OSHA HEALTH SCIENCE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 16

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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 patient of Cameron exhibits behaviors that could lead to violence?

A. Elise

B. Richard

C. Cameron

D. Ava

2. What is the acronym used for the correct technique to use a fire extinguisher?

A. FIRE

B. PASS

C. AIM

D. SAFE

3. What disease causes severe damage to the liver and can potentially be fatal?

A. Hepatitis A Virus

B. Hepatitis B Virus

C. Hepatitis C Virus

D. HIV

4. What must a fire prevention plan include in written form?

A. Employee speeches

B. Firefighter contact numbers

C. Rescue and medical duties for employees performing them

D. Office party planning

5. If you are at a beachfront facility before a hurricane, what should you do instead of sheltering in place?

A. Stay and secure the facility

B. Follow the published evacuation route

C. Wait for the storm to pass

D. Move to the higher floors

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6. Which device is used to provide stabilization for ambulatory patients?

A. Transfer board

B. Overhead track mounted patient lifters

C. Gait belts

D. Walker frames

7. What should employers do to prevent worker falls and accidents when using portable ladders?

A. Ladders should be color-coded for visibility

B. All workers must wear helmets

C. Rungs and steps are slip-resistant

D. Ladders should be stored vertically

8. What should be referenced for training regarding chemical hazards?

A. Safety Manual

B. OSHA Guidelines

C. Safety Data Sheets

D. All of the above

9. According to the Bureau of Labor Statistics (BLS), which event most commonly led to injuries in healthcare settings in 2015?

A. Slips and falls

B. Overexertion and bodily reaction

C. Vehicle accidents

D. Exposure to harmful substances

10. In Case 1, what mode was responsible for the burns suffered by the cardiac patient?

A. Bipolar mode

B. Monopolar mode

C. Direct current mode

D. Alternating current mode

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Answers

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

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Explanations

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1. Which patient of Cameron exhibits behaviors that could lead to violence?

A. Elise

B. Richard

C. Cameron

D. Ava

Elise is identified as the patient whose behaviors could potentially lead to violence. This recognition is crucial in a healthcare setting, especially in cases involving mental health and behavioral issues. Patients exhibiting signs of agitation, aggression, or extreme emotional distress are more likely to develop violent behaviors, posing a risk not only to themselves but also to staff and other patients. In the context of patient care, understanding the triggers and manifestations of such behaviors is essential for effective intervention and management. By being aware of the specific characteristics and warning signs exhibited by Elise, healthcare providers can take proactive measures to ensure a safe environment, which may include de-escalation techniques, offering support, and creating individualized treatment plans. Recognizing and addressing these behaviors early can prevent potential escalation and help maintain a therapeutic environment. In contrast, focusing on the other individuals—whether they display calm demeanor, participate positively in their care, or do not exhibit red flags—may lead to less concern regarding possible violent actions.

2. What is the acronym used for the correct technique to use a fire extinguisher?

A. FIRE

B. PASS

C. AIM

D. SAFE

*The acronym used for the correct technique to use a fire extinguisher is PASS, which stands for Pull, Aim, Squeeze, and Sweep. This method provides clear steps to follow in emergency situations, enabling individuals to effectively and safely extinguish a fire. 1. **Pull**: This step involves pulling the pin at the top of the extinguisher, which unlocks the operating lever and allows you to discharge the extinguisher. 2. **Aim**: It's crucial to aim the nozzle at the base of the fire rather than the flames. Targeting the base helps to eliminate the fuel source and extinguish the fire more effectively. 3. **Squeeze**: You must squeeze the handle of the extinguisher to release the extinguishing agent. Holding the handle down allows for a steady discharge of the agent. 4. **Sweep**: Finally, you need to sweep the nozzle from side to side at the base of the fire until it appears to be completely out. This sweeping motion ensures that the agent covers the entire area of the fire's base. Familiarizing oneself with the PASS technique can make a significant difference in an emergency, as correct usage maximizes the effectiveness of the fire extinguisher while minimizing risk.*

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3. What disease causes severe damage to the liver and can potentially be fatal?

