SAFETY TRAINED SUPERVISOR (STS) 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 is the primary function of barrier creams?

A. To moisturize the skin

B. To enhance skin absorption

C. To inhibit contact of solvent with skin surface

D. To promote skin regeneration

2. Which activity is NOT considered part of a safety inspection?

A. Checking for visible damage

B. Reviewing safety protocols

C. Conducting employee surveys

D. Testing equipment functionality

3. What is the best method to control or eliminate a hazard?

A. Utilize personal protective equipment

B. Implement administrative controls

C. Establish safety procedures

D. Utilize engineering controls

4. What is the proper procedure for inspecting chains during a semi-annual inspection?

A. Visual inspection from a distance

B. Spot checks of a few links

C. Detailed link-by-link inspection of the entire chain

D. Simple functional tests without a detailed look

5. What is the primary function of a Ground Fault Circuit Interrupter (GFCI)?

A. To increase electrical power supply

B. To regulate voltage levels

C. To interrupt electric power within 1/40 of a second

D. To connect multiple circuits safely

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6. What should a supervisor check for if a worker arrives at work with their own sunglasses claiming they are "safe enough"?

A. ANSI Z87 markings on the frame

B. Brand name recognition

C. Polarization certification

D. Color tint legality

7. What is the most important reason for supervisor involvement in incident investigation?

A. Knowledge about the injured worker's family

B. Objectivity in reporting

C. Knowledge of the work processes

D. Limited responsibility in workplace safety

8. When encountering unknown chemicals or potential ACM, what is a supervisor's first action?

A. Stop work and have the crew leave the area

B. Use personal protective equipment immediately

C. Start identifying the chemicals present

D. Contact the safety officer for guidance

9. What role does effective communication play in workplace safety?

A. It is irrelevant to safety.

B. Only improves employee morale.

C. Helps to ensure clear understanding of safety protocols.

D. Is an added bonus, not necessary.

10. Which communication technique is most effective in the workplace?

A. face to face lecture

B. face to face group two-way communication

C. face to face individual two-way communication

D. written individual two-way communication

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Answers

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

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Explanations

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1. What is the primary function of barrier creams?

A. To moisturize the skin

B. To enhance skin absorption

C. To inhibit contact of solvent with skin surface

D. To promote skin regeneration

Barrier creams are specifically designed to create a protective layer on the skin that prevents harmful substances, such as solvents, chemicals, and irritants, from coming into direct contact with the skin's surface. This function is particularly important in workplaces where employees are exposed to potentially hazardous materials, as these creams can significantly reduce the risk of skin irritation and chemical burns. While moisturizing the skin is beneficial and may be a secondary effect of some barrier creams, that is not their primary purpose. The enhancement of skin absorption and promotion of skin regeneration fall outside the main role of barrier creams, which is about prevention rather than encouraging absorption or healing. Thus, the primary function is to inhibit contact between solvents and the skin, making it essential for safety and skin health in various work environments.

2. Which activity is NOT considered part of a safety inspection?

A. Checking for visible damage

B. Reviewing safety protocols

C. Conducting employee surveys

D. Testing equipment functionality

Conducting employee surveys is not typically considered part of a safety inspection. Safety inspections are primarily focused on identifying physical hazards, assessing the condition of equipment, and ensuring compliance with safety protocols and standards. This process includes checking for visible damage, reviewing safety protocols, and testing equipment functionality, all of which directly relate to the physical environment and operational practices that may affect safety. Employee surveys, while valuable for gathering information about safety culture, awareness, and training effectiveness, do not involve a direct assessment of physical safety conditions or compliance measures in a specific area. Instead, they serve as a method for assessing employee perceptions and knowledge related to safety practices, which is more reflective of an overall safety management approach rather than an inspection process.

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3. What is the best method to control or eliminate a hazard?

