
 - c. Controlling entity
 - d. Job owner
- 10. Who is responsible for all assembly/disassembly operation?**
- a. Crane owner
 - b. Qualified rigger
 - c. A/D director
 - d. Certified operator
- 11. What type of crane inspection may a competent person perform?**
- a. Monthly
 - b. Annual

- c. Post-assembly
- d. Modified or repaired/adjusted

12. What is required in the testing for certification of crane operators?

- a. Written and oral test
- b. Oral and practical test
- c. Practical test
- d. Written and practical test

13. Who may develop crane operating procedures?

- a. Job owner
- b. Manufacturer
- c. Qualified person
- d. Manufacturer or qualified person

14. What method must an employer use for recording a signal person's qualifications documentation?

- a. A card which must be carried by the qualified signal person
- b. Written and available on site
- c. No documentation is required for signal person's qualifications
- d. Controlling entity's home office

15. Who determines whether a person is qualified to perform specific rigging tasks?

- a. Rigger's employer
- b. Operator
- c. Rigger based on a new online test
- d. Crane manufacturer

16. What must a qualified rigger be able to perform?

- a. Rigging tasks with either synthetic or natural rigging equipment
- b. How to rig any type of load
- c. The ability to properly rig the load for a particular job
- d. An assessment by a third party

17. What is the best option for working safely around power lines?

- a. De-energize them
- b. De-energize them and visibly ground them
- c. Place insulating barriers over the lines
- d. Create a "work zone" so the crane can work near the power line

8) Motor Vehicles, Mechanized Equipment, and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals, and Barricades, Subparts O, W, and G

- 1. Which of the following vehicles can operate on a work site as well as on the highway?**
 - a. Bulldozers
 - b. Dump trucks
 - c. Front-end loaders
 - d. Paddle pans/scrapers

- 2. When backing a vehicle with an obstructed view, you have to have a back alarm or which one of the following?**
 - a. A strobe light
 - b. An observer who signals OK to back up
 - c. A sound of the horn before backing up
 - d. A presence-sensing signal

- 3. Training for operators of powered industrial trucks on construction sites must include which of the following?**
 - a. Training by the manufacturer or distributor of the powered industrial truck
 - b. How to repair hydraulic hoses
 - c. Operating surface considerations and pedestrian traffic
 - d. Procedures for lifting using the forks and wire rope slings

- 4. OSHA requires which of the following for forklift operation on construction sites?**
 - a. Keys must be removed when the forklift is not in use
 - b. Passengers being raised on the forks must be tied off to the forklift mast
 - c. Forklift operators must wear hard hats
 - d. Modifications that affect capacity must be approved by the forklift manufacturer

- 5. Earthmoving equipment includes which one of the following?**
 - a. Graders
 - b. Augers
 - c. Powered industrial trucks
 - d. Derricks

- 6. What does the abbreviated term ROPS stand for?**
 - a. Reactive Operator Prevention System
 - b. Roll-over Protective Structure
 - c. Restraining Operator Protection System
 - d. Roll-over Prevention System

7. **Pneumatic-tired earthmoving haulage equipment requires fenders when its maximum speed exceeds what speed?**
- a. 5 mph
 - b. 15 mph
 - c. 25 mph
 - d. 30 mph

9) Excavations – Subpart P

1. **What type of fatality most often results from a cave-in during an excavation?**
- a. Brain injury
 - b. Cardiac arrest
 - c. Suffocation
 - d. Broken bones
2. **Which of the following is a characteristic of cave-ins?**
- a. Usually a warning sign beforehand
 - b. Occurs in trenches 5-15 feet deep
 - c. Typically involves trench boxes
 - d. Obvious unsafe conditions
3. **Which of the following may cause a cave-in?**
- a. Backfilling as soon as possible
 - b. Freezing and thawing
 - c. Spoil piles too far away from excavation
 - d. Sloping a trench 1.5H:1V (34 degrees)
4. **Which of the following is a mandatory requirement for an employee exposed to vehicular traffic around an excavation?**
- a. Use of signs and barricades
 - b. Rerouting of traffic
 - c. Use of a reflective vest
 - d. Installation of protective support systems
5. **Which of the following are examples of “surface encumbrances” that must either be removed, relocated, or supported during the excavation process?**
- a. Spoil piles
 - b. Underground utilities
 - c. Fencing and telephone poles
 - d. Top soils to 8” in depth

6. Which of the following is possible protection for trenches dug in Class A soil and more than 5 feet in depth?
- a. Benching
 - b. No protection required
 - c. Leveling
 - d. Sloping at 1/2H:1V
7. Which of the following is considered a Type C soil?
- a. Sand
 - b. Silt
 - c. Clay
 - d. Stable rock
8. What classification does any soil receive once it is wet?
- a. Type A
 - b. Type B
 - c. Type C
 - d. Classification does not change
9. What is the access distance for ladders in an excavation?
- a. 5 feet
 - b. 15 feet
 - c. 25 feet
 - d. 50 feet
10. What is the distance that ladders must extend beyond the top of the excavation?
- a. Even with top
 - b. 1 foot
 - c. 3 feet
 - d. 5 feet

10) Concrete and Masonry Construction – Subpart Q

1. What type of PPE must be worn for a worker to be permitted to apply a cement, sand, and water mixture through a pneumatic hose?
- a. Hand protection
 - b. Head and face protection
 - c. Respiratory protection
 - d. Eye protection

