

Q1. Examples of fall hazards that have resulted in deaths on the jobsite include:

- A. Falls to the ground or lower levels
- B. Falls through existing floor or roof openings
- C. Falls through the floor or roof surface
- D. Falls on the same level
- E. *All the above*

Q2. OSHA requires training to be provided within one year of when a safety and health program is first established.

- A. True
- B. *False*

Q3. The minimum safe distance for equipment operating in proximity to energized power lines that contain up to 50,000 volts is.

- A. 25 feet
- B. 5 feet
- C. *10 feet*
- D. 50 feet

Q4. The \_\_\_\_\_ GFCI fits into the standard electrical outlet box to protect ground faults.

- A. Disposable
- B. *Receptacle*
- C. Plastic
- D. None-conductive

Q5. Some states may have more stringent requirements than Federal OSHA for working over or near water

- A. *True*
- B. False

Q6. Load chart ratings will differ when:

- A. Outriggers are fully-extended
- B. Outriggers are half-extended
- C. No outriggers (picking from rubber)
- D. *All of the above*

Q7. The most important

- A. color
- B. cons
- C. degree
- D. geo*

Q8. Complexity of training depends on which of the following?

- A. Size and complexity of the worksite
- B. Characteristics of the hazards and potential hazards at
- C. The training budget
- D. All of the above
- E. Both A and B*

Q9. Incident investigation should focus on:

- A. Assigning blame
- B. Understanding why the accident or near miss occurred
- C. What actions can be taken to preclude recurrence.
- D. Both B and C above*

Q10. When you've been assigned a new job or task, be sure to ask about the:

- A. Additional pay and benefits
- B. Time it takes to drive to the nearest OSHA office
- C. Medical expenses that all you co-workers may have
- D. Written procedures and any additional training that may be required*

Q11. Underground electrical hazards are \_\_\_\_\_.

- A. Easy to identify
- B. Hard to find & pose a serious risk to laborers & equipment operators (*
- C. Always marked exactly where they are located
- D. Always buried in red concrete

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Q13. Although mechanical failures do occur, most accidents while working on with machinery can be attributed to:

- A. Bad luck
- B. Failure to properly lock and tag out equipment*

- C. Bad start switch
- D. None the above

Q14. Flying object hazards are especially dangerous when using powder-actuated tools because:

- A. The force behind the fastener is low and can fool you
- B. *The force behind the fastener is high and could go through a worker*
- C. The force behind the fastener doesn't matter

Q15. Which statement below is true regarding eye wash stations be provided on a job site?

- A. OSHA has no requirement for eyewashes on construction job sites
- B. *Emergency eyewash or shower facilities must meet ANSI requirements.*
- C. Emergency eye wash and shower stations must be reachable within 10 minutes.
- D. There should be enough cold water to flush exposed surfaces for 45 minutes..

Q16. Respiratory Protection is required for employees exposed to hazardous materials above the permissible exposure limit for particular hazardous materials and engineering controls cannot effectively control hazards. What are the two general types of respirators?

- A. Air expelling and Air demanding
- B. Cool laminar flow and pressure demand laminar flow
- C. *Air purifying and Atmosphere supplying*
- D. PAPR and UAPR

Q17. What do we know about the Hazard Communication Standard label requirements?

- A. *There is no standard format, just required elements*
- B. There are 19 required elements
- C. There are only 3 required elements<sup>1</sup>

Q18. A ladder with the following rating should NOT be used on the construction site?

- A. Type IAA
- B. Type IA
- C. Type II
- D. *Type III*

Q19. Minimum clearance distances from power lines include:

- A. Up to 50kV AC = 10 feet
- B. Over 50kV AC to 200 kV = 15 feet
- C. All other voltages = 75 feet
- D. *Both A and B above*
- E. All of the above

Q20. Federal OSHA requires the employer to initiate and maintain such safety and health programs to ensure a safe and healthful place of employment

- A. Never
- B. Sometimes
- C. Only for governmental agency's
- D. *True, for all places of employment*

Q21 . If it can not fix a serious hazard immediately, you should

- A. Complain to management
- B. Hide it
- C. Prevent employee exposure
- D. Communicate the hazard to the crew and subs, use signs and bar
- E. *Both C and D*

Q22. Gloves used for electrical work must be inspected and tested prior to use, and be certified every:

- A. 30 days
- B. 12 months
- C. *6 months*
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Q24. In an effective program, management regards worker safety and health as which the following?

- A. An overhead expense that is a wasteful part of doing business
- B. A fundamental value of the organization
- C. An important business goal
- D. *Both B and C*
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Q25. Which of the following is necessary training topics for employees?

- A. The workplace plan in case of a fire or other emergency
- B. General site hazards and hazards unique to a workers activity.
- C. When and where PPE is required

D. *All of the above*

Q26. Which statement below would be most correct?

- A. OSHA requires that all employers have “written” safety and health programs
- B. *OSHA encourages employers to clearly document their safety and health programs*
- C. Written safety and health programs are always required
- D. Safety and health training
- E. None of the above.

Q27. Back disorders, strains and sprains, carpal tunnel syndrome are examples of what type injury

- A. Chemical exposures
- B. *Musculo-skeletal disorders (MSD's)*
- C. Biological hazards
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Q28. Successful safety leaders generally possess which of the following

- A. Good people and communication skills
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- C. Vision and passion
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Q29. An incident investigation:

- A. Is good for finding who to blame when an incident occurs
- B. Should focus primarily on the behaviors of those who were closest to an incident
- C. Should focus primarily on the immediate cause of an injury
- D. *Should focus primarily on the immediate cause of an injury*

Q30. Training topics for employees who are exposed to fall hazards should include

- A. All roof fall hazards that may be encountered
- B. Fall protection standards and requirements
- C. Procedures for erecting, maintaining, disassembling, inspecting, fail and using
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Q31. Hand Arm Vibration (HAV) can

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Q33. Soils may be classified as type:

- A. *A, B and C*
- B. 1, 2 and 3
- C. All of the above
- D. None of the above

Q34. There are many reasons and causes that can result in a back injury. One of the most common is:

- A. Lifting improperly or too much weight
- B. Materials placed on flat concrete
- C. Turning upper body while lifting or carrying
- D. *Both A and C*
- E. None of the above

Q35. What is true about Safeguards?

- A. The Safeguard must be Secure and tamper-resistant
- B. Guards and safety devices should be made of durable material
- C. Safeguards should Create no new hazards or interference
- D. *All of the above*

Q36. Leading causes of jobsite fires include:

- A. Please select the best answer
- B. Easily ignitable flammable materials (e.g. paint)
- C. Easily ignitable combustible materials (e.g. paper and cardboard)
- D. The use of a hot work permit
- E. *Both a and b above*

Q37. Training associated with steel erection activities must include procedures for \_\_\_\_\_ fall protection systems. Please select the best answer

- A. Identifying, protecting and reporting
- B. Erecting, maintaining, disassembling and inspecting*
- C. Identifying, buying and selling
- D. All of the above
- E. None of the above

Q38. The minimum clearance between power lines and any part of a crane or load is

- A. 10 feet for lines rated 50 kV or below
- B. 5 feet for lines rated 50 kV or below
- C. 10 feet plus 0.4 inches for each 1 kV over 50 kV
- D. Both A and C*
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Q45. An annual inspection of each crane:

- A. Is required by OSHA
- B. Must be documented
- C. Is typically kept with the crane
- D. *All of the above*

Q46. The means by which workers develop and/or express their own commitment to safety and health protection is an exam

- A. Management commitment
- B. *Employee involvement*
- C. Worksite analysis
- D. None of the above

Q47. OSHA has long recognized that the implementation of a safety and health program is a way of \_\_\_\_\_

- A. Saving on the need for additional compliance officers
- B. Not having to comply with OSHA's most rigorous requirements
- C. *Demonstrating good faith by an employer with respect to safety and health*
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Q48. An important feature of a hot work permit includes which of the following?

- A. An inspection of the area and isolation of combustibles and flammable materials
- B. *Establishment of fire watches*
- C. Standby employee with portable fire extinguishing equipment
- D. Written authorizations to conduct the work
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Q49. Which of the following is allowed for accessing a scaffold?



- A. Ladder
- B. Stair tower
- C. Ramp and walkway
- D. *All the above*

Q50. Hazard Prevention and Control includes which of the following?

- A. Elimination and control workplace hazards
- B. Establishment of a preventive maintenance program
- C. Training and information for employees
- D. Record and analyze occupational injuries and illnesses.
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Q51. Spoil piles should be backed off from the side of a trench by a minimum distance of

- A. Not less than 1 foot
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Q52. A safety and health program should be

- A. Consistent with standard industry-wide programs
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- C. Written in a way so that it will never need to be changed
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Q53. Supervisors should receive specific training in leadership skills such as:

- A. Hierarchy of controls
- B. Being in charge
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Q54. A \_\_\_\_\_ must be available to direct workers who are constructing or moving scaffolds.

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Q56. Once completely erected, the jacking mast tower crane must be retested

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Q57. The top section of an extension on a straight ladder should:

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Q71. Lift slab operations Lift-slab operations must be designed and planned by

- A. *A registered professional engineer experienced in lift-slab construction.*
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Q72. Concrete buckets equipped with hydraulic or pneumatic gates shall have

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- D. None of the above

Q73. When the employer receives an OSHA citation, it must be:

- A. Contested and filed with the courts
- B. Copied and mailed to each worker
- C. *Posted for 3 days or until the violation is fixed*
- D. Signed and returned to OSH

Q74. The CFR Parts, such as Part 1926 for Construction, are further broken down into \_\_\_\_\_, which group together specific and detailed standards.

- A. Bullets
- B. Pieces
- C. Slices
- D. *Subparts*

Q75. Which of the following is a type of OSHA violation?

- A. Repeat
- B. Serious
- C. Willful
- D. *All of the above*

Q76. What are two US government agencies that are good resources for safety and health information?

- A. DEA and DOJ
- B. FBI and CIA
- C. IRS and SCOTUS
- D. *OSHA and NIOSH*

Q77. What section of the OSH Act does the Whistleblower Program reference?

