OHST 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. **Which of the following is NOT required in a hearing conservation program?**
   A. Workers must be provided with hearing protection
   B. Workers must be trained and retrained annually
   C. Given an audiogram within six months
   D. Workers must be given time off to protect hearing

2. **What is the initial step in developing an incident data collection system for safety management?**
   A. Identify existing data sources
   B. Establish incident reporting procedures
   C. Define the subsequent use of the data
   D. Define investigation team parameters

3. **What is the goal of emergency response planning?**
   A. To organize team activities for efficiency
   B. To prepare for and manage emergencies effectively
   C. To minimize operational costs during crises
   D. To ensure all employees are trained in first aid

4. **Which organization oversees the OHST certification?**
   A. National Safety Council
   B. American Society of Safety Professionals
   C. Board of Certified Safety Professionals
   D. National Institute for Occupational Safety and Health

5. **When implementing a job safety analysis program, which job category should be analyzed first?**
   A. The order of jobs according to product flow
   B. The jobs generating the most complaints
   C. The jobs contributing to the highest incident rates
   D. The jobs exposing the most workers

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6. Which of the following conversions is not correct?

A. 1 ft3 = 1.78 gallons

B. 1 m3 = 100 Liters

C. 1 gal = 128 oz

D. 1 gal = 3.79 Liters

7. What is the maximum protection that a powered particulate-filter respirator can provide?

A. 10

B. 100

C. 3000

D. 5000

8. What must emergency planning include to minimize potential loss from disasters?

A. Recreation programs for employees

B. Creation of response teams

C. Investigation of previous incidents

D. Provide for employee safety

9. A motorcycle traveling at 45 mph will cover how many meters during a driver's reaction time of 0.75 seconds?

A. 15 meters

B. 25 meters

C. 18 meters

D. 50 meters

10. What does the acronym SDS stand for?

A. Safety Data Sheet

B. Standard Data Sheet

C. Safety Distribution System

D. Safe Damage Sheet

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Answers

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

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Explanations

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1. Which of the following is NOT required in a hearing conservation program?

A. Workers must be provided with hearing protection

B. Workers must be trained and retrained annually

C. Given an audiogram within six months

D. Workers must be given time off to protect hearing

In a hearing conservation program, the primary goal is to prevent hearing loss in workers exposed to high noise levels. The elements that are typically mandated include the provision of hearing protection, training for workers on the risks and the proper use of hearing protection, and regular audiometric testing to monitor their hearing health. While giving workers time off might seem like a supportive measure for protecting hearing, it is not a standard requirement in established hearing conservation programs. Instead, the focus is on implementing controls like the provision of personal protective equipment (hearing protection), offering annual training, and conducting regular audiograms to ensure that any changes in hearing ability are detected early. Therefore, the answer highlighting the absence of a requirement for time off indicates adherence to regulatory standards where specific procedures and protections are prioritized over unused leave benefits.

2. What is the initial step in developing an incident data collection system for safety management?

A. Identify existing data sources

B. Establish incident reporting procedures

C. Define the subsequent use of the data

D. Define investigation team parameters

The initial step in developing an incident data collection system for safety management is to define the subsequent use of the data. This foundational step is crucial because understanding the purpose of the data collection informs the entire process. It determines what types of incidents need to be reported, the level of detail required, and how the collected data will be utilized to improve safety management systems. When the intended use is clear, it enables the development of relevant metrics that can guide effective reporting procedures. It also helps identify existing data sources and sets the groundwork for establishing incident reporting procedures tailored to those specific uses. This clarity ensures that the data collected will serve meaningful purposes, such as identifying trends, preventing future incidents, and complying with regulatory requirements. In contrast, while identifying existing data sources, establishing procedures, or defining investigation team parameters are important aspects of a comprehensive system, they should follow the clear articulation of how the data will be used to ensure that those components align effectively with the overall goals of the safety management system.

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3. What is the goal of emergency response planning?

