# OVERHEAD CERTIFICATION OF CRANE OPERATORS (CCO) PRACTICE TEST (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. **For 3- and 4-legged bridles, which statement about load distribution is correct?**

   A. Shackles should be used at each end of each leg

   B. Only synthetic slings for 3 and 4 legged hitches

   C. Never use 3 and 4 legged slings

   D. All legs don't always share equal parts of the load

2. **The term plugging refers to:**

   A. Slow forward movement

   B. Reversing power for stopping

   C. Locking the crane brakes

   D. Slow hoisting moments

3. **A swinging load should be controlled by which combination of controllers?**

   A. Bridge and trolley controller

   B. Bridge and hoist controller

   C. Trolley and hoist controller

   D. Limit switch and hoist controller

4. **For long loads, which below-the-hook lifting device is appropriate?**

   A. Spreader beam

   B. Grab hooks

   C. Manipulating lifter

   D. Electromagnet

5. **If you observe a defective crane component, who should you report it to?**

   A. The supervisor

   B. Operator

   C. Maintenance crew

   D. Co-worker

6. **Which are the three basic components of an overhead crane?**

   A. Bridge, trolley and hoist

   B. Mast, jib and counterweight

   C. Boom, pinion and rotor

   D. Girder, cable and pulley

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**7. OSHA rated capacity rigging charts are used to determine which of the following?**

A. Determining the weight of the load

B. Determining the load's center of gravity

C. Determining the rigging equipment manufactured date

D. Determining if the rigging equipment meets all criteria established by law

**8. Which organization publishes the B30 standards for overhead cranes?**

A. ASME

B. OSHA

C. ANSI

D. ISO

**9. In a 6x19 rope, how many wires are there per strand?**

A. 6

B. 12

C. 19

D. 25

**10. On 3rd point hoisting, the load will increase in speed for light loads and start to move with heavy loads.**

A. True

B. False

C. Not sure

D. N/A

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# Answers

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

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# Explanations

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**1. For 3- and 4-legged bridles, which statement about load distribution is correct?**

A. Shackles should be used at each end of each leg

B. Only synthetic slings for 3 and 4 legged hitches

C. Never use 3 and 4 legged slings

D. All legs don't always share equal parts of the load

*When you lift with three or four legs, how the load splits among the legs depends on the geometry of the rigging. Each leg carries a tension that is influenced by how close to vertical it is and by differences in leg length and attachment points. If the legs are not perfectly symmetric or the load isn't centered, the tensions won't be equal. So you can't assume equal sharing of the load among all legs. That's why this statement is correct: not all legs will necessarily bear the same portion of the weight. The other options aren't universally required or true—rigging can use different sling materials, and three- or four-legged bridles are common in the right setups, rather than being forbidden. Shackles at every end, for example, aren't a universal requirement, and limiting to only synthetic slings isn't accurate.*

**2. The term plugging refers to:**

A. Slow forward movement

B. Reversing power for stopping

C. Locking the crane brakes

D. Slow hoisting moments

*Plugging is a braking method that works by reversing the electrical power to the drive motor so it produces torque opposite to the direction of travel. When this happens, the motor acts like a generator, dissipating energy and creating a braking force that quickly stops the crane's motion. This technique is used for rapid, controlled stops, especially in tight spaces or when precise positioning is needed, and it's separate from simply applying the brakes or letting the load coast. It's not about moving slowly or about slow hoisting; it's about reversing power to oppose motion to bring the system to a stop.*

**3. A swinging load should be controlled by which combination of controllers?**

A. Bridge and trolley controller

B. Bridge and hoist controller

C. Trolley and hoist controller

D. Limit switch and hoist controller

*Swinging a suspended load happens when there's abrupt horizontal motion. To dampen and control that sway, you need to manage the load's horizontal position from both directions along the crane: the bridge moving along the runway and the trolley moving along the bridge. Coordinating those two axes lets you guide the load smoothly toward its destination with gentle, matched movements, reducing sideways acceleration that would cause swing. The hoist control manages up-and-down motion, which doesn't directly counteract the pendulum swing. Limit switches set travel limits but don't address sway either. So the most effective approach is to use both the bridge and trolley controllers together to control horizontal motion and minimize swing.*

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## 4. For long loads, which below-the-hook lifting device is appropriate?