- A. Section 7(a)
- B. Section 8
- C. *Section 11(c)*
- D. Section 21

Q78. The creation of OSHA provided this important right to workers:

- A. The right to equal employment opportunities
- B. The right to pension benefits
- C. The right to privacy
- D. *The right to a safe and healthful workplace*

Q79. When you've been assigned a new job or task, be sure to ask about the:

- A. Additional pay and benefits
- B. Time it takes to drive to the nearest OSHA office
- C. Medical expenses that all you co-workers may have
- D. *Written procedures and any additional training that may be required*

Q80. You can request to remain anonymous when OSHA presents a complaint to your employer.

- A. *True*
- B. False

Q81. Where there is no specific OSHA standard, employers must comply with the OSH Act's:

- A. Catch-All Standard
- B. Final Notice
- C. *General Duty Clause*
- D. General Industry Standard

Q82. What does OSHA require employers to post for 3 days?

- A. Employee of the month recognition
- B. Grants received for studies
- C. *OSHA citations and abatement verification notices*
- D. VPP awards

Q83. What type of OSHA inspection is conducted when immediate death or serious harm is likely?

- A. Complaint
- B. *Imminent danger*
- C. Programmed
- D. Referral

Q84. Workers must be trained in which of the following?

- A. Lockout/tagout
- B. Fall hazards
- C. Bloodborne pathogens
- D. *All of the above*

Q85. Which of the following is a way that an employee can contact OSHA?

- A. Email
- B. In person at a local office
- C. Phone
- D. *All of the above*

Q86. The OSHA standards for Construction and General Industry are found in:

- A. Codes 501 through 1000
- B. Construction and GI Registers

- C. Parts 1915 and 1917
- D. Parts 1926 and 1910*

Q87. Employers covered by OSHA's standards must display an "It's the Law" poster. What does this poster address?

- A. Employee dress code
- B. Hourly wages
- C. Hours of operation
- D. Safety and health information*

Q88. Which of following would be best to have when consulting a medical professional about possible exposure to a harmful chemical?

- A. Eye witness accounts of the exposure incident
- B. Photographs of the chemical
- C. Safety Data Sheet for the chemical*
- D. Sample of the chemical

Q89. OSHA requires that employers pay for which of the following personal protective equipment (PPE)?

- A. Hard hats*
- B. Logging boots
- C. Uniforms
- D. Weather-related gear

Q90. Among the rights related to OSHA recordkeeping, workers have the right to review:

- A. All first aid treatment forms
- B. All worker's compensation forms
- C. Medical and exposure records for all workers
- D. OSHA 300 Logs and OSHA 300A Summaries*

Q91. What is OSHA's mission?

- A. To prevent injuries
- B. To protect the health of America's workers
- C. To save lives
- D. All of the above*

Q92. Which groups do NOT come under OSHA's coverage?

- A. Public workers who are employed by state agencies
- B. Self-employed workers
- C. Workers employed by construction companies

*D. Both A and B*

Q93. OSHA requires employers to maintain certain records on and report work-related injuries and illnesses. Which of the following is used for this process?

- A. Injury and Illness Report (Form 301)
- B. Log of Work-Related Injuries and Illnesses (commonly called the OSHA 300 Log)
- C. Summary (OSHA Form 300A)
- D. All of the above*

Q94. Who does OSHA recommend you first bring a workplace safety or health concern to?

- A. OSHA
- B. The local police department
- C. Your employer*
- D. Your lawyer

Q95. A worker or worker representative can file a complaint about a safety or health hazard in the workplace.

- A. True*
- B. False

Q96. One of the main responsibilities employers have, as required by OSHA standards, is to:

- A. Conduct energy audits
- B. Notify OSHA of any workplace injury or illness.
- C. Provide training*
- D. Reduce air pollution in the environment

Q97. What are two US government agencies that are good resources for safety and health information?

- A. DEA and DOJ
- B. FBI and CIA
- C. IRS and SCOTUS
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Q98. Typically, how long does an employee have to file a complaint with OSHA, when the employee has been discriminated against for reporting a safety or health hazard?

- A. 3 days
- B. 10 days
- C. 30 days*
- D. 60 days



Q99. OSHA standards fall into four categories (or Parts): General Industry, Construction, Maritime, and Agriculture.

- A. *True*
- B. False

Q100. The right of workers to be safe and healthy while on the job, without fear of punishment is spelled out in:

- A. OSHA standards
- B. *Section 11(c) of the OSH Act (correct answer)*
- C. State laws
- D. The General Duty Clause

Q101. During an OSHA inspection:

- A. Employers determine which workers are interviewed
- B. *You have the right to talk to the inspector privately*
- C. You may not describe safety and health concerns you have to the inspector
- D. Worker representatives are not permitted to accompany the inspector

Q102. OSHA standards appear in the Code of Federal Regulations (CFR).

- A. *True*
- B. False

Q103. Which of the following is an OSHA cooperative program?

- A. American National Standards Institute (ANSI)
- B. Safety and Health Inspection Program (SHIP)
- C. U.S. Department of Labor (DOL)
- D. *Voluntary Protection Program (VPP)*

Q104. An organization's training should be specific to the organization, the workforce, and the workplace hazards.

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Q124. While safety training can change behavior, attitudes, and work habits, it will typically reduce productivity and efficiency.

- A. True
- B. *False*

Q125.. Of the following? Who would be the best choice to write your organization's safety and health program?

- A. CAL/OSHA representative
- B. Company CEO

- C. Members of the OSHA Committee on Safety and Health
- D. Safety and health subject matter expert*

Q126. OSHA requires training to be provided within one year of when a safety and health program is first established

- A. True
- B. False*

Q127.. IIPP is an acronym for \_\_\_\_\_.

- A. Incident Program Plan
- B. Injury and Impairment Planning Program
- C. Injury and Illness Prevention Program*
- D. None of the above

Q128. OSHA recognizes that the implementation of a safety and health program as a way of demonstrating \_\_\_\_\_ in promoting workplace safety and health.

- A. Good faith by an employer*
- B. Avoidance of an OSHA citation
- C. That money is being spent appropriately
- D. None of the above

Q129. The order of precedence and effectiveness of hazard control is which of the following?

- A. Engineering Controls first, PPE, Administrative/Work Practice Controls
- B. Use PPE first following by Administrative/Work Practice Controls
- C. Engineering controls are not required on construction sites
- D. Engineering controls, Administrative/Work Practice Controls, PPE*
- E. None of the above

Q130. The risk assessment code or RAC is used to evaluate:

- A. The probability of a hazardous event
- B. A degree of hazard severity
- C. The same as hazard
- D. Both A and B above*

Q131. OSHA's IIPP Proposed Rule includes which of the elements below?

- A. Management duties and employee participation
- B. Hazard identification, assessment and hazard prevention / control
- C. Education, training and program evaluation
- D. All of the above*

Q132. A Job Hazard Analysis (JHA) is:

- A. A technique that focuses on job tasks as a way to identify hazards
- B. It focuses on the relationship between the worker, the task, tools and environment
- C. Will always prevent injuries
- D. Both A and B above*

Q133. Incident investigation should focus on:

- A. Assigning blame
- B. Understanding why the accident or near miss occurred
- C. What actions can be taken to preclude recurrence.
- D. Both B and C above*

Q134.. Which of the following incidents / accidents require investigation?

- A. Serious injury incidents
- B. Lost time injuries and illnesses
- C. Near miss incidents
- D. All of the above should be investigated.*

Q135.. An effective occupational safety and health program will include which of the following elements?

- A. Management commitment and employee involvement
- B. Worksite analysis
- C. Hazard prevention and control
- D. Safety and health training
- E. All the above*

Q136.. Regardless of the title (e.g. IIPP, Safety and Health Program, Accident Prevention Program), the common goal of these approaches is to \_\_\_\_\_?

- A. Save money
- B. Appease the OSHA inspector
- C. Help employers reduce workplace injuries and illnesses through a systematic process
- D. Helps employers proactively address workplace safety and health hazards
- E. Both C and D*

Q137. The basic causes of accidents/incidents are:

- A. Unsafe acts (personnel related)
- B. Unsafe conditions (substances and the work environment)
- C. Neither A nor B
- D. Both A and B*

Q138. In order to be effective corrective/preventive actions must have:

- A. Acceptance by workers
- B. Acceptance by managers
- C. Actions effective in mitigating/controlling the hazard
- D. All of the above

Q139. Who should be held accountable for meeting safety and health program responsibilities in the workplace?

- A. Employees
- B. Supervisors
- C. Managers
- D. All of the above

Q140. Which of the following should be part of an effective Safety and Health Program or IIPP?

- A. Should be in writing
- B. Should identify the responsible person(s) for implementing the program
- C. Should be reviewed periodically and updated
- D. All of the above

Q141. Supervisors should receive specific training to \_\_\_\_\_.

- A. Familiarize themselves with the hazards in their areas of responsibility
- B. Know the hazards his / her workers are exposed to
- C. Know the complete set of OSHA regulations
- D. Both A and B

Q142. Which of the following is a benefit for having a safety and health program?

- A. A company may need to bid on a contract that requires safety and health documentation
- B. A company may need to prepare quickly for a NIOSH inspection
- C. A safety and health program guarantees that all employees will be safe
- D. Sometimes, there's no other option

Q143. Guidance for safety and health program development is available thru \_\_\_\_\_.

- A. Local health departments
- B. OSHA consultation
- C. The IRS
- D. All of the above

Q144. In general, accidents and incidents are caused by unsafe or hazardous conditions and:

- A. Employees who have received safety training
- B. Unsafe employers
- C. Unsafe or unhealthy actions and behaviors*
- D. Workers with over 10 years' experience
- E. All of the above

Q145. Injury and illness prevention is the responsibility of

- A. Employers and employees*
- B. Executive management
- C. Managers and supervisors
- D. OSHA and other safety organizations

Q146. A company's safety and health program should cover

- A. All employees who have left the organization within the last 30 days
- B. State and federal employees
- C. Some employees, but not all
- D. All workers that the employer directs, supervises, or controls*

Q147. OSHA now recommends that effective safety and health programs include \_\_\_\_\_ major elements.

