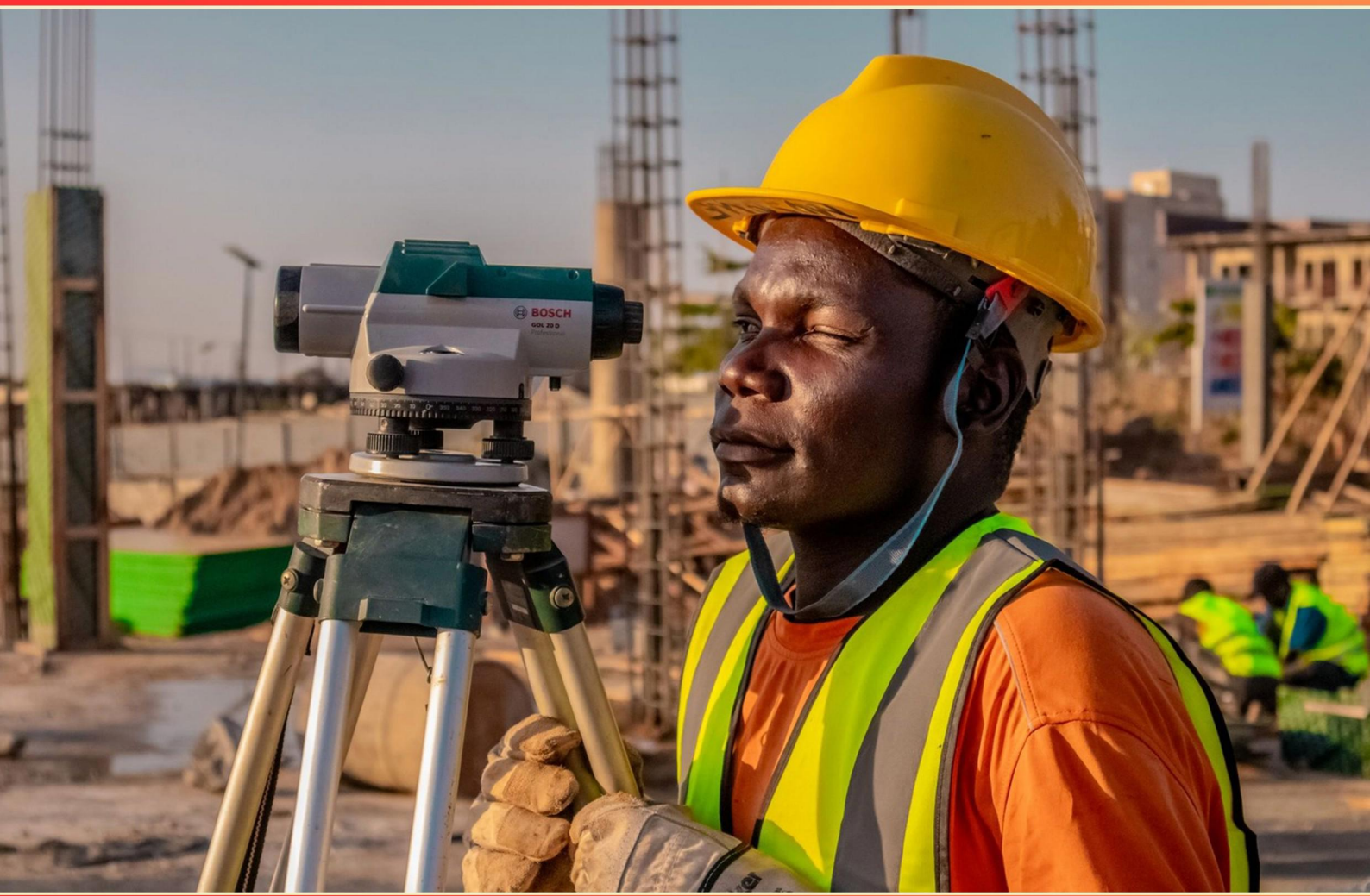
OSHA NATIONAL ASSOCIATION OF STATE CONTRACTORS LICENSING AGENCIES (NASCLA) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://oshanasclacertification.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Which of the following is a key element of an OSHA safety program?

