OCCUPATIONAL HEALTH AND SAFETY (OHS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. What type of hazard does working from heights represent?

A. Biological hazard

B. Chemical hazard

C. Physical hazard

D. Ergonomic hazard

2. What type of toxicity should a dealership manager be concerned about for office workers when carbon monoxide detectors go off?

A. Acute toxicity

B. Local toxicity

C. Chronic toxicity

D. Systemic toxicity

3. Proper hand washing is an example of what category of safety behaviour?

A. Proper use of hazard control systems

B. Development of safe work habits

C. Maintenance of housekeeping standards

D. Maintenance of accepted hygiene practices

4. Which of the following is a dimension for characterizing behavioural consequences?

A. Immediate or delayed

B. Short-term or long-term

C. Limited or extensive

D. Compliance or performance

5. What should be done in case of a workplace injury?

A. Notify coworkers but not management

B. Attend to the injured person and report the incident to management

C. Wait for the injured person to report it themselves

D. Ignore it, as it will likely resolve itself

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6. What is a common consequence of not adhering to occupational health and safety regulations in the workplace?

A. Increased workforce morale

B. Higher productivity rates

C. Workplace accidents and injuries

D. Enhanced company reputation

7. What is the focus of regular health surveillance in the workplace?

A. To implement new health programs

B. To monitor employees' health and detect adverse effects from exposures

C. To provide mandatory health screenings

D. To assess employee productivity

8. What should be included in a health and safety policy?

A. Commitment to employee training

B. Roles and responsibilities

C. Detailed financial budget

D. Employee personal goals

9. Identify one method to control workplace stress.

A. Increasing workloads without breaks

B. Implementing regular breaks and encouraging open communication

C. Limiting employee interactions

D. Encouraging competition among employees

10. What three-part process is part of the ISD model of training?

A. needs analysis, training content, and evaluation

B. needs analysis, organizational analysis, and job analysis

C. needs analysis, training design and delivery, and training evaluation

D. training objectives, training content, and learning theory

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Answers

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

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Explanations

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1. What type of hazard does working from heights represent?

A. Biological hazard

B. Chemical hazard

C. Physical hazard

D. Ergonomic hazard

Working from heights is classified as a physical hazard due to the inherent risks associated with falling or the potential for accidents when working above ground level. Physical hazards are those elements in the work environment that pose a risk of harm through physical forces, and working from heights clearly falls within this category as it can lead to serious injuries or fatalities if proper safety measures are not followed. This can include risks such as falls from ladders, scaffolding, roofs, or any raised platforms. To mitigate these risks, appropriate safety equipment such as harnesses, guardrails, and fall arrest systems should be used. Additionally, training employees on safety protocols and best practices when working at heights is essential to minimize accidents and ensure a safe working environment. Other types of hazards, such as biological, chemical, and ergonomic hazards, involve different risk factors and safety protocols that do not directly relate to the dangers presented by working at elevated levels. For instance, biological hazards concern exposure to pathogens, chemical hazards relate to exposure to toxic substances, and ergonomic hazards deal with the risk of musculoskeletal issues arising from poor workstation design or repetitive movements.

2. What type of toxicity should a dealership manager be concerned about for office workers when carbon monoxide detectors go off?

A. Acute toxicity

B. Local toxicity

C. Chronic toxicity

D. Systemic toxicity

The correct choice is systemic toxicity. Carbon monoxide (CO) is a colorless, odorless gas that can have serious health effects when inhaled. When carbon monoxide is present, it interferes with the blood's ability to carry oxygen, leading to systemic effects on multiple body systems rather than localized effects. Systemic toxicity refers to the impact of a substance that affects the entire body or multiple organ systems. In the case of carbon monoxide, exposure even at low levels can lead to symptoms such as headaches, dizziness, confusion, and in severe cases, loss of consciousness or death. Understanding the classification of toxicity is vital for a dealership manager. Systemic toxicity through carbon monoxide exposure can occur quickly and without immediate symptoms, making CO detection essential for the health and safety of office workers. This highlights the importance of having functional detectors in place and responding promptly when alarms sound, as the health challenges posed can escalate rapidly in a systemic manner.