- A. 3
- B. 7*
- C. 20
- D. 25
- E. All of the above

Q148. Which of the following is a core element of a safety and health program, as recommended by OSHA?

- A. Benefits program
- B. Cost control
- C. Time management
- D. Worker participation*

Q149. A safety and health program should:

- A. Begin with a message from the organization's highest ranking executive
- B. Be formally documented*
- C. Be signed by all supervisors at a facility
- D. Be signed by all workers at a facility



Q150. An accounting of safety and health responsibilities should be

- A. Included an organization's return on investment (RO) strategy
- B. Part of the annual report that each organization must send to OSHA Posted on OSHA's website for each organization
- C. *Included in performance reviews*

Q151. Management duties include which of the following?

- A. Communication of commitment
- B. Allocating appropriate safety and health resources
- C. Defining safety and health goals and objectives
- D. *All the above*

Q152. Which of following is an executive management role with regard to an organization's safety and health program?

- A. *Creating a safety mission or policy statement*
- B. Assessing all monetary fines for safety violations
- C. signature approval for all hospitalizations
- D. Yearly meeting with OSHA representatives

Q153. Safety and health directors should be:

- A. Given the power to veto executive management decisions
- B. At the facility, not the executive table
- C. *Involved with executive management decisions that in any way affect workplace safety*
- D. Provided with all business reports, including cost and spending reports

Q154. Which of the following is important with regard to a labor/management safety and health committee?

- A. At least 30 hours of safety and health training to be a member of the committee
- B. *Documented guidance on how employee safety suggestions are evaluated*
- C. Off-site location for meetings
- D. U.S. Department of Labor consultation prior to the first committee meeting

Q155. A safety incentive program:

- A. Is a good idea, so long as there is a financial reward
- B. Is one component of an effective safety and health program
- C. *Might compromise an employee's decision to report a safety incident*
- D. Will take time to develop, but is eventually worth the cost of any reward

Q156. Which of the following is critical to the success of a safety and health program?

- A. Employee safety financial incentive program
- B. Supervisor notification process for eminently dangerous conditions
- C. Top-down approach to program development
- D. Worker participation in program development*
- E. All of the above

Q157. A program that recognizes an employee for safe work practices

- A. Is a good idea, so long as there is a financial reward
- B. Is a good practice that many organizations use to help with safety compliance*
- C. Is not as good as having a financial incentives safety program
- D. Should never be implemented

Q158. When should a formal hazard assessment or inspection be performed?

- A. When a new hazard is uncovered*
- B. Each and every day
- C. Once a week
- D. Once a month
- E. All of the above

Q159. The three general phases of a JHA are 1) Identify the job steps;2) Identify the hazards for each step; and 3) \_\_\_\_\_

- A. Create a safety and health program
- B. Identify ways to control the hazards*
- C. Reconfigure the job steps into a safer process
- D. Start back at 1) for the next job

Q160. What Is a JHA used for?

- A. Creating the most efficient process for performing a task
- B. Figuring the financial cost for performing each step of a process
- C. Identifying needed safety and health training programs*
- D. Tracking labor hours;

Q161. Three factors impact hazard inspections:

- A. Frequency, documentation, and the inspection areas*
- B. Frequency, JHA, and inspection areas
- C. JHA, documentation, and recordkeeping
- D. DA JHA, recordkeeping, and housekeeping

Q162. An employer must notify OSHA within \_\_\_\_\_ of a fatality.

- A. 8 hours*

- B. 24 hours
- C. 5 days
- D. 30 days

Q163. When an imminent hazard exist that cannot be controlled without endangering employees or property:

- A. Identify and assess the hazard
- B. Immediately provide all personnel with specialized personal protective equipment
- C. Proceed with a previously prepared hazard control checklist
- D. *Quickly remove all exposed personnel from the area*

Q164. Hazard prevention and control should contain both:

- A. Hard work and good luck
- B. Tools and equipment
- C. Good thinking and quick reflexes
- D. *Human and administrative resources*
- E. All of the above

Q165. The OSHA Outreach Training Program is an excellent source for employee safety training

- A. *True*
- B. False

Q166. In the slide entitled "How long does it take a person to fall?", the example noted that a person could fall 64 feet in approximately how many seconds?

- A. 1/3 second
- B. *2 seconds*
- C. 10 seconds
- D. None of the Above

Q167. A fall hazard is anything that could cause you to \_\_\_\_\_ and that has the potential to result in a fall.

- A. Lose your balance
- B. Lose bodily support
- C. *Both A and B*
- D. None of the above

Q168. Fed OSHA requires fall protection on construction sites be used at:

- A. 4 ft.
- B. 5 ft.

C. 6 ft.

D. 7 ft

Q169. OSHA's Focus Four training topics include caught-In or-between, struck-by electrocution, and:

A. Motor vehicle accidents

B. Refinery incidents

C. Falls

D. Nutrition in the workplace

Q170. Which of the following is an OSHA requirement, regardless of the fall distance?

A. *Fall protection must be provided when working over dangerous equipment or machinery*

B. fall protection is optional only when safety experts are present at the job

C. None of the above are correct

D. Both A and B are correct

Q171. Studies have shown that complacency, a hazardous behavior, may be caused by which of the following?

A. Repetition of work

B. Unsafe acts and conditions going uncorrected

C. Management not evaluating and enforcing safe work procedures

D. *All the above*

Q172. Which of the following can be used to prevent complacency from happening to you or to those around you?

A. Hazard recognition planning before the start of a task

B. Safety audits of work procedures

C. Looking out for your fellow workers

D. Taking ownership of your personal safety

E. *All the above*

Q173. According to statistics year after year, which of the following would be considered a significant fall hazard in construction?

A. Roof edges and floor openings

B. Steel erection

C. Improper scaffold construction

D. Unsafe use of portable ladders

E. *All the above*

Q174. Which of the following is a basic element of a roof fall protection program?

- A. Limiting worker access to the roof and its leading edges
- B. OSHA certification
- C. Training employees who access roofs on the recognition, evaluation, and control of fall hazards
- D. *Both A and C*

Q175. A(n) \_\_\_\_\_ to only authorized is used in construction to restrict access to a roof to only authorized employees

- A. Security guard
- B. Interlocked electronic gate
- C. *Roof permit*
- D. Certified OSHA safety expert

Q176. \_\_\_\_\_ must be safely cleared from a scaffold as soon as possible to eliminate slippery conditions.

- A. Finely sanded scaffold planks
- B. Paint spray mist
- C. *Ice and snow*
- D. Toeboards

Q177. Scaffold failures are often caused by which of the following?

- A. Unsafe erection and excess weight
- B. Lack of supervision/inspection
- C. Incomplete (no handrails/mid-rails/toe-boards)
- D. Use of incompatible parts
- E. *All the above*

Q178. According to OSHA, a fall hazard exists whenever workers who load and unload trucks must climb onto trailers, materials, or equipment and their feet are above \_\_\_\_\_ from the lower level or ground

- A. 2 feet
- B. 4 feet
- C. *6 feet*
- D. 10 feet

Q179. Which of the following is a frequently cited OSHA violation of safe ladder use?

- A. Ladder not extended 3 feet above landing
- B. No worker training
- C. Failure to secure ladder against movement
- D. Improper use of stepladder top step

*E. All the above*

Q180. You are at a higher risk for falling if your portable ladder is:

- A. Made of fiberglass
- B. New
- C. Not inspected for defects or safely positioned each time you use it*
- D. All the above

Q181. OSHA requires fall protection when working near the edge of a trench or an excavation that is \_\_\_\_\_ or more in depth.

- A. 4 feet
- B. 6 feet*
- C. 20 feet
- D. Actually, fall protection is always required, regardless of the depth

Q182. Three major components of a personal fall arrest system: anchor and the anchorage connector, full body harness, and \_\_\_\_\_

- A. Optional body belt
- B. Connecting device (e.g., lanyard or a retractable lifeline, with snap hooks)*
- C. Anti-jerk cord
- D. Fall restraint bracket

Q183. Which of the following is an engineering control that is installed to mitigate fall hazards?

- A. Guardrails
- B. Walls
- C. Protective covers
- D. Parapets
- E. All the above*

Q184. Fall restraint systems must meet which of the following criteria?

- A. Prevent the user from reaching areas where free fall could occur
- B. Anchorage strength of a minimum of 3,000 lbs
- C. Designed by qualified person for fall protection
- D. All the above*

Q185. Personal fall arrest snap-hooks must be locking and be:

- A. Forged copper
- B. Stamped "OSHA-Approved"
- C. Designed to prevent opening and slipping off the connector*

D. All the above

Q186. If there are defects found during the inspection of personal fall protection equipment or if the equipment has been used in an arrest, it must be \_\_\_\_\_

- A. Fixed on the spot and tested by twisting the fabric or rope and looking for stress
- B. Turned in at the end of the shift
- C. *Removed immediately from service*
- D. None of the above

Q187. Personal fall arrest system connectors (e.g., D-rings and snap-hooks) must be compatible and capable of supporting at least

- A. 500 pounds
- B. 1500 pounds
- C. *5,000 pounds*
- D. 25,000 pounds

Q188. OSHA and ladder manufacturers require which of the following when ascending or descending?

- A. Substantial leather gloves
- B. *3 points of contact*
- C. 6:1 ladder placement
- D. All the above

Q189. The three main types of portable ladders are:

- A. Bowed ladders, step ladders, and straight ladders
- B. Composite, metal, and reinforced wood
- C. *Step, straight, and extension*
- D. Job-made, manufactured, and prefabricated

Q190. The 4:1 angle rule for extension ladders means which of the following?