A. To organize team activities for efficiency

B. To prepare for and manage emergencies effectively

C. To minimize operational costs during crises

D. To ensure all employees are trained in first aid

The goal of emergency response planning is fundamentally about preparing for and managing emergencies effectively. This process involves identifying potential hazards, developing procedures for response, and coordinating resources to ensure that when an emergency occurs, the organization can respond swiftly and with purpose. Effective emergency response planning encompasses several key components, such as risk assessment, communication strategies, training, and the establishment of roles and responsibilities. By preparing for possible scenarios, organizations can mitigate the impact of emergencies on personnel, operations, and the surrounding community. This focus on preparedness ensures a systematic approach to emergencies, fostering resilience and safety within the organization. While organizing team activities for efficiency, minimizing operational costs during crises, and ensuring comprehensive first aid training are important aspects of an organization's overall safety strategy, they are not the primary goal of emergency response planning itself. Those aspects can contribute to a more effective response but do not encapsulate the overarching aim of ensuring readiness and management of emergencies.

4. Which organization oversees the OHST certification?

A. National Safety Council

B. American Society of Safety Professionals

C. Board of Certified Safety Professionals

D. National Institute for Occupational Safety and Health

The Board of Certified Safety Professionals (BCSP) is the organization that oversees the Occupational Health and Safety Technologist (OHST) certification. This certification is designed to recognize individuals who have demonstrated a competent level of knowledge and skill in occupational health and safety practices. The BCSP is responsible for the administration and management of the certification process, including the development of examination criteria, maintaining standards, and ensuring the integrity of the program. Other organizations mentioned, such as the National Safety Council and the American Society of Safety Professionals, while influential in the field of safety and health, do not specifically oversee the OHST certification. The National Institute for Occupational Safety and Health (NIOSH), on the other hand, is primarily focused on research and recommendations for the prevention of work-related injuries and diseases, but it does not administer certification programs like the OHST. Therefore, the BCSP's role as the certifying body for OHST is crucial in providing validation for professionals in the safety and health field.

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5. When implementing a job safety analysis program, which job category should be analyzed first?

A. The order of jobs according to product flow

B. The jobs generating the most complaints

C. The jobs contributing to the highest incident rates

D. The jobs exposing the most workers

The priority in implementing a job safety analysis program should focus on the jobs contributing to the highest incident rates, as this approach directly addresses the most immediate and critical safety concerns within an organization. Analyzing these jobs first allows for the identification of hazards and the implementation of controls to reduce or eliminate the risk of incidents, which can lead to injuries or even fatalities. By prioritizing high-risk jobs, organizations can make data-driven decisions to enhance worker safety and reduce incident rates more effectively. This approach is often aligned with principles of risk management, which focus on addressing hazards that pose the most significant threat to employee safety. While analyzing jobs based on other factors, such as product flow, complaints, or the number of workers exposed, can also be important, addressing those with the highest incident rates ensures that resources are allocated efficiently to mitigate potential harm where it is most prevalent. This strategy not only promotes a safer working environment but also supports overall organizational health and productivity.

6. Which of the following conversions is not correct?

A. 1 ft3 = 1.78 gallons

B. 1 m3 = 100 Liters

C. 1 gal = 128 oz

D. 1 gal = 3.79 Liters

When examining the provided conversion options, it's important to understand the accurate relationships between the units of measurement. The option stating that 1 cubic meter (m^3) equals 100 liters is not correct. In reality, 1 cubic meter is equivalent to 1,000 liters. This misconception may arise from converting between different volume units and underestimating the magnitude of the cubic meter compared to the liter. In contrast, the other conversions are accurate: a cubic foot does indeed convert to approximately 7.48 gallons, but the figure 1.78 might refer to a different context or conversion scenario incorrectly. One gallon is properly converted into 128 fluid ounces, maintaining accuracy in volumetric conversions. Lastly, one gallon equals approximately 3.79 liters, a widely accepted conversion factor for measuring liquid volume, particularly in contexts where U.S. liquid measurements are used. Understanding these conversions is critical in fields such as engineering, science, and technical trades, where precise measurements must be utilized for safety and effectiveness.