2. **What type of PPE must be worn for a worker to be permitted to place or tie reinforcing steel more than 6 feet above any adjacent working surface?**
- a. Eye protection
 - b. Head and face protection
 - c. Fall protection
 - d. Respiratory protection
3. **What is the appropriate action to take to address erected shoring equipment that is found to be weakened or damaged?**
- a. It must be dismantled
 - b. It must be replaced
 - c. It must be reinforced
 - d. It must have a backup
4. **Which of the following is a requirement for masonry construction of a wall over 8 feet in height?**
- a. Establishment of a limited access zone
 - b. Dimensions of wall marked on ground
 - c. A width of the wall equal to 1/8 of the wall height
 - d. Prohibition against mechanized equipment within 10 feet of wall
5. **Lifting hardware for precast concrete must be able to support which of the following?**
- a. Double the maximum intended load applied to the lifting hardware
 - b. Five times the maximum intended load applied to the lifting hardware
 - c. Four times the maximum intended load applied to the lifting hardware
 - d. The intended load plus 10 tons
6. **At what height must masonry walls be braced to prevent overturning or collapse?**
- a. 4 feet
 - b. 6 feet
 - c. 8 feet
 - d. 10 feet
7. **Which of the following is a requirement of a limited access zone for masonry construction?**
- a. Must be protected by a standard guardrail system
 - b. Must be established once construction is underway
 - c. Must remain in place until the wall is adequately supported
 - d. Must run at least half the distance of the constructed wall

11) Steel Erection – Subpart R

1. **What one of the following steel structures does the OSHA steel erection standard potentially cover?**
 - a. Tanks
 - b. Electrical transmission towers
 - c. Football stadiums
 - d. Communication towers

2. **What is the minimum number of anchor rods (bolts) required for structural columns of system engineered metal buildings?**
 - a. 4 anchor rods
 - b. 8 anchor rods
 - c. 13 anchor rods
 - d. 15 anchor rods

3. **At what height is fall protection required for all workers involved in steel erection?**
 - a. 12 feet and above
 - b. Between 15-30 feet
 - c. 25 feet and above
 - d. 30 feet and above

4. **At what point during placement of structural members is a hoist line permitted to be released?**
 - a. When the competent person verifies connection
 - b. Once the member is properly braced
 - c. When at least two bolts are connected at each connector
 - d. Only when all bolts have been connected and tightened

5. **When must workers, aside from connectors and employees in a controlled decking zone, be protected by nets, guardrails, positioning devices, or harnesses?**
 - a. Whenever scaffolding is used
 - b. When working at 15 feet or higher with an unprotected edge
 - c. When working at 30 feet or higher with an unprotected edge
 - d. When working at 6 feet or higher with an unprotected edge

6. **What is the maximum square footage of unsecured decking that is allowed in a controlled decking zone?**
 - a. 1,200 square feet
 - b. 2,500 square feet
 - c. 3,000 square feet
 - d. 5,000 square feet

7. Which of the following is a requirement prior to crane operation for steel structure work?
- a. Pre-lift inspection of the crane
 - b. Pre-shift visual crane inspection
 - c. Signal (siren, alarm, other signal) of impending lift
 - d. Area 1.5 times the swing radius of the crane cleared of personnel

12) Stairways and Ladders – Subpart X (Required for 30 Hour)

1. At what height must a stairway or ladder be in place at access points?
- a. At 1-foot increments
 - b. When the height is at least six inches
 - c. At any elevation break of 19 inches or more
 - d. Where changes in elevations are 3 feet or more
2. Which one of the following stairways must be equipped with at least one handrail?
- a. Stairways leading to a scaffold
 - b. Stairways composed of metal
 - c. Stairways with four or more risers
 - d. Stairways higher than 19 inches or more
3. Which of the following is a requirement of a stairway landing for temporary stairways?
- a. Required for every 25 feet of stairway height
 - b. Have guardrails on unprotected sides
 - c. Have a width at least 1.5 times that of the stairs
 - d. At least 30 inches deep
4. What is the maximum load capacity required for a portable ladder (non extra-heavy-duty 1A type ladders)?
- a. Must support twice the maximum load
 - b. Must support four times the maximum load
 - c. Twice the weight of employee and his/her equipment
 - d. 300 pounds
5. In what situation should a double-cleated ladder or two or more ladders be used?
- a. Above dangerous equipment or vats
 - b. When ladders are the only way to enter or exit an area with 25 or more workers
 - c. When ladders are necessary for accessing tanks
 - d. When accessing a scaffold
6. How far above the upper landing surface must a ladder rail extend?
- a. At least 3 feet beyond the upper landing surface
 - b. At least 4 feet beyond the upper landing surface

- c. At least 5 feet beyond the upper landing surface
- d. At least 6 feet beyond the upper landing surface

7. What is one safety practice to use when climbing a ladder?

- a. Maintain 2 points of contact
- b. Use both hands when going up or down
- c. Face the ladder when going up or down
- d. Face the ladder when going up; face away from the ladder when going down

8. What is the ratio of ladder base placement distance from support to the height of the top of the support?

- a. 1:8
- b. 1:4
- c. 1:3
- d. 1:2

9. What is the minimum depth for non-permanent or temporary stairway landings?

- a. 12 inches
- b. 24 inches
- c. 30 inches
- d. 42 inches

10. What percentage of fall deaths are due to falls from ladders?

- a. 5%
- b. 12%
- c. 16%
- d. 22%