- A. *For every 4 ft. high the ladder is, the base should be 1 ft. out from the wall*
- B. For every 4 ft. high the ladder is, the base should be 4 ft out from the wall
- C. For every 1 ft. high the ladder is, the base should be 1 ft out from the wall
- D. None of the above

Q191. Always select a ladder that

- A. Prevents overreaching
- B. Allows you to reach your work in a safe and controlled manner
- C. Allows you to position yourself without your belt buckle extending past the side rails
- D. *All the above*

Q192. Protect yourself when working on a ladder by

- A. Always selecting the correct ladder for the job
- B. Always using ladders in a safe manner
- C. Never getting lazy on a ladder... that's when the risks escalate
- D. *All the above*

Q193. Supported scaffold systems must be inspected for:

- A. Internal cracks, accomplished by X-raying all welded components
- B. Visual bends, cracks, holes, rust, broken welds, non-compatible parts
- C. Proper planking, toe-boards, walkways, stairways, and access points
- D. *Both B and C*

Q194. Every supported scaffold and its components must support without failure, its own weight and at least \_\_\_\_\_ the intended load.

- A. 2 times
- B. 3 times
- C. *4 times*
- D. 6 times

Q195. The guardrails on suspended scaffolds manufactured after the year 2000 must be \_\_\_\_\_ with mid-rails installed approximately halfway between the top-rail and the platform surface.

- A. 24 and 32 inches high
- B. 32 to 36 inches high
- C. *38 and 45 inches high*
- D. None of the above

Q196. Planks that are 12 feet long on a supported scaffold must extend beyond supports:

- A. At least 3 inches, but not more than 6 inches
- B. *At least 6 inches, but not more than 18 inches*
- C. At least 15 inches, but not more than 18 inches
- D. None of the above

Q197. When using scaffolds, make sure there is:

- A. Safe and compliant access and egress
- B. Full planking
- C. Stable footing
- D. Fall protection (e.g. guardrail or personal fall arrest)
- E. *All the above*



Q198. Employees must not work on scaffold surfaces until:

- A. *The surfaces are determined to have the strength and structural integrity to support their intended loads*
- B. OSHA has visited the site and inspected the scaffold
- C. All surfaces are completely dry
- D. All the above

Q199. Last step of the four-step systems approach to conducting an incident investigation:

- A. Alert local news outlet
- B. Determine the root causes
- C. Implement corrective actions
- D. *Preserve and document the scene*

Q200. With respect to anchorage points, employers must

- A. Identify and evaluate attachment points to ensure they are adequate
- B. Ensure workers are using fall protection equipment and connecting properly
- C. Ensure workers know how to properly don and inspect their equipment
- D. *All the above*

Q201. Scaffold user training must include:

- A. Cost and manufacturer of scaffold parts
- B. *Hazards of type scaffold being used, along with its maximum intended load and capacity*
- C. Scaffold erector name and address
- D. All the above

Q202. "A person who must select and direct employees who erect, dismantle, move, or alter scaffolds and who must inspect scaffolding to ensure compliance" is called a:

- A. Qualified person
- B. Supervisory person
- C. *Competent person*
- D. Compliance officer

Q203. How many workers can work off one lanyard?

- A. *1*
- B. 2
- C. 3
- D. 4

Q204. Horizontal lifelines shall be designed, installed, and used under the supervision of a qualified person as part of a complete personal fall arrest system, which maintains a safety factor of \_\_\_\_\_.

- A. 50 %
- B. At least two times the maximum intended load*
- C. Both A and B
- D. None of the above

Q205. A \_\_\_\_\_ is any mechanism, (rope grab, rip-stitch lanyard, specially-woven lanyard tearing or deforming lanyards) used to dissipate a substantial amount of energy during fall arrest, or otherwise limits the energy imposed on an employee during fall arrest.

- A. Hold-em buckle
- B. Deceleration device*
- C. Grabber
- D. None of the above

Q206. A guardrail system or a personal fall arrest system is required for scaffolds more than \_\_\_\_\_ above a lower level.

- A. 20 feet
- B. 30 feet
- C. 10 feet*
- D. 100 feet

Q207. A(n) \_\_\_\_\_ system is used in construction to restrict access to a roof to only authorized employees

- A. Security guard
- B. Interlocked electronic gate
- C. Roof permit*
- D. Certified OSHA safety expert

Q208. When is climbing on the cross braces of a scaffold allowed?

- A. During the assembly of the scaffold
- B. When conditions are dry, and the climbing can be done safely
- C. Never*
- D. When authorized by a supervisor

Q209. It is important to secure your ladder, whenever feasible, to:

- A. Fixed and secure points*
- B. Large bricks
- C. A heavy object, such as a pick-up truck

D. Any of the above so long as it is immovable under normal conditions

Q210. OSHA specifically requires \_\_\_\_\_ to assess the workplace to determine if the walking/working surfaces on which you work have the strength and structural integrity to safely support workers.

- A. The employee
- B. The employer*
- C. A local OSHA compliance officer
- D. The general contractor

Q211. Body belts are allowed for

- A. Fall protection, when working within 20 feet above the level below
- B. Tying off when working in an aerial lift
- C. Work positioning only*
- D. Fall protection for steel erection

Q212. According to statistics year after year, which of the following would be considered a significant fall hazard in construction?

- A. Roof edges and floor openings
- B. Steel erection
- C. Improper scaffold construction
- D. Unsafe use of portable ladders
- E. All the above*

Q213. A job hazard analysis (JHA) of roofing activities should be conducted prior to starting work to systematically identify, evaluate, and \_\_\_\_\_ all hazards.

- A. Work around
- B. Report to OSHA
- C. Control or mitigate all hazards*
- D. All the above

Q214. In most elevated work locations, at what height does OSHA generally require fall protection on a construction site?

- A. 4 ft
- B. 5 ft
- C. 6 ft*
- D. 7 ft

Q215. How long does it take a person to fall 64 feet?

- A. 1B second

- B. *2 seconds*
- C. 10 seconds
- D. 60 seconds

Q216. Lock Out/Tag Out refers to \_\_\_\_\_.

- A. A process for locking tools and equipment to deter theft
- B. A process that eliminates the chance of unauthorized access to critical areas
- C. *A process that is designed to protect workers by controlling hazardous energies*

Q217. For effective Lock Out / Tag Out to occur, at a minimum, all energy sources must be isolated in the off position, zero energy verified, and each worker must apply his/her individual lock on the locking device and keep the key with \_\_\_\_\_.

- A. Their Supervisor
- B. Their Foreman
- C. Their Safety representative
- D. *Himself/herself*

Q218. The term electrocution means?

- A. Injury by electricity
- B. A severe electrical shock that requires hospitalization
- C. *Death caused by exposure to electricity*
- D. None of the above

Q219. The three most common types of GFCIs used today are:

- A. Circuit Breaker, Circuit Fixer, Circuit Finder
- B. Receptacle, Power Unit, Fuses
- C. *Receptacle, Portable, Circuit Breaker*
- D. Wet, Dry, Damp

Q220. Fuses and circuit breakers are intended primarily for the:

- A. *Protection of conductors and equipment*
- B. Prevention of electric shock
- C. Protection of the public

Q221. Underground electrical hazards are \_\_\_\_\_.

- A. Easy to identify
- B. *Hard to find & pose a serious risk to laborers& equipment operators*
- C. Always marked exactly where they are located
- D. Always buried in red concrete

Q222. GFCI is an acronym that stands for \_\_\_\_?

- A. Good For Circuit Installations
- B. Grand Fuse Circuitry Impulse
- C. *Ground Fault Circuit Interrupter*

Q223. Flexible cords must not \_\_\_\_\_.

- A. Be run through holes in walls, ceilings, or floors
- B. Be run through doorways, windows, or similar openings
- C. Be left unprotected in traffic ways
- D. Be hidden in walls, ceilings, floors, conduit or other raceways
- E. *All the above*

Q224. Some examples of the most common causes of electrocution include:

- A. Contact with underground and above ground energized power lines.
- B. Failure to properly Lock Out and & Tag Out energized power sources.
- C. Failure to use a Ground Fault Circuit Interrupter (GFCI) in wet conditions.
- D. Failure to maintain a safe distance from energized power sources.
- E. *All the above*

Q225. A properly installed and used standard GFCI receptacle can prevent \_\_\_\_\_.

- A. Partial Electrocution
- B. *Electrical Shock*
- C. Circuit overload

Q226. Hazards are created when flexible (extension) cords, cord connectors, receptacles, and cord and plug connected equipment are:

- A. *Improperly used and maintained.*
- B. Made in foreign countries.
- C. Rolled into a retractable system.

Q227. For protection from electrical hazards and arc flash, always use the proper rubber insulating gloves and ensure they are classified by \_\_\_\_\_:

- A. The size and shape of the glove
- B. The particular kind of rubber material used
- C. *The level of voltage and protection they provide*
- D. The weather conditions

Q228. Electrical burns occur principally because of:

- A. The high energy of electrons

- B. Radiation pulses of the electricity
- C. The heat generated by the flow of electrical current through the body*

Q229. The sudden release of electrical energy through the air when a high-voltage gap exists and there is a breakdown between conductors is referred to as an \_\_\_\_\_.

- A. Arc Burst
- B. Energized Air Blast
- C. Arc Flash*
- D. Energized Air Flash

Q230. The best type of ladder to use when working around any electrical systems is \_\_\_\_\_?

- A. A ladder made of conductive material
- B. A ladder made from non-conductive material*
- C. Any ladder, just be careful not to get shocked

Q231. Which of the following is a primary topic of discussion in this course?

- A. Installing Solar Panels Safely
- B. What are the major types of electrocution hazards in construction?*
- C. Introduction to Power Generation
- D. Electrical Safety for Dummies

Q232. According to OSHA, what does the term "electrocution" mean?

- A. Injury by electricity
- B. Severe electrical shock that requires hospitalization
- C. Death caused by exposure to electricity*
- D. None of the above

Q233. On-line Resources available to you include which of the following:

- A. OSHA eTools
- B. OSHA Publications
- C. OSHA Quick Cards
- D. OSHA Safety & Health Topic Page
- E. All of the above*

Q234. The "B" in the acronym "Besafe" stands for Burns. What are the 3 types of burns that are caused by exposure to electricity.