A. Utilize personal protective equipment

B. Implement administrative controls

C. Establish safety procedures

D. Utilize engineering controls

The best method to control or eliminate a hazard is utilizing engineering controls. Engineering controls involve the design and modification of equipment, processes, or the workplace environment to reduce or eliminate exposure to hazards. This can include measures such as installing ventilation systems to remove harmful fumes, using machine guards to prevent physical contact with moving parts, or redesigning workflows to minimize exposure to dangerous conditions. The effectiveness of engineering controls lies in the fact that they can either eliminate the hazard completely or significantly reduce the risk of exposure without relying on individual behavior or additional layers of protection. This proactive approach often results in a safer work environment by addressing potential hazards at their source, rather than depending on personal protective equipment or procedures that require compliance from workers, which can sometimes be less reliable. Administrative controls, safety procedures, and personal protective equipment can be important components of a comprehensive safety program, but they are generally considered less effective than engineering controls because they do not remove the hazard itself. Instead, they manage the risk associated with it, which might still leave workers vulnerable to exposure.

4. What is the proper procedure for inspecting chains during a semi-annual inspection?

A. Visual inspection from a distance

B. Spot checks of a few links

C. Detailed link-by-link inspection of the entire chain

D. Simple functional tests without a detailed look

The proper procedure for inspecting chains during a semi-annual inspection involves conducting a detailed link-by-link inspection of the entire chain. This thorough approach is essential to ensure that all potential issues, such as wear, deformation, or damage, are identified. Each link of the chain can be a point of failure, and minor defects can lead to significant safety hazards during operation. By inspecting each link, the inspector can assess the integrity of the chain more accurately, looking for signs of abrasion, cracking, elongation, or corrosion. Implementing such a meticulous inspection process helps in maintaining the reliability and safety of equipment that relies on the chain, which ultimately protects both personnel and assets in the operational environment. Other methods, such as visual inspections from a distance or spot checks of a few links, do not provide the comprehensive assessment needed to ensure the entire chain's safety and functionality. Functional tests alone also fall short, as they do not adequately reveal hidden damages or wear that could compromise the chain's integrity over time.

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5. What is the primary function of a Ground Fault Circuit Interrupter (GFCI)?

A. To increase electrical power supply

B. To regulate voltage levels

C. To interrupt electric power within 1/40 of a second

D. To connect multiple circuits safely

The primary function of a Ground Fault Circuit Interrupter (GFCI) is to interrupt electric power within 1/40 of a second when it detects a ground fault, which is an unintentional electrical path between a source of current and a grounded surface. This rapid disconnection is crucial in preventing electrical shock or electrocution, particularly in areas where water is present, such as kitchens and bathrooms. GFCIs monitor the flow of electricity in a circuit and compare the amount of current flowing to and from electrical devices. If there is an imbalance, indicating that current is flowing away from the circuit—potentially through a person to the ground—the GFCI acts quickly to cut off the power supply, thereby ensuring safety. This makes it an essential component in maintaining electrical safety standards in many environments.

6. What should a supervisor check for if a worker arrives at work with their own sunglasses claiming they are "safe enough"?

A. ANSI Z87 markings on the frame

B. Brand name recognition

C. Polarization certification

D. Color tint legality

When evaluating whether a worker's sunglasses meet safety standards, checking for ANSI Z87 markings on the frame is crucial. ANSI Z87 refers to the American National Standards Institute's guidelines for personal protective eyewear, which ensure that the sunglasses provide adequate protection against impacts, as well as potentially harmful UV rays. If the sunglasses are marked with this certification, it indicates they have undergone rigorous testing and are deemed safe for use in environments where eye protection is necessary. The other considerations, such as brand name recognition, polarization certification, or color tint legality, do not directly relate to the fundamental protective qualities that eyewear must possess in occupational settings. While these factors may influence comfort or visibility, they do not guarantee the same level of impact and UV protection required for safety glasses used at work. Thus, focusing on ANSI Z87 markings is the most effective way to verify that the sunglasses can provide the necessary safety features.

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7. What is the most important reason for supervisor involvement in incident investigation?