A. Exclusivity to management personnel

B. Focus solely on physical hazards

C. Active employee participation

D. Focusing only on compliance, ignoring culture

2. What is a workplace safety audit?

A. A financial review of the workplace

B. A systematic review of safety processes and protocols to ensure compliance with safety standards

C. An assessment of employee performance

D. A survey of employee satisfaction

3. What is the minimum percent of oxygen required for safety according to OSHA regulations?

A. 19.0%

B. 19.5%

C. 20.0%

D. 21.5%

4. What action should be taken if a worker experiences a workplace injury?

A. Ignore the injury until later

B. Provide first aid and report the injury to a supervisor

C. Send the worker home immediately

D. Only notify coworkers

5. Which statement is true about pre-cast concrete?

A. It is formed and poured onsite

B. It sits in place without further processing

C. It is formed and cured offsite

D. It requires immediate use before curing

SAMPLE

6. What key components should be included in a fire safety plan?

A. Emergency procedures, vacation schedules, and employee performance reviews

B. Emergency procedures, evacuation routes, and contact information for emergency services

C. Fire extinguisher locations and fire drill schedules

D. Employee safety training and health inspections

7. What are the four types of hazards according to OSHA?

A. Physical, biological, financial, and ergonomic hazards

B. Chemical, physical, biological, and ergonomic hazards

C. Chemical, ergonomic, electrical, and mechanical hazards

D. Physical, biological, chemical, and psychological hazards

8. What must be done when debris is thrown down through holes without chutes?

A. A net must catch the debris

B. The area must be completely enclosed with barricades

C. Workers must wear hard hats

D. Warning signs are not necessary

9. Define a 'hazard' in the workplace.

A. A strategy for business improvement

B. A condition that can cause injury, illness, or damage to property

C. A type of employee training

D. A method for enhancing productivity

10. What is the requirement regarding emergency plans for employers with 10 or fewer employees?

A. The plans must be documented in writing

B. Oral communication is acceptable

C. Only verbal instructions are needed during training

D. Emergency plans can be omitted entirely

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is a key element of an OSHA safety program?

A. Exclusivity to management personnel

B. Focus solely on physical hazards

C. Active employee participation

D. Focusing only on compliance, ignoring culture

Active employee participation is indeed a key element of an OSHA safety program because it encourages a culture of safety where workers are actively involved in recognizing hazards, reporting unsafe conditions, and contributing to safety decisions. This participation fosters a sense of ownership and responsibility among employees, making them more likely to adhere to safety protocols and contribute to developing effective safety practices. Engaging employees in safety discussions and training can lead to more comprehensive hazard identification, increased morale, and a more robust safety culture within the organization. Employees who participate in safety programs can provide valuable insights and observations based on their experiences and day-to-day tasks. This collaboration between management and staff enhances communication and can lead to innovative solutions for safety challenges. Overall, encouraging active employee participation is fundamental in creating a comprehensive and effective safety program that addresses not just compliance but also the well-being of all staff members.

2. What is a workplace safety audit?

A. A financial review of the workplace

B. A systematic review of safety processes and protocols to ensure compliance with safety standards

C. An assessment of employee performance

D. A survey of employee satisfaction

A workplace safety audit is a systematic review of safety processes and protocols to ensure compliance with established safety standards. This involves examining the workplace environment, equipment, and practices to identify potential hazards and assess whether safety regulations and organizational policies are being followed. The primary goal of a safety audit is to identify areas for improvement in safety management, thereby reducing the risk of accidents and injuries on the job. This process not only helps in maintaining compliance with OSHA regulations but also enhances overall workplace safety culture. In contrast, a financial review focuses on the financial aspects of a business rather than safety practices. An assessment of employee performance typically evaluates productivity and effectiveness of individuals, rather than examining safety protocols. Similarly, a survey of employee satisfaction gauges how employees feel about their work environment and conditions, which may touch on safety indirectly, but does not systematically evaluate the actual safety measures in place.