- A. Heat, Thermal & Radiation
- B. Sparks, Flash & Fire
- C. Electrical, Arc Flash & Thermal Contact*

D. None of the above

Q235. True or False: Maintaining a safe distance from overhead power lines and utilizing effective Lock Out / Tag Out procedures to de-energize equipment are effective

A. *True*

B. False

Q236. An electrical hazard can be defined as a serious workplace hazard that exposes workers to which of the following:

A. Burns and Arc Flash / Blast

B. Electrocution and shock

C. Fires and explosions

D. *All of the above*

E. A and B only

Q237. New and improved tools and technologies exist that help prevent inadvertent contact with underground energized utilities and they include:

A. Non-conductive tools

B. Non-conductive backhoe buckets

C. Ground Penetrating Radar

D. Underground 3-D imaging

E. *All of the above*

Q238. The minimum safe distance for equipment to be operated in proximity of energized power lines that contain even the lowest voltage (less than 50,000 volts) is:

A. 25 feet

B. 5 feet

C. *10 feet*

D. 50 feet

Q239. A typical construction activity that is most at risk for contact with underground energized electrical systems is?

A. Excavation activities

B. Earth drillers

C. Jack hammering

D. Fence installation

E. *All of the above*

Q240. We have learned that overhead power lines carry extremely high voltage. In addition, which of the following statements is true about overhead power lines?

- A. Physical contact does not need to be made to cause electrocution.
- B. Burns and falls from elevations are also hazards.
- C. Cranes are not the only equipment that are at risk.
- D. All of the above*

Q241. When using a utility locate service to identify underground utilities, which of the following is true?

- A. The latest technology doesn't make mistakes
- B. Ground Penetrating Radar pinpoints exact location of utilities within inches
- C. Backhoe operators can feel the underground lines and don't need exact locates
- D. Locating underground utilities is NOT an exact science*

Q242. Extension cords should be inspected prior to their use for:

- A. Cuts or abrasions
- B. Damaged insulation
- C. Strain Relief
- D. All the above*

Q243. Before using a crane and other high reaching equipment near power lines, it is important to first \_\_\_\_\_.

- A. Place a flag on the mast or top of high reach equipment
- B. Ground all outriggers
- C. Confirm power line voltages with the utility company to ensure safe working distance*
- D. Ensure the crane operator has electrical experience

Q244. Unsafe electrical equipment can be identified by which of the following?

- A. Exposed electrical conductors
- B. Wires with bad insulation
- C. Ungrounded electrical systems and tools
- D. All of the above*

Q245. To verify that a system has been de-energized after you have effectively locked and tagged out the equipment, you can:

- A. Try to start the equipment to verify it won't start
- B. Use test equipment to test the circuits and electrical parts for voltage and current
- C. Just start work because locking and tagging out the equipment is sufficient
- D. Both A & B*

Q246. Controlling hazardous energies \_\_\_\_\_.

- A. Is required by OSHA



- B. Is the best way to prevent the release of energizing, starting or stored energy
- C. Involves locking out & tagging equipment & verifying zero energy exists before starting
- D. *All of the above*

Q247. Which of the following are major causes of injuries due to the failure to follow Lock Out / Tag Out procedures:

- A. Accidental restarting of equipment
- B. Failure to release residual energy
- C. Failure to disconnect from power source
- D. Failure to stop equipment
- E. *All the above*

Q248. The purpose of a Lockout/Tagout checklist is to \_\_\_\_\_.

- A. Help identify all sources of hazardous energy for the equipment or circuits in question
- B. Identify backup energy sources such as generators and batteries.
- C. Identify all shut-offs for each energy source found
- D. *All of the above*

Q249. OSHA requires all power cords to be protected from mechanical damage and environmental deterioration, which includes protection from \_\_\_\_\_:

- A. All vehicle and equipment traffic
- B. Dust & dirt
- C. Sharp materials, edges, doorways
- D. *Both A & C*

Q250. Cords that are 2-wire type, not designed for hard-usage, or that have been modified:

- A. are preferred if they have been spliced by a qualified electrician.
- B. must be yellow in color if used on a construction site.
- C. *increase the risk of contacting electrical current.*
- D. None of the above

Q251. You can help protect yourself from electrocution by \_\_\_\_\_.

- A. Using ground-fault circuit interrupters (GFCI)
- B. Maintaining a safe distance from overhead power lines
- C. Inspecting portable tools and extension cords prior to use
- D. Following lockout/tagout procedures
- E. *All the above*

Q252. Which of the following is a type of OSHA violation?

- A. Repeat
- B. Serious
- C. Willful
- D. All of the above*

Q253. What are two US government agencies that are good resources for safety and health information?

- A. DEA and DOJ
- B. FBI and CIA
- C. IRS and SCOTUS
- D. OSHA and NIOSH*

Q254. What section of the OSH Act does the Whistleblower Program reference?

- A. Section 7(a)
- B. Section 8
- C. Section 11(c)*
- D. Section 21

Q255. The creation of OSHA provided this important right to workers:

- A. The right to equal employment opportunities
- B. The right to pension benefits
- C. The right to privacy
- D. The right to a safe and healthful workplace*

Q256. When you've been assigned a new job or task, be sure to ask about the:

- A. Additional pay and benefits
- B. Time it takes to drive to the nearest OSHA office
- C. Medical expenses that all you co-workers may have
- D. Written procedures and any additional training that may be required*

Q257. You can request to remain anonymous when OSHA presents a complaint to your employer.

- A. True*
- B. False

Q258. Where there is no specific OSHA standard, employers must comply with the OSH Act's:

- A. Catch-All Standard
- B. Final Notice
- C. General Duty Clause*

D. General Industry Standard

Q259. What does OSHA require employers to post for 3 days?

- A. Employee of the month recognition
- B. Grants received for studies
- C. *OSHA citations and abatement verification notices*
- D. VPP awards

Q260. IIPP is an acronym for \_\_\_\_\_.

- A. Incident Program Plan
- B. Injury and Impairment Planning Program
- C. *Injury and Illness Prevention Program*
- D. None of the above

Q261. OSHA recognizes that the implementation of a safety and health program as a way of demonstrating \_\_\_\_\_ in promoting workplace safety and health.

- A. *Good faith by an employer*
- B. Avoidance of an OSHA citation
- C. That money is being spent appropriately
- D. None of the above

Q262. The order of precedence and effectiveness of hazard control is which of the following?

- A. Engineering Controls first, PPE, Administrative/Work Practice Controls
- B. Use PPE first following by Administrative/Work Practice Controls
- C. Engineering controls are not required on construction sites
- D. *Engineering controls, Administrative/Work Practice Controls, PPE*
- E. None of the above

Q263. The risk assessment code or RAC is used to evaluate:

- A. The probability of a hazardous event
- B. A degree of hazard severity
- C. The same as hazard
- D. *Both A and B above*

Q266. OSHA's IIPP Proposed Rule includes which of the elements below?

- A. Management duties and employee participation
- B. Hazard identification, assessment and hazard prevention / control
- C. Education, training and program evaluation
- D. *All of the above*

Q267. Incident investigation should focus on:

- A. Assigning blame
- B. Understanding why the accident or near miss occurred
- C. What actions can be taken to preclude recurrence.
- D. *Both B and C above*

Q268. Which of the following incidents / accidents require investigation?

- A. Serious injury incidents
- B. Lost time injuries and illnesses
- C. Near miss incidents
- D. *All of the above should be investigated.*

Q269. An effective occupational safety and health program will include which of the following elements?

- A. Management commitment and employee involvement
- B. Worksite analysis
- C. Hazard prevention and control
- D. Safety and health training
- E. *All the above*

Q270. Regardless of the title (e.g. IIPP, Safety and Health Program, Accident Prevention Program), the common goal of these approaches is to \_\_\_\_\_?

- A. Save money
- B. Appease the OSHA inspector
- C. Help employers reduce workplace injuries and illnesses through a systematic process
- D. Helps employers proactively address workplace safety and health hazards
- E. *Both C and D*

Q271. The basic causes of accidents/incidents are:

- A. Unsafe acts (personnel related)
- B. Unsafe conditions (substances and the work environment)
- C. Neither A nor B
- D. *Both A and B*

Q272. In order to be effective corrective/preventive actions must have:

- A. Acceptance by workers
- B. Acceptance by managers
- C. Actions effective in mitigating/controlling the hazard
- D. *All of the above*

Q273. Who should be held accountable for meeting safety and health program responsibilities in the workplace?

- A. Employees
- B. Supervisors
- C. Managers
- D. *All of the above*

Q274. Which of the following should be part of an effective Safety and Health Program or IIPP?

- A. Should be in writing
- B. Should identify the responsible person(s) for implementing the program
- C. Should be reviewed periodically and updated
- D. *All of the above*

Q275. Supervisors should receive specific training to \_\_\_\_\_.

- A. Familiarize themselves with the hazards in their areas of responsibility
- B. Know the hazards his / her workers are exposed to
- C. Know the complete set of OSHA regulations
- D. *Both A and B*

Q276. Which of the following is a benefit for having a safety and health program?

- A. *company may need to bid on a contract that requires safety and health documentation*
- B. A company may need to prepare quickly for a NIOSH inspection
- C. A safety and health program guarantees that all employees will be safe
- D. Sometimes, there's no other option

Q277. Guidance for safety and health program development is available thru \_\_\_\_\_.

- A. Local health departments
- B. *OSHA consultation*
- C. The IRS
- D. All of the above

Q278. In general, accidents and incidents are caused by unsafe or hazardous conditions and:

- A. Employees who have received safety training
- B. Unsafe employers
- C. *Unsafe or unhealthy actions and behaviors*
- D. Workers with over 10 years experience
- E. All of the above

Q279. Injury and illness prevention is the responsibility of

- A. *Employers and employees*
- B. Executive management
- C. Managers and supervisors
- D. OSHA and other safety organizations

Q280. A company's safety and health program should cover

- A. All employees who have left the organization within the last 30 days
- B. State and federal employees
- C. Some employees, but not all
- D. *All workers that the employer directs, supervises, or controls*

Q281. OSHA now recommends that effective safety and health programs include \_\_\_\_\_ major elements.