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3. Proper hand washing is an example of what category of safety behaviour?

A. Proper use of hazard control systems

B. Development of safe work habits

C. Maintenance of housekeeping standards

D. Maintenance of accepted hygiene practices

Proper hand washing falls under the category of maintenance of accepted hygiene practices because it directly relates to personal cleanliness and health standards that prevent the transmission of harmful pathogens. This behavior is crucial in various settings, especially in food handling, healthcare, and community health, where the risk of contamination and infection is significant. Hand washing effectively removes dirt, bacteria, and viruses from the hands, thereby maintaining a hygienic environment and protecting not only the individual but also others from potential illness. While other categories, such as safe work habits or housekeeping standards, are important for overall safety management, they do not specifically address personal hygiene practices to the same degree as proper hand washing does. Thus, the focus on hygiene makes this answer the most accurate in encapsulating the intention and importance of the activity.

4. Which of the following is a dimension for characterizing behavioural consequences?

A. Immediate or delayed

B. Short-term or long-term

C. Limited or extensive

D. Compliance or performance

The dimension of "immediate or delayed" is significant in characterizing behavioral consequences, as it pertains to the timing of the effects that result from a specific behavior. Immediate consequences occur right after the behavior and can serve as instant feedback, which can reinforce or discourage certain actions. This timing is crucial because immediate feedback typically strengthens the learning process by allowing individuals to quickly understand the results of their actions. In contrast, delayed consequences may take time to manifest and can have a different impact on behavior modification. Understanding whether outcomes are immediate or delayed helps in developing strategies for influencing behaviors, as immediate consequences often more effectively shape behavior in the short term. Other dimensions like short-term or long-term focus on duration but do not specifically address the immediacy of the consequences, while limited or extensive describes scope rather than timing. Compliance or performance relates to the nature of the behavior itself rather than the temporal aspect of the consequences. Thus, the dimension of "immediate or delayed" is a critical aspect of how behavioral consequences are characterized and understood in the context of occupational health and safety.

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5. What should be done in case of a workplace injury?

A. Notify coworkers but not management

B. Attend to the injured person and report the incident to management

C. Wait for the injured person to report it themselves

D. Ignore it, as it will likely resolve itself

In the event of a workplace injury, the appropriate action is to attend to the injured person and report the incident to management. This response ensures immediate care for the injured individual, which is crucial for their well-being. Providing first aid or medical assistance can prevent further harm and might even save a life. Reporting the incident to management is equally important because it initiates the necessary protocols for documenting the injury, conducting an investigation to determine the cause, and implementing corrective measures to prevent similar incidents in the future. This not only supports the injured employee but also helps maintain a safe work environment for all employees. Furthermore, timely reporting is often a legal requirement under occupational health and safety regulations, allowing organizations to comply with workplace safety laws and regulations. This proactive approach fosters a culture of safety and accountability within the workplace.

6. What is a common consequence of not adhering to occupational health and safety regulations in the workplace?

A. Increased workforce morale

B. Higher productivity rates

C. Workplace accidents and injuries

D. Enhanced company reputation

Not adhering to occupational health and safety regulations often leads to workplace accidents and injuries, which is a significant concern for organizations. These regulations are designed to protect employees by minimizing hazards and ensuring a safe working environment. When these guidelines are neglected, the likelihood of accidents increases, which can result in physical harm to employees, potential loss of life, and costly legal ramifications for the employer. Additionally, the aftermath of workplace incidents can lead to declined employee morale and productivity. Employees may feel unsafe, which can impact their performance and overall psychological well-being. In contrast, adhering to safety regulations helps create a culture of safety, where individuals feel valued and secure, ultimately fostering productivity and enhancing company reputation. However, without compliance, the immediate and most apparent consequence is the physical risk to workers.