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7. What is the maximum protection that a powered particulate-filter respirator can provide?

A. 10

B. 100

C. 3000

D. 5000

A powered particulate-filter respirator is designed to offer high levels of protection against airborne particulate matter. The maximum protection it can provide is typically measured in terms of its Assigned Protection Factor (APF). The number given indicates the level of contaminant concentration that a worker can be exposed to relative to the concentration in the environment, while still maintaining a safe level of exposure. In the case of option C, which indicates a maximum protection level of 3000, this number reflects a scenario where the levels of airborne contaminants are significant. The APF of 3000 means that the respirator is able to allow only 1 part of a contaminant into the breathing air for every 3000 parts of the contaminant in the environment. This level of filtration is beneficial in environments where hazardous particulate levels are extremely high, providing robust protection for the user. Other options, representing lower levels of protection, would not offer the same degree of safety in high-exposure scenarios, emphasizing why 3000 is recognized as the maximum level an effective powered particulate-filter respirator can achieve.

8. What must emergency planning include to minimize potential loss from disasters?

A. Recreation programs for employees

B. Creation of response teams

C. Investigation of previous incidents

D. Provide for employee safety

Emergency planning must prioritize employee safety to minimize potential loss from disasters because ensuring the well-being of employees is fundamental to any organization's operational continuity. If employees are not safe or do not feel that their safety is prioritized, their productivity and morale can significantly decline, which can exacerbate the situation during a disaster. Having comprehensive safety protocols and training prepares employees to act appropriately during emergencies, reducing the likelihood of injuries and fatalities. Furthermore, a focus on employee safety facilitates a smoother recovery process after an incident, helping to maintain trust and stability within the workforce. While other considerations, such as creating response teams and investigating past incidents, contribute valuable insights and resources for enhance disaster preparedness, the cornerstone of emergency planning remains the health and safety of employees. Without a solid foundation of safety, any response plan may falter due to a lack of confidence and preparedness among employees.

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9. A motorcycle traveling at 45 mph will cover how many meters during a driver's reaction time of 0.75 seconds?

A. 15 meters

B. 25 meters

C. 18 meters

D. 50 meters

*To determine how many meters a motorcycle traveling at 45 mph would cover during a driver's reaction time of 0.75 seconds, we first need to convert the speed from miles per hour (mph) to meters per second (m/s). 1. **Conversion of Speed**: - 1 mile is approximately 1609.34 meters. - 1 hour is 3600 seconds. - Therefore, to convert 45 mph to meters per second, the formula is: \[\text{Speed in m/s} = \text{Speed in mph} \times \frac{1609.34 \text{ meters}}{1 \text{ mile}} \times \frac{1 \text{ hour}}{3600 \text{ seconds}} \] - Plugging in the numbers: \[45 \times \frac{1609.34}{3600} \approx 20.12 \text{ m/s} \] 2. **Distance Calculated Using Reaction Time**: - To find out how far the motorcycle travels during the 0.75 seconds of reaction time, we use the equation: \[\text{*

10. What does the acronym SDS stand for?

A. Safety Data Sheet

B. Standard Data Sheet

C. Safety Distribution System

D. Safe Damage Sheet

The acronym SDS stands for Safety Data Sheet. An SDS is a critical component in workplace safety and compliance protocols. It is a document that provides comprehensive information about a hazardous chemical. This document includes details such as the chemical's properties, hazards, handling and storage instructions, first-aid measures, and exposure controls, among other safety information. The goal of an SDS is to ensure that workers and emergency responders have access to vital information needed to protect themselves from potential risks posed by hazardous substances. The other choices do not accurately reflect established terminology in occupational health and safety. "Standard Data Sheet" and "Safety Distribution System" are not recognized terms in the context of chemical safety, and "Safe Damage Sheet" is not relevant to any commonly accepted safety documentation. Thus, the correct answer highlights the fundamental resource that contributes to workplace safety management and compliance.

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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:

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

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