- A. 7
- B. *10*
- C. 20
- D. 25
- E. All of the above

Q282. Which of the following is a core element of a safety and health program, as recommended by OSHA?

- A. Benefits program
- B. Cost control
- C. Time management
- D. *Worker participation*

Q283. A safety and health program should:

- A. Begin with a message from the organization's highest ranking executive
- B. *Be formally documented*
- C. Be signed by all supervisors at a facility
- D. Be signed by all workers at a facility

Q284. An accounting of safety and health responsibilities should be

- A. Included an organization's return on investment (RO) strategy
- B. Part of the annual report that each organization must send to OSHA Posted on OSHA's website for each organization
- C. *Included in performance reviews*
- D. All the above

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- C. Included in performance reviews
- D. All the above*

Q286. Which of following is an executive management role with regard to an organization's safety and health program?

- A. Creating a safety mission or policy statement*
- B. Assessing all monetary fines for safety violations
- C. signature approval for all hospitalizations
- D. Yearly meeting with OSHA representatives

Q287. safety and health directors should be:

- A. Given the power to veto executive management decisions
- B. At the facility, not the executive table
- C. Involved with executive management decisions that in any way affect workplace safety*
- D. Provided with all business reports, including cost and spending reports

Q288. Which of the following is important with regard to a labor/management safety and health committee?

- A. At least 30 hours of safety and health training to be a member of the committee
- B. Documented guidance on how employee safety suggestions are evaluated*
- C. Off-site location for meetings
- D. U.S. Department of Labor consultation prior to the first committee meeting

Q289. A safety incentive program:

- A. Might compromise an employee's decision to report a safety incident*
- B. At the facility, not the executive table
- C. Documented guidance on how employee safety suggestions are evaluated
- D. Off-site location for meetings

Q290. Which of the following is critical to the success of a safety and health program?

- A. Employee safety financial incentive program
- B. Supervisor notification process for eminently dangerous conditions
- C. Top-down approach to program development
- D. Top-down approach to program development*
- E. All of the above

Q291. A program that recognizes an employee for safe work practices

- A. Is a good idea, so long as there is a financial reward
- B. Is a good practice that many organizations use to help with safety compliance*
- C. Is not as good as having a financial incentives safety program
- D. Should never be implemented

Q292. When should a formal hazard assessment or inspection be performed?

- A. When a new hazard is uncovered*
- B. Each and every day
- C. Once a week
- D. Once a month
- E. All of the above

Q293. The three general phases of a JHA are 1) Identify the job steps;2) Identify the hazards for each step; and 3) \_\_\_\_\_

- A. Create a safety and health program*
- B. Identify ways to control the hazards
- C. Reconfigure the job steps into a safer process
- D. Start back at 1) for the next job

Q294. What Is a JHA used for?

- A. Creating the most efficient process for performing a task
- B. Figuring the financial cost for performing each step of a process
- C. Identifying needed safety and health training programs*
- D. Tracking labor hours;

Q295. Three factors impact hazard inspections:

- A. Frequency, documentation, and the inspection areas*
- B. Frequency, JHA, and inspection areas
- C. JHA, documentation, and recordkeeping
- D. DA JHA, recordkeeping, and housekeeping

Q296. An employer must notify OSHA within \_\_\_\_\_ of a fatality.

- A. 8 hours*
- B. 24 hours
- C. 5 days
- D. 30 days



Q297. What does the term "training mode" refer to?

- A. How students are assessed after they are trained
- B. How students react to a training session
- C. The contents of the training
- D. *The way training is delivered (e.g., classroom or online)*

Q298. Supervisors should receive specific training in leadership skills such as:

- A. Being in charge
- B. *Communication and coaching*
- C. Hierarchy of controls
- D. Taking and receiving

Q299. Prevention of musculoskeletal disorders is an important training topic.

- A. *True*
- B. False

Q300. Who should be involved in communication and coordination of safety and health programs?

- A. Host employers
- B. Contractors
- C. Staffing agencies
- D. *All of the above*

Q301. Two good measures of safety and health program effectiveness are:

- A. Policies and procedures
- B. Tools and equipment Injuries and illnesses
- C. *Lagging and leading indicators*

Q302. Who should be on the team that evaluates a safety and health program?

- A. Employees
- B. Supervisors
- C. Safety & Health personnel
- D. Human Resources
- E. *All of the above*

Q303. A safety and health program is called a living document. Why?

- A. *A safety and health program changes as an organization changes*
- B. A safety and health program is a written document versus something that is kept electronically

- C. A safety and health program never changes, even when an organization changes
- D. A safety and health program will provide the health and safety an organization needs
- E. All of the above

Q304. A near miss is an event that

- A. Causes an injury, but (fortunately) NOT a death
- B. *Could have caused a serious incident, but did not*
- C. Does NOT need to be investigated
- D. Must be reported OSHA

Q305. Which of the following is an incident that should be investigated?

- A. Incident that results in the loss of an eye
- B. Illness caused by exposure to a toxic substance
- C. Near miss, where an incident was close but avoided
- D. *All the above*

Q306. Which of the following statements are true about incidents?

- A. Incidents (accidents) are harmful events that "just happen"
- B. Incident investigations are not for accidents (OSHA must investigate accidents)
- C. *Nearly all workplace incidents are wholly preventable*
- D. All the above

Q307. Which of the following fits the definition of "root cause"?

- A. An event that causes a serious injury
- B. An event that causes a fatality
- C. Term used by US Army Corps of Engineers (USACE) to mean "mishap"
- D. *Underlying reason why an unsafe condition exists*

Q308. Who should be part of a worksite incident investigation team?

- A. At least 2 OSHA representatives
- B. *Management supervisors, and employees working together*
- C. Representative from the Federal Bureau of Investigation (FBI)
- D. All the above

Q309. What should an incident investigation program include?

- A. Requirements for how and when management will be notified
- B. List of those who will receive investigation recommendations and action items
- C. Requirements for reporting incidents to OSHA
- D. *All the above*

Q310. On a multi-employer worksite, who is responsible for conducting an incident investigation?

- A. Each employer conducts an independent incident investigation
- B. Host employer, who shares the incident investigation with each employer at the site*
- C. Nobody, with multi-employer sites there is no standard for conducting an investigation
- D. OSHA will coordinate employers to create a single incident investigation

Q311. What is the ideal time for conducting witness interviews during an incident investigation?

- A. As promptly as possible, since memories fade over time*
- B. After management has approved each witness's participation
- C. Toward the end of the investigation, to give witnesses time to discuss the incident with their supervisors
- D. Never; witnesses should never be relied upon in an incident investigation

Q312. You are investigating an incident where a worker has fallen off a scaffold, resulting in a broken leg. Which of the following might be considered a root cause of this incident?

- A. Damaged guardrail was not repaired because of production goals*
- B. Scaffold planking was not OSHA compliant
- C. Worker did not follow safety procedures
- D. Worker was careless

Q313. Which of the following is an across-the-board corrective action that might be implemented as part of an incident investigation?

- A. Develop a written safety and health management program
- B. Revise safety policies to clearly establish responsibility and accountability
- C. Make sure the safety inspection process includes worker and management representatives
- D. All the above*

Q314. Last step of the four-step systems approach to conducting on incident investigation:

- A. Alert local news outlet
- B. Determine the root causes
- C. Implement corrective actions
- D. Preserve and document the scene*

Q315. Which of the following should be a goal of an incident investigation?

- A. Create a report that can be used in defense of a lawsuit

- B. Find those responsible for the incident, so blame can be correctly assigned
- C. Understand how and why safety protections failed or were insufficient*
- D. All the above

Q316. A job hazard analysis is an exercise in detective work. Your goal is to discover the following

- A. What can go wrong? What are the consequences?
- B. What could go right?
- C. How could it arise?
- D. What are other contributing factors
- E. How likely is it that the hazard will occur?
- F. All except B*

Q317. Rarely is a hazard a simple case of one singular cause resulting in one singular effect. More frequently, many contributing factors tend to line up in a certain way to create the hazard.

- A. True*
- B. False

Q318. Good hazard scenarios describe: Where it is happening (environment), who or what it is happening to (exposure), what precipitates the hazard (trigger), the outcome that would occur should it happen (consequence), and any other contributing factors

- A. True*
- B. False

Q319. Sources of help in developing JHAs inside:

- A. Insurance company
- B. Local fire department
- C. Consultants with safety and health expertise.
- D. All of the above*

Q320. Any time you revise a job hazard analysis, it is important to train all \_\_\_\_\_ affected by the changes in the new job methods, procedures, or protective measures adopted.

- A. Inspectors
- B. Employees*
- C. Managers
- D. Consultants

Q321. Hazard or mitigation controls may be short and/or long term.

- A. *True*
- B. False

Q322. Periodically reviewing your job hazard analysis ensures that it remains current and continues to help reduce workplace accidents and injuries

- A. *True*
- B. False

Q323. There should be \_\_\_\_\_ process in place for JHAs.

- A. *A review and approval*
- B. An underlying cause
- C. A related analysis

Q324. Which of the following is a good practice when conducting interview for an incident investigation

- A. *Ask questions that avoid assigning blame for the incident*
- B. Conduct interview in, a public place
- C. Ride the purpose of the investigation
- D. Try to get interviewees emotional reactions to the incident

Q325. Which of the following is a line management role with regard to an organization's safety and health program?

- A. Creating a system of monetary fines for safety violations
- B. *Implementing and maintaining the safety and health program*
- C. Signature approval for all hospitalizations
- D. Yearly meeting with OSHA representatives

Q326. Although some state OSHA programs have specified \_\_\_\_\_ for maintaining records, many OSHA attorneys recommend records be maintained longer

- A. *1 year*
- B. 7 years
- C. 20 years
- D. 50 years

Q327. What does JHA stand for?

- A. *Job Hazard Analysis*
- B. Job Hazard Assessment
- C. Job Health Analysis
- D. Job Health Assessment

Q328. Who is responsible for investigating an incident involving a temporary worker?