A. Spreader beam

B. Grab hooks

C. Manipulating lifter

D. Electromagnet

*For long loads you want a device that distributes the lift across the length so the load stays level and stable. A spreader beam does this by attaching the crane slings at multiple points along the load, keeping it parallel and reducing bending moments, sway, and the risk of end tipping or crushing the load at a single attachment point. The other devices aren't ideal for long items: grab hooks work from a single point and can cause imbalance or damage along the length; a manipulating lifter is designed for positioning rather than maintaining a stable, level lift of long objects; and an electromagnet limits the load to magnetic materials and can be unreliable for keeping a long load steady during movement.*

## 5. If you observe a defective crane component, who should you report it to?

A. The supervisor

B. Operator

C. Maintenance crew

D. Co-worker

*The main idea is to halt unsafe work and get proper authorities involved so the defect is dealt with correctly and documented. When you notice a defective crane component, report it to the supervisor—the person who has overall responsibility for crane operations on the site. They can immediately stop work if needed, initiate lockout/tagout procedures, and coordinate with maintenance to assess and repair the issue. This ensures the crane is taken out of service safely, the right safety steps are followed, and the problem is tracked. The supervisor is the best choice because they have the authority to authorize downtime, arrange the repair, and ensure proper communication and documentation. The maintenance crew will perform the repair, but they rely on the supervisor to trigger the action and oversee safety procedures. A co-worker isn't the designated channel for safety-critical reporting, and the operator should not bypass the chain of command to initiate repairs.*

## 6. Which are the three basic components of an overhead crane?

A. Bridge, trolley and hoist

B. Mast, jib and counterweight

C. Boom, pinion and rotor

D. Girder, cable and pulley

*The lifting and positioning power of an overhead crane comes from three essential parts working together. The bridge is the horizontal frame that spans the area and runs along rails, providing the supporting platform that enables movement across the workspace. The trolley sits on the bridge and moves along its length, carrying the hoist to the exact spot over the load. The hoist is the lifting mechanism attached to the trolley that actually raises and lowers the load, using a drum with rope or chain, motor, and hook. This combination—bridge for reach, trolley for carriage, and hoist for lifting—defines the basic structure and function of an overhead crane. Other terms refer to different crane types or components, but they don't represent the three core subsystems that make an overhead crane operate.*

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## 7. OSHA rated capacity rigging charts are used to determine which of the following?

A. Determining the weight of the load

B. Determining the load's center of gravity

C. Determining the rigging equipment manufactured date

D. Determining if the rigging equipment meets all criteria established by law

*OSHA rated capacity charts show the maximum safe load for a crane in a given configuration (boom length, radius, etc.) and are used to ensure the lift stays within the crane's rated limits and complies with safety regulations. They guide you to verify that the planned rigging and load are within what the equipment is certified to handle, aligning with legal and safety requirements. The charts don't tell you the weight of the load by themselves, nor do they determine the load's center of gravity, and they don't indicate the rigging equipment's manufacture date.*

## 8. Which organization publishes the B30 standards for overhead cranes?

A. ASME

B. OSHA

C. ANSI

D. ISO

*ASME, the American Society of Mechanical Engineers, publishes the B30 standards for overhead and gantry cranes. These standards set the recognized practices for the safe design, construction, installation, inspection, testing, maintenance, and operation of overhead crane systems. OSHA references or requires compliance with such standards in its regulations, but it does not publish the B30 documents itself. ANSI accredits standards bodies and approves standards developed by others, while ISO publishes international standards, not the U.S. B30 series.*

## 9. In a 6x19 rope, how many wires are there per strand?

A. 6

B. 12

C. 19

D. 25

*In rope designations, the number before the "x" is the count of strands, and the number after the "x" is how many wires are twisted into each strand. So a 6x19 rope has six strands, with nineteen wires in each strand. Therefore, the number of wires per strand is 19. The rope as a whole would contain 6 × 19 = 114 wires, if you're counting all wires. This matters because the number of wires per strand influences flexibility, wear resistance, and load distribution.*

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**10. On 3rd point hoisting, the load will increase in speed for light loads and start to move with heavy loads.**

A. True

B. False

C. Not sure

D. N/A

*The key idea is how load weight affects starting acceleration. A hoist delivering a fixed amount of torque or power can accelerate lighter loads much more quickly because there's less inertia to overcome. With a light load, the rope speed can rise rapidly as the motor power is converted into motion. A heavier load, on the other hand, resists that acceleration due to greater inertia and friction; it takes longer for the motor to overcome static resistance, so the load may start moving slowly or require more time before movement begins. Once moving, the load tends toward the hoist's rated speed, but heavier loads generally reach that speed more slowly than lighter loads. So the statement reflects how inertia affects starting and acceleration: lighter loads increase speed faster, heavier loads start moving more slowly.*

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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://overheadcco.examzify.com

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

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