A. Hepatitis A Virus

B. Hepatitis B Virus

C. Hepatitis C Virus

D. HIV

The disease that is most known for causing severe damage to the liver and has the potential to be fatal is associated with the Hepatitis C Virus. Hepatitis C is a viral infection that primarily affects the liver, leading to inflammation, liver cirrhosis, and increased risk of liver cancer. It is often asymptomatic in its early stages, which can allow it to progress to serious liver disease before symptoms become apparent. Hepatitis C is particularly concerning because it can lead to chronic infection in a significant number of cases. This chronic infection poses a high risk of developing significant liver disease over time. Additionally, there is currently no vaccine available for Hepatitis C, making prevention more challenging compared to other types of hepatitis. In contrast, Hepatitis A typically causes acute but self-limiting liver disease and does not lead to chronic infection, while Hepatitis B can indeed cause chronic infection and severe liver damage, but it is less frequently fatal than Hepatitis C. HIV, while a serious and potentially fatal condition, primarily targets the immune system rather than the liver. Therefore, among the diseases listed, Hepatitis C is the one that is most associated with severe, potentially fatal liver damage.

4. What must a fire prevention plan include in written form?

A. Employee speeches

B. Firefighter contact numbers

C. Rescue and medical duties for employees performing them

D. Office party planning

A fire prevention plan is a critical component of workplace safety, and it must be comprehensive enough to address various fire-related scenarios. One essential element that it must include is the identification of rescue and medical duties for employees who may be tasked with executing these responsibilities during a fire emergency. This inclusion is vital because it prepares employees for immediate action if a fire occurs. By defining roles such as who will be responsible for assisting individuals in evacuating the premises or who will provide first aid to those affected, the plan ensures that there is a clear understanding of responsibilities. This way, employees can be adequately trained and vigilant, fostering a safer workplace environment in the event of a fire. The other options do not provide the same critical information relevant to fire safety. Employee speeches and office party planning are not components that enhance fire hazard prevention or response readiness. While having contact numbers for firefighters is useful, it does not cover the necessary actions that trained employees may need to take in an emergency situation. Thus, focusing on rescue and medical duties creates a proactive approach to fire emergencies, making it an essential part of a fire prevention plan.

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5. If you are at a beachfront facility before a hurricane, what should you do instead of sheltering in place?

A. Stay and secure the facility

B. Follow the published evacuation route

C. Wait for the storm to pass

D. Move to the higher floors

Choosing to follow the published evacuation route is the most appropriate action when you are at a beachfront facility before a hurricane. Evacuating rather than sheltering in place is crucial for ensuring your safety and the safety of others. Hurricanes can bring life-threatening winds, flooding, and storm surges, making it much safer to leave the area well in advance. Following a published evacuation route allows individuals to move away from the danger zone systematically and reduces the risk of getting caught in hazardous conditions. Well-planned routes are designed to facilitate safe and efficient evacuations, keeping traffic orderly and prioritizing the movement of emergency services if needed. While securing the facility or moving to higher floors might seem like viable options, they do not guarantee safety. Waiting for the storm to pass is highly dangerous, as conditions can rapidly deteriorate, leading to life-threatening situations. It is always better to evacuate to safety ahead of the storm.

6. Which device is used to provide stabilization for ambulatory patients?

A. Transfer board

B. Overhead track mounted patient lifters

C. Gait belts

D. Walker frames

The use of gait belts for stabilization of ambulatory patients is founded on their design and function. Gait belts are specifically created to assist caregivers in safely supporting and guiding patients as they walk or move. They are made from durable material and fit snugly around the patient's waist, giving the caregiver a secure point of grip to help prevent falls and provide balance support. When assisting patients with walking, especially those who may have difficulty maintaining their balance, a gait belt allows the caregiver to exert control while minimizing the risk of injury to both themselves and the patient. It is an essential tool in rehabilitation settings and for individuals who are at risk of falling, as it facilitates safe ambulation and aids in building the patient's confidence in their mobility. Other devices mentioned, such as transfer boards and overhead track-mounted patient lifters, serve different purposes primarily related to moving or transferring patients rather than supporting them in walking. Walker frames, while also providing support, are devices that users operate themselves rather than being assisted by a caregiver through the means of a gait belt. Therefore, for direct stabilization during ambulation, gait belts are the most appropriate choice.