- A. Host employer only
- B. OSHA is primarily responsible when a temporary worker is involved
- C. staffing agency only
- D. Staffing agency and host employer*

Q329. As a rule of thumb, a safety and health program should be evaluated \_\_\_\_\_, at a minimum

- A. Daily
- B. Monthly
- C. Semiannually
- D. Annually*

Q330. Three major components of a Personal Fall Arrest System (PFAS) include; anchor and the anchorage connector; full body harness; and:

- A. Optional body belt
- B. Connecting device (lanyard with shock absorber/retractable lifeline, snap hooks)*
- C. Anti-jerk cord
- D. Any of the above

Q331. Every supported scaffold and its components must support, without failure, its own weight and at least \_\_\_\_\_ the intended load.

- A. 2 times
- B. 3 times
- C. 4 times*
- D. 6 times

Q332. Examples of fall hazards that have resulted in deaths on the jobsite include:

- A. Falls to the ground or lower levels
- B. Falls through existing floor or roof openings
- C. Falls through the floor or roof surface
- D. Falls on the same level
- E. All the above*

Q333. OSHA requires fall protection at different heights for construction and general industry however, regardless of the fall distance, which of the following is most correct?

- A. Fall protection must be provided when working over dangerous equipment
- B. Fall protection must be provided when working over dangerous machinery
- C. Both A and B are correct*
- D. None of the above

Q334. If there are defects found during the inspection of personal fall protection equipment, or if the equipment has been used in an arrest, it must be:

- A. Fixed on the spot and tested by twisting the fabric or rope and looking for stress
- B. Turned in at the end of the shift
- C. Removed immediately from service*
- D. None of the above

Q335. How can YOU prevent a fall from a ladder?

- A. Choose the right ladder for the job
- B. Tie the top and bottom of the ladder to fixed points when necessary
- C. Don't carry tools or other materials in-hand while climbing the ladder
- D. All the above*

Q336. More than 33% of fatalities in construction are from a combination of falls from:

- A. Slips and slides
- B. Tripping over electrical wires and electrical installations
- C. Roofs*
- D. None of the above

Q337. Preventing fall hazards is a critical part of the construction planning process. Controls to mitigate fall hazards include installing which of the following?

- A. Guardrails
- B. Walls
- C. Protective covers
- D. Parapets
- E. All of the above*

Q338. Employees must not work on scaffold surfaces until:

- A. It is determined to have strength and structural integrity to support intended loads*
- B. OSHA has visited the site and inspected the scaffold
- C. The surface is completely dry
- D. All of the above

Q339. From your choices below, what would you consider to be a "major" fall hazard in construction?

- A. Roof edges and floor openings
- B. Steel erection
- C. Improper scaffold construction
- D. Unsafe use of portable ladders
- E. All the above*

Q340. OSHA requires fall protection when working near the edge of a trench or excavation that is \_\_\_\_\_ or more in depth.

- A. 4 feet
- B. 6 feet*
- C. 10 feet
- D. 20 feet
- E. None of the above.

Q341. Horizontal lifelines shall be designed, installed, and used under the supervision of a \_\_\_\_\_ as part of a complete personal fall arrest system, which maintains a safety factor of at least two.

- A. Registered Engineer
- B. OSHA expert
- C. Qualified Person*
- D. Any of the above

Q342. When using scaffolds, make sure there is which of the following?

- A. Safe and compliant access and egress
- B. Full planking
- C. Stable footing
- D. Guard railing
- E. All of the above*

Q343. D-rings and snap-hooks must have a minimum tensile strength of:

- A. 500 pounds
- B. 1500 pounds
- C. 5,000 pounds*
- D. 25,000 pounds

Q344. NIOSH is an acronym for which of the following?

- A. The Occupational Safety and Health Administration
- B. The National Institute for Occupational Safety and Health*
- C. The National Insurance of Offices and Services
- D. None of the above

Q345. OSHA's "Focus Four" training topics include Caught-In or - Between, Struck-By, Electrocutation and \_\_\_\_\_.

- A. Refinery Incidents
- B. Falls*
- C. Nutrition in the Workplace



D. None of the above

Q346. A hazard is any situation or condition that has the potential to cause harm to which of the following?

- A. Life
- B. Health
- C. Property
- D. Environment
- E. *All of the Above*

Q347. Examples of falls that have resulted in deaths on the jobsite include:

- A. Falls to the ground or lower levels
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- A. Life
- B. Health
- C. Property
- D. Environment
- E. *All of the Above*

Q349. A theoretical or "What if" hazard is a \_\_\_\_\_.

- A. Hazard that is not obvious
- B. Hazard that may take an event or series of events to occur
- C. Highly unlikely event and not to be considered
- D. *Both A & B*

Q350. Fall hazards become fall incidents when people \_\_\_\_\_.

- A. Forget gravity is always working
- B. Do not protect themselves from fall hazards
- C. Become complacent and think they can catch themselves
- D. *All of the above*

Q351. When an imminent hazard exist that cannot be controlled without endangering employees or property

- A. Identify and assess the hazard

- B. Immediately provide all personnel with specialized personal protective equipment
- C. Proceed with a previously prepared hazard control checklist
- D. *Quickly remove all exposed personnel from the area*

Q352. Hazard prevention and control should contain both:

- A. Hard work and good luck
- B. Tools and equipment
- C. Good thinking and quick reflexes
- D. *Human and administrative resources*
- E. All of the above

Q353. The OSHA Outreach Training Program is an excellent source for employee safety training

- A. *True*
- B. False

Q354. What does the term "training mode" refer to?

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- D. Underlying reason why an unsafe condition exists*

Q365. Who should be part of a worksite incident investigation team?

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- C. Representative from the Federal Bureau of Investigation (FBI)
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- C. Nobody, with multi-employer sites there is no standard for conducting an investigation
- D. OSHA will coordinate employers to create a single incident investigation

Q368. What is the ideal time for conducting witness interviews during an incident investigation?

- A. As promptly as possible, since memories fade over time*
- B. After management has approved each witness's participation
- C. Toward the end of the investigation, to give witnesses time to discuss the incident with their supervisors
- D. Never; witnesses should never be relied upon in an incident investigation

Q369. You are investigating an incident where a worker has fallen off a scaffold, resulting in a broken leg. Which of the following might be considered a root cause of this incident?

- A. Damaged guardrail was not repaired because of production goals*
- B. Scaffold planking was not OSHA compliant
- C. Worker did not follow safety procedures
- D. Worker was careless

Q370. Which of the following is an across-the-board corrective action that might be implemented as part of an incident investigation?

- A. Develop a written safety and health management program
- B. Revise safety policies to clearly establish responsibility and accountability
- C. Make sure the safety inspection process includes worker and management representatives
- D. *All the above*

Q371. Last step of the four-step systems approach to conducting on incident investigation:

- A. Alert local news outlet
- B. Determine the root causes
- C. Implement corrective actions
- D. *Preserve and document the scene*

Q372. Which of the following should be a goal of an incident investigation?

- A. Create a report that can be used in defense of a lawsuit
- B. Find those responsible for the incident, so blame can be correctly assigned
- C. *Understand how and why safety protections failed or were insufficient*
- D. All the above

Q373. A job hazard analysis is an exercise in detective work. Your goal is to discover the following

- A. What can go wrong? What are the consequences?
- B. What could go right?
- C. How could it arise?
- D. What are other contributing factors
- E. How likely is it that the hazard will occur?
- F. *All except B*

Q374. Rarely is a hazard a simple case of one singular cause resulting in one singular effect. More frequently, many contributing factors tend to line up in a certain way to create the hazard.

- A. *True*
- B. False

Q375. Good hazard scenarios describe: Where it is happening (environment), who or what it is happening to (exposure), what precipitates the hazard (trigger), the outcome that would occur should it happen (consequence), and any other contributing factors

- A. *True*
- B. False

Q376. Sources of help in developing JHAs inside:

- A. Insurance company
- B. Local fire department
- C. Consultants with safety and health expertise.
- D. All of the above*

Q377. Any time you revise a job hazard analysis, it is important to train all \_\_\_\_\_ affected by the changes in the new job methods, procedures, or protective measures adopted.

- A. Inspectors
- B. Employees*
- C. Managers
- D. Consultants

Q378. Hazard or mitigation controls may be short and/or long term.

- A. True*
- B. False

Q379. Periodically reviewing your job hazard analysis ensures that it remains current and continues to help reduce workplace accidents and injuries

- A. True*
- B. False

Q380. There should be \_\_\_\_\_ process in place for JHAs.

- A. A review and approval*
- B. An underlying cause
- C. A related analysis

Q381. Which of the following is a good practice when conducting interview for an incident investigation

- A. Ask questions that avoid assigning blame for the incident*
- B. Conduct interview in, a public place
- C. Ride the purpose of the investigation
- D. Try to get interviewees emotional reactions to the incident

Q382. Which of the following is a line management role with regard to an organization's safety and health program?

- A. Creating a system of monetary fines for safety violations
- B. Implementing and maintaining the safety and health program*
- C. Signature approval for all hospitalizations
- D. Yearly meeting with OSHA representatives

Q383. Although some state OSHA programs have specified \_\_\_\_\_ for maintaining records, many OSHA attorneys recommend records be maintained longer

- A. *1 year*
- B. 7 years
- C. 20 years
- D. 50 years

Q384. What does JHA stand for?

- A. *Job Hazard Analysis*
- B. Job Hazard Assessment
- C. Job Health Analysis
- D. Job Health Assessment

Q385. Who is responsible for investigating an incident involving a temporary worker?

- A. Host employer only
- B. OSHA is primarily responsible when a temporary worker is involved
- C. staffing agency only
- D. *Staffing agency and host employer*

Q386. As a rule of thumb, a safety and health program should be evaluated \_\_\_\_\_, at a minimum

- A. Daily
- B. Monthly
- C. Semiannually
- D. *Annually*

Q387. When the employer receives an OSHA citation, it must be:

- A. Contested and filed with the courts
- B. Copied and mailed to each worker
- C. *Posted for 3 days or until the violation is fixed*
- D. Signed and returned to OSHA

Q388. The CFR Parts, such as Part 1926 for Construction, are further broken down into \_\_\_\_\_, which group together specific and detailed standards.