SAMPLE

3. What is the minimum percent of oxygen required for safety according to OSHA regulations?

A. 19.0%

B. 19.5%

C. 20.0%

D. 21.5%

The correct answer is that the minimum percent of oxygen required for safety, according to OSHA regulations, is 19.5%. This threshold is crucial in ensuring a safe working environment, particularly in confined spaces where oxygen levels can be compromised. When the oxygen concentration falls below 19.5%, it can start to affect cognitive and physical performance, leading to an increased risk of accidents and health issues. OSHA has established this guideline to help employers implement safety measures and protect workers from asphyxiation or other hazards associated with low oxygen environments. In practice, this means that if the oxygen level in the air drops to 19.5% or lower, specific precautions and safety protocols must be put into place to safeguard workers, such as ventilation, monitoring, or rescue operations. Understanding the critical nature of oxygen levels in the workplace emphasizes the need for compliance with these regulations to prevent workplace injuries and fatalities.

4. What action should be taken if a worker experiences a workplace injury?

A. Ignore the injury until later

B. Provide first aid and report the injury to a supervisor

C. Send the worker home immediately

D. Only notify coworkers

In the event of a workplace injury, providing first aid and reporting the injury to a supervisor is the most appropriate and responsible action to take. This ensures the injured person receives immediate care necessary for their condition, which can prevent further injury or complications. Additionally, notifying a supervisor is critical for several reasons. It allows for proper documentation of the incident, which is essential for compliance with OSHA regulations. Reporting ensures that the workplace is evaluated for safety hazards that may have contributed to the injury, leading to necessary changes that can prevent future incidents. Engaging in this procedure also helps in following the company's protocols regarding workplace injuries, which is vital for legal and insurance purposes. Providing first aid demonstrates immediate concern for the welfare of the injured worker, fostering a safer work environment and showing that the employer values employee health and safety. Ideally, every workplace should have trained personnel ready to provide first aid as part of its health and safety policies.

5. Which statement is true about pre-cast concrete?

A. It is formed and poured onsite

B. It sits in place without further processing

C. It is formed and cured offsite

D. It requires immediate use before curing

Pre-cast concrete refers to a construction method where concrete elements are cast in a controlled environment away from the construction site. These elements are then cured and hardened before being transported to the job site for installation. This method allows for better quality control, as the curing process can be monitored and optimized in a controlled environment, reducing the potential for issues that arise from weather or other onsite conditions. This process significantly benefits from the efficiency and consistency provided by the offsite manufacturing environment. Once transported to the site, these pre-cast elements are simply set in place, which can expedite the overall construction process compared to traditional methods where concrete is poured and cured onsite.

SAMPLE

6. What key components should be included in a fire safety plan?

A. Emergency procedures, vacation schedules, and employee performance reviews

B. Emergency procedures, evacuation routes, and contact information for emergency services

C. Fire extinguisher locations and fire drill schedules

D. Employee safety training and health inspections

The inclusion of emergency procedures, evacuation routes, and contact information for emergency services in a fire safety plan is essential for ensuring the safety of employees and compliance with OSHA guidelines. Emergency procedures outline the steps that must be followed in the event of a fire, facilitating a prompt and organized response. Clear evacuation routes provide personnel with designated pathways to exit the building safely, minimizing confusion during a crisis. Additionally, having contact information for emergency services readily available can expedite assistance from firefighting and medical services, further enhancing safety measures. The other components listed in the other choices do not comprehensively address the critical elements unique to fire safety planning. For instance, while fire extinguisher locations and drill schedules contribute to fire safety, they do not cover the full spectrum required for a complete plan, such as emergency procedures and direct communication with emergency responders. Similarly, while employee safety training is important, it should be part of a broader fire safety strategy rather than a standalone element. Overall, choice B encapsulates the most vital aspects necessary for an effective fire safety plan.