7. What is the focus of regular health surveillance in the workplace?

A. To implement new health programs

B. To monitor employees' health and detect adverse effects from exposures

C. To provide mandatory health screenings

D. To assess employee productivity

The primary focus of regular health surveillance in the workplace is to monitor employees' health and detect adverse effects from exposures. This involves systematic health assessments that help identify any potential health issues linked to workplace conditions, including exposure to hazardous substances or stressful environments. By detecting these issues early, employers can take necessary actions to mitigate risks, protect worker health, and ensure compliance with occupational health standards. Health surveillance is crucial in preventing long-term health complications and supports a proactive approach to workplace safety. Monitoring allows for data collection that leads to informed decisions regarding health interventions, changes in workplace practices, and enhancement of overall employee well-being.

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8. What should be included in a health and safety policy?

A. Commitment to employee training

B. Roles and responsibilities

C. Detailed financial budget

D. Employee personal goals

A comprehensive health and safety policy is critical for fostering a safe work environment and ensuring organizational compliance with relevant health and safety regulations. Including roles and responsibilities in such a policy is essential because it clearly delineates who is accountable for various aspects of health and safety management within the organization. This definition of roles helps ensure that everyone understands their specific duties, which can range from compliance with safety protocols to reporting hazards. By specifying roles and responsibilities, the policy fosters an accountable culture and encourages proactive participation from all employees in maintaining safety standards. It also aids in clarity during incidents, as everyone knows their designated responsibilities in emergency situations or routine safety checks. The other aspects mentioned, such as commitment to employee training, financial budgeting, and personal goals, while important for organizational health and performance, either do not directly fall under a health and safety policy or serve a different purpose. Employee training is related to the implementation of a policy, but it is not the core framework of the policy itself. Similarly, a detailed financial budget pertains to resource allocation rather than defining safety responsibilities, and personal goals do not relate to organizational health and safety compliance. Thus, focusing on roles and responsibilities is foundational for an effective health and safety policy.

9. Identify one method to control workplace stress.

A. Increasing workloads without breaks

B. Implementing regular breaks and encouraging open communication

C. Limiting employee interactions

D. Encouraging competition among employees

Implementing regular breaks and encouraging open communication is a highly effective method for controlling workplace stress. Regular breaks allow employees to step away from their tasks, reducing mental fatigue and providing an opportunity to recharge. This can lead to improved focus and productivity when they return to work. Encouraging open communication is equally vital as it fosters an environment where employees feel comfortable sharing their concerns and stressors. When workers can openly discuss their workloads and any challenges they face, it promotes collaboration and problem-solving, potentially alleviating stressors before they escalate into larger issues. Open lines of communication also enhance employee morale and can build stronger interpersonal relationships within the team, further contributing to a supportive workplace atmosphere. In contrast, increasing workloads without breaks, limiting employee interactions, and encouraging competition among employees can negatively impact mental health and overall job satisfaction. These approaches typically lead to higher stress levels and a toxic work environment, making them unsuitable for controlling workplace stress.

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10. What three-part process is part of the ISD model of training?

A. needs analysis, training content, and evaluation

B. needs analysis, organizational analysis, and job analysis

C. needs analysis, training design and delivery, and training evaluation

D. training objectives, training content, and learning theory

The correct answer highlights the three essential elements of the Instructional System Design (ISD) model of training, which are categorized as needs analysis, training design and delivery, and training evaluation. In this framework, needs analysis is the first step where the specific requirements for training are identified. This phase ensures that the training program addresses the actual needs of the organization and its employees, laying a solid foundation for relevant and effective learning experiences. Following the needs analysis, the training design and delivery phase involves creating the actual training materials and determining how the training will be presented. This step is crucial because it translates identified needs into actionable training programs, ensuring that the content is engaging, structured, and meets the learning objectives established earlier. Lastly, training evaluation is a critical component that assesses the effectiveness of the training program itself. This phase examines whether the training has met its goals, identifies areas for improvement, and ensures that resources have been effectively utilized. Evaluation is essential for continual enhancement of future training initiatives and for ensuring that the training provides value to both the organization and its employees. Together, these components form a cohesive process that is fundamental to developing efficient and effective training programs within the ISD model.

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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://occupationalhealthsafety.examzify.com

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

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