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7. What should employers do to prevent worker falls and accidents when using portable ladders?

A. Ladders should be color-coded for visibility

B. All workers must wear helmets

C. Rungs and steps are slip-resistant

D. Ladders should be stored vertically

Ensuring that rungs and steps of portable ladders are slip-resistant is crucial for preventing falls and accidents in the workplace. Slip resistance provides traction for the user's shoes, reducing the likelihood of slipping while climbing or descending the ladder. This feature is particularly important because falls from ladders are a common source of workplace injuries. When rungs and steps are designed with materials or surface patterns that enhance grip, they significantly improve the safety of using ladders. While visibility through color coding can aid in ladder identification, wearing helmets can provide some protection, and storing ladders vertically helps in managing space and organization, none of these directly address the immediate risk of slips while using the ladder. Therefore, the most effective strategy among the options to prevent falls is to ensure that the surfaces of the ladder used by workers are designed to minimize slipping.

8. What should be referenced for training regarding chemical hazards?

A. Safety Manual

B. OSHA Guidelines

C. Safety Data Sheets

D. All of the above

When it comes to training regarding chemical hazards, all referenced materials play a crucial role, making the choice that encompasses all of them the most comprehensive answer. The Safety Manual is an important resource that outlines safety practices and procedures specific to a workplace, detailing how to handle chemical hazards safely according to the established protocols. OSHA Guidelines provide a framework for workplace safety and health, including regulations concerning the management of chemical hazards to ensure employee safety and compliance with legal standards. Safety Data Sheets (SDS) are vital for understanding the specific properties and hazards of chemicals used in the workplace. They provide essential information on handling, storage, and emergency measures related to the chemicals, which is critical for effective training. By incorporating all these resources, workers receive a well-rounded education on chemical hazards, promoting a safer work environment. Hence, referencing all of the above ensures comprehensive training about potential risks and best practices in handling chemical substances.

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9. According to the Bureau of Labor Statistics (BLS), which event most commonly led to injuries in healthcare settings in 2015?

A. Slips and falls

B. Overexertion and bodily reaction

C. Vehicle accidents

D. Exposure to harmful substances

The most common event that led to injuries in healthcare settings in 2015, according to the Bureau of Labor Statistics (BLS), was related to overexertion and bodily reaction. This category encompasses injuries resulting from actions such as lifting, pushing, pulling, holding, or carrying patients and other heavy objects, which are frequent occurrences in healthcare work environments. Healthcare professionals often engage in physically demanding tasks, which can result in strains and sprains, particularly in the back, shoulders, and legs. These types of injuries are prevalent in high-demand settings like hospitals and nursing homes, where staff may need to assist patients with mobility, perform manual handling techniques, or respond quickly to emergencies, all of which place significant stress on the body. While slips and falls, vehicle accidents, and exposure to harmful substances can also lead to injuries in healthcare, they do not occur as frequently as injuries from overexertion. Understanding the primary causes of injuries is vital for implementing effective safety measures and preventing such incidents in the future.

10. In Case 1, what mode was responsible for the burns suffered by the cardiac patient?

A. Bipolar mode

B. Monopolar mode

C. Direct current mode

D. Alternating current mode

The correct answer is monopolar mode, as it is commonly linked to thermal injuries in surgical settings due to the way it operates. Monopolar electrosurgery involves the use of a single active electrode that delivers electrical energy to the tissue. This can generate significant heat at the site of application, which can lead to burns if the electrode is left in one spot too long or if it is misapplied. In monopolar setups, the current passes through the patient's body to a grounding pad that serves as the return electrode. If the grounding pad is improperly placed or its contact with the skin is insufficient, it can lead to unintended burns at the site of the active electrode or at the return pathway. Understanding the potential for burns in this mode is crucial for patient safety during surgical procedures. Monopolar mode is primarily used for cutting and coagulating tissue, requiring careful management and operator training to mitigate the risks of thermal injury. This high level of energy concentration makes it more likely to cause burns compared to other modes, like bipolar, which operates differently and generally has a lower risk of such complications.

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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://oshahealthscience.examzify.com

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

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