7. What are the four types of hazards according to OSHA?

A. Physical, biological, financial, and ergonomic hazards

B. Chemical, physical, biological, and ergonomic hazards

C. Chemical, ergonomic, electrical, and mechanical hazards

D. Physical, biological, chemical, and psychological hazards

The correct answer identifies the four types of hazards as chemical, physical, biological, and ergonomic hazards. This categorization is fundamental to workplace safety and health standards established by OSHA. Chemical hazards involve exposure to harmful substances that can cause health issues, ranging from short-term effects like skin irritation to long-term effects such as respiratory problems or cancer. Understanding these hazards enables workers to implement appropriate safety measures, such as wearing personal protective equipment (PPE) and using proper ventilation when handling chemicals. Physical hazards pertain to environmental factors that can cause harm, such as noise, radiation, extreme temperatures, and working from heights. These hazards can lead to immediate injuries or chronic conditions, emphasizing the importance of safety protocols in the workplace. Biological hazards refer to organisms or substances produced by living organisms that can pose a risk to human health, such as bacteria, viruses, mold, and fungi. Awareness and training about biological hazards are crucial in environments like hospitals and laboratories where exposure risks are higher. Ergonomic hazards are related to how work is designed and can lead to musculoskeletal disorders. These hazards arise from awkward body positions, repetitive movements, or excessive force, highlighting the need for ergonomic assessments in the workplace to enhance employee well-being and productivity. The other options

SAMPLE

8. What must be done when debris is thrown down through holes without chutes?

A. A net must catch the debris

B. The area must be completely enclosed with barricades

C. Workers must wear hard hats

D. Warning signs are not necessary

When debris is being thrown down through holes without chutes, appropriate safety measures need to be implemented to protect workers and bystanders from potential hazards. Enclosing the area with barricades is essential as it creates a physical barrier that helps prevent individuals from entering or working in an area where falling debris may pose a risk. This action is crucial in ensuring that no one inadvertently walks into danger. While the use of nets, hard hats, and warning signs are all important aspects of safety in construction, they do not provide the same level of protection as enclosing the area with barricades. Barricades help to create a designated safety zone, clearly indicating where the hazards are and keeping workers at a safe distance. Therefore, ensuring the area is fully enclosed with proper barriers is the correct and most effective measure when handling debris that could fall through openings.

9. Define a 'hazard' in the workplace.

A. A strategy for business improvement

B. A condition that can cause injury, illness, or damage to property

C. A type of employee training

D. A method for enhancing productivity

A 'hazard' in the workplace refers to any condition or situation that has the potential to cause injury, illness, or damage to property. This definition encompasses a wide range of risks, including physical hazards like machinery that can cause accidents, chemical hazards from exposure to toxic substances, ergonomic hazards that can lead to musculoskeletal disorders, and many others. Recognizing and managing these hazards is essential for maintaining a safe work environment and ensuring the well-being of all employees. A clear understanding of workplace hazards allows organizations to implement appropriate safety measures, conduct risk assessments, and provide necessary training to employees, thereby minimizing the likelihood of accidents and injuries. Addressing hazards effectively is a core aspect of occupational health and safety programs and is vital for regulatory compliance as required by OSHA standards.

10. What is the requirement regarding emergency plans for employers with 10 or fewer employees?

A. The plans must be documented in writing

B. Oral communication is acceptable

C. Only verbal instructions are needed during training

D. Emergency plans can be omitted entirely

For employers with 10 or fewer employees, the Occupational Safety and Health Administration (OSHA) allows for oral communication regarding emergency plans. This flexibility acknowledges the smaller scale of operations in such workplaces, where maintaining formal documentation may not be as feasible or necessary. The requirement emphasizes that while employers still need to have an emergency plan in place, the manner of communicating this plan can be less formal, relying instead on direct verbal instructions. This method ensures that all employees are still adequately informed about emergency procedures without the burden of extensive written documentation. Employers should ensure that all employees understand the emergency procedures and know what to do in case of various emergencies, even if this communication is not in writing. This approach aims to ensure workplace safety while recognizing the operational realities of smaller businesses.

SAMPLE

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://oshanasclacertification.examzify.com

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

SAMPLE