A. Knowledge about the injured worker's family

B. Objectivity in reporting

C. Knowledge of the work processes

D. Limited responsibility in workplace safety

The most important reason for supervisor involvement in incident investigation is knowledge of the work processes. Supervisors possess a deep understanding of the specific tasks, workflows, and potential hazards associated with the jobs their team members perform. This knowledge enables them to accurately assess what went wrong during an incident, identify the underlying causes, and develop effective corrective measures to prevent future occurrences. By leveraging their familiarity with the work environment and processes, supervisors can offer valuable insights that contribute to a thorough and effective investigation. This not only helps in particular incidents but also informs broader safety practices and protocols within the organization. Engaging supervisors in this capacity fosters a culture of safety, as they are better equipped to communicate risks and promote safe work habits among their teams. In contrast, while understanding the family situation of an injured worker, maintaining objectivity, and clarifying responsibilities are important aspects in a broader safety context, they do not match the critical importance of leveraging supervisors' firsthand knowledge of the work processes when investigating incidents.

8. When encountering unknown chemicals or potential ACM, what is a supervisor's first action?

A. Stop work and have the crew leave the area

B. Use personal protective equipment immediately

C. Start identifying the chemicals present

D. Contact the safety officer for guidance

In situations involving unknown chemicals or potential asbestos-containing materials (ACM), the most critical first action a supervisor should take is to stop work and have the crew leave the area. This response prioritizes the safety and health of all personnel on site. When faced with potentially hazardous materials, the immediate concern is to prevent exposure to any unknown health risks. By halting work and clearing the area, the supervisor effectively minimizes the risk of injury or illness to workers who may inadvertently come into contact with harmful substances. It allows time to assess the situation safely without exposing employees to unknown dangers. Once the area is cleared, further actions such as contacting safety personnel, identifying chemicals, or utilizing personal protective equipment can be planned without the immediate threat of exposure. Other options, while also relevant to the scenario, follow after ensuring the safety of the workforce. Using personal protective equipment is important, but it should not be the first step without assessing the situation. Identifying chemicals present and contacting the safety officer are also vital steps, but they should happen in a controlled environment where employees are not at risk. Prioritizing safety first is essential in all supervisory actions regarding potential chemical hazards.

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9. What role does effective communication play in workplace safety?

A. It is irrelevant to safety.

B. Only improves employee morale.

C. Helps to ensure clear understanding of safety protocols.

D. Is an added bonus, not necessary.

Effective communication plays a crucial role in workplace safety by ensuring that all employees clearly understand safety protocols and procedures. When safety information is communicated effectively, it minimizes misunderstandings and misinterpretations, which can lead to accidents and injuries on the job. Clear communication involves not only the dissemination of safety protocols but also encouraging feedback and questions to clarify any ambiguities employees may have. This participatory approach helps strengthen the safety culture within an organization, as employees feel more confident and knowledgeable about the safety measures in place. Training sessions, safety meetings, and regular updates are all examples of effective communication practices that reinforce the importance of safety in the workplace. By keeping safety protocols at the forefront of discussions, organizations can foster an environment where safety is prioritized, leading to fewer incidents and a greater collective commitment to safety. Other options fail to recognize the essential nature of communication in creating a safe work environment and reducing risk.

10. Which communication technique is most effective in the workplace?

A. face to face lecture

B. face to face group two-way communication

C. face to face individual two-way communication

D. written individual two-way communication

Face-to-face individual two-way communication is the most effective technique in the workplace because it fosters immediate interaction and engagement between individuals. This type of communication allows for a direct exchange of ideas, thoughts, and feedback, enabling both parties to clarify points, ask questions, and ensure mutual understanding in real-time. The personal nature of one-on-one communication helps build rapport and trust, which is crucial for effective collaboration and problem-solving. Additionally, individual face-to-face interactions can be tailored to the specific needs and concerns of the parties involved, making the discussion more relevant and impactful. Non-verbal cues, such as body language and facial expressions, enhance comprehension and emotional connection, contributing to a more effective communication experience. While group communication can be beneficial for brainstorming and collective decision-making, it may not allow for everyone's voice to be heard equally or lead to the same depth of understanding. Written communication has its place, particularly for documentation and when the information needs to be referenced later, but it lacks the immediacy and personal touch that individual face-to-face conversations provide.

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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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