- A. Bullets
- B. Pieces
- C. Slices
- D. *Subparts*

Q389. Which of the following is a type of OSHA violation?

- A. Repeat
- B. Serious
- C. Willful
- D. All of the above*

Q390. What are two US government agencies that are good resources for safety and health information?

- A. DEA and DOJ
- B. FBI and CIA
- C. IRS and SCOTUS
- D. OSHA and NIOSH*

Q391. What section of the OSH Act does the Whistleblower Program reference?

- A. Section 7(a)
- B. Section 8
- C. Section 11(c)*
- D. Section 21

Q392. To be acceptable for use, cables must be free of repairs and splices for at least \_\_\_\_\_ feet from cable end to electrode holders.

- A. 10*
- B. 20
- C. 30
- D. 40

Q393. Damaged hoses must be tested to twice their normal pressure, which cannot be below \_\_\_\_\_ p.s.i.

- A. 400
- B. 500
- C. 300*
- D. 200

Q394. Gas mixing may only be carried out by the:

- A. Gas supplier*
- B. FBI and CIA
- C. Serious
- D. Willful

Q.395 When working with stainless steel, workers must protect themselves from

- A. Nitrogen dioxide*



- B. Section 8
- C. Section 11
- D. Gas supplier

Q396. When a cylinder is being transported, the valve MUST be:

- A. *Capped*
- B. Nitrogen dioxide
- C. Gas supplier

Q397. What is the recommended opening for valves?

- A. *One and half turns*
- B. Nitrogen dioxide
- C. Gas supplier

Q398. A frozen cylinder can be thawed using:

- A. *Warm water*
- B. Nitrogen dioxide
- C. Gas supplier
- D. One and half turns

Q399. Cylinders may be stored inside buildings if the storage meets all these conditions EXCEPT:

- A. *Well-lit*

Q400. If general mechanical or local exhaust ventilation cannot be provided, air line respirators are required when working with \_\_\_\_\_.

- A. *Metals containing lead*

Q401. When manifolds and headers are not in use, they should be \_\_\_\_\_.

- A. *Capped*

Q402. What is the ergonomically optimum body posture for performing all physical jobs?

- A. *Midrange*
- B. Capped
- C. Well-lit

Q403. Job rotation, modified work pace, and frequent breaks are all examples of \_\_\_\_\_ controls.

- A. *Administrative*
- B. modified
- C. frequent
- D. Capped

Q404. Higher workers' compensation premiums, increased employee turnover, absenteeism, and decreased efficiency are common results of:

- A. *Musculoskeletal disorders*

Q405. *Employees returning from extended periods away from work should:*

- A. *Regain their normal work pace over time*

Q406. When the employer receives an OSHA citation, it must be:

- A. Contested and filed with the courts
- B. Copied and mailed to each worker
- C. *Posted for 3 days or until the violation is fixed*
- D. Signed and returned to OSHA

Q407. Which of the following is a type of OSHA violation?

- A. Repeat
- B. Serious
- C. Willful
- D. *All of the above*

Q408. Lock Out / Tag Out refers to \_\_\_\_\_.

- A. A process for locking tools and equipment to deter theft
- B. A process that eliminates the chance of unauthorized access to critical areas
- C. *A process that is designed to protect workers by controlling hazardous energies*

Q409. For effective Lock Out / Tag Out to occur, at a minimum, all energy sources must be isolated in the off position, zero energy verified, and each worker must apply his/her individual lock on the locking device and keep the key with \_\_\_\_\_.

- A. Their Supervisor
- B. Their Foreman
- C. Their Safety representative
- D. *Himself/herself*

Q410. The term electrocution means?

- A. Injury by electricity
- B. A severe electrical shock that requires hospitalization

- C. *Death caused by exposure to electricity*
- D. None of the above

Q411. The three most common types of GFCIs used today are:

- A. Circuit Breaker, Circuit Fixer, Circuit Finder
- B. Receptacle, Power Unit, Fuses
- C. *Receptacle, Portable, Circuit Breaker*
- D. Wet, Dry, Damp

Q412. Fuses and circuit breakers are intended primarily for the:

- A. Protection of conductors and equipment
- B. Prevention of electric shock
- C. *Protection of the public*

Q413. Underground electrical hazards are \_\_\_\_\_.

- A. Easy to identify
- B. *Hard to find & pose a serious risk to laborers & equipment operators*
- C. Always marked exactly where they are located
- D. Always buried in red concrete

Q414. GFCI is an acronym that stands for \_\_\_\_\_?

- A. Good For Circuit Installations
- B. Grand Fuse Circuitry Impulse
- C. *Ground Fault Circuit Interrupter*

Q415. Flexible cords must not \_\_\_\_\_

- A. Be run through holes in walls, ceilings, or floors
- B. Be run through doorways, windows, or similar openings
- C. Be left unprotected in traffic ways
- D. Be hidden in walls, ceilings, floors, conduit or other raceways
- E. *All the above*

Q416. Some examples of the most common causes of electrocution include

- A. Contact with underground and above ground energized power lines.
- B. Failure to properly Lock Out and Tag Out energized power sources
- C. Failure to use a Ground Fault Circuit Interrupter (GFCI) in wet conditions.
- D. Failure to maintain a safe distance from energized power sources.
- E. *All the above*

Q417. A properly installed and used standard GFCI receptacle can prevent \_\_\_\_\_.

- A. Partial Electrocution
- B. Electrical Shock*
- C. Circuit overload

Q418. Hazards are created when flexible (extension) cords, cord connectors, receptacles, and cord and plug connected equipment are:

- A. Improperly used and maintained.*
- B. Made in foreign countries.
- C. Rolled into a retractable system.

Q419. For protection from electrical hazards and arc flash, always use the proper rubber insulating gloves and ensure they are classified by \_\_\_\_\_:

- A. The size and shape of the glove
- B. The particular kind of rubber material used
- C. The level of voltage and protection they provide*
- D. The weather conditions

Q420. Electrical burns occur principally because of:

- A. The high energy of electrons
- B. Radiation pulses of the electricity
- C. The heat generated by the flow of electrical current through the body*

Q421. The sudden release of electrical energy through the air when a high-voltage gap exists and there is a breakdown between conductors is referred to as an \_\_\_\_\_.

- A. Arc Burst
- B. Energized Air Blast
- C. Arc Flash*
- D. Energized Air Flash

Q422. The best type of ladder to use when working around any electrical systems is \_\_\_\_\_?

- A. A ladder made of conductive materia
- B. A ladder made from non-conductive material*
- C. Any ladder, just be careful not to get shocked

Q423. Which of the following is a primary topic of discussion in this course?

- A. Installing Solar Panels Safely

*B. What are the major types of electrocution hazards in construction?*

- C. Introduction to Power Generation
- D. Electrical Safety for Dummies

Q424. According to OSHA, what does the term "electrocution" mean?

- A. Injury by electricity
- B. Severe electrical shock that requires hospitalization
- C. Death caused by exposure to electricity*
- D. None of the above

Q425. On-line Resources available to you include which of the following:

- A. OSHA eTools
- B. OSHA Publications
- C. OSHA Quick Cards
- D. OSHA Safety & Health Topic Page
- E. All of the above*

Q426. The "B" in the acronym "Besafe" stands for Burns. What are the 3 types of burns that are caused by exposure to electricity.

- A. Heat, Thermal & Radiation
- B. Sparks, Flash & Fire
- C. Electrical, Arc Flash & Thermal Contact*
- D. None of the above

Q427. The "B" in the acronym "Besafe" stands for Burns. What are the 3 types of burns that are caused by exposure to electricity.

- A. Heat, Thermal & Radiation
- B. Sparks, Flash & Fire
- C. Electrical, Arc Flash & Thermal Contact*
- D. None of the above

Q428. Maintaining a safe distance from overhead power lines and utilizing effective Lock Out / Tag Out procedures to de-energize equipment are effective

- A. True*
- B. False

Q429. An electrical hazard can be defined as a serious workplace hazard that exposes workers to which of the following:

- A. Burns and Arc Flash / Blast
- B. Electrocution and shock

- C. Fires and explosions
- D. All of the above*
- E. A and B only

Q430. New and improved tools and technologies exist that help prevent inadvertent contact with underground energized utilities and they include:

- A. Non-conductive tools
- B. Non-conductive backhoe buckets
- C. Ground Penetrating Rada
- D. Underground 3-D imaging
- E. All of the above*

Q431. The minimum safe distance for equipment to be operated in proximity of energized power lines that contain even the lowest voltage (less than 50,000 volts) is:

- A. 25 feet
- B. 5 feet
- C. 10 feet*
- D. 50 feet

Q432. A typical construction activity that is most at risk for contact with underground energized electrical systems is?

- A. Excavation activities
- B. Earth drillers
- C. Jack hammering
- D. Fence installation
- E. All of the above*

Q433. We have learned that overhead power lines carry extremely high voltage. In addition, which of the following statements is true about overhead power lines?

- A. Physical contact does not need to be made to cause electrocution.
- B. Burns and falls from elevations are also hazards.
- C. Cranes are not the only equipment that are at risk.
- D. All of the above*

Q434. When using a utility locate service to identify underground utilities, which of the following is true?

- A. The latest technology doesn't make mistakes
- B. Ground Penetrating Radar pinpoints exact location of utilities within inches
- C. Backhoe operators can feel the underground lines and don't need exact locates
- D. Locating underground utilities is NOT an exact science*

Q435. Extension cords should be inspected prior to their use for:

- A. Cuts or abrasions
- B. Damaged insulation
- C. Strain Relief
- D. *All the above*

Q436. Unsafe electrical equipment can be identified by which of the following?

- A. Exposed electrical conductors
- B. Wires with bad insulation
- C. Ungrounded electrical systems and tools
- D. *All of the above*

Q437. To verify that a system has been de-energized after you have effectively locked and tagged out the equipment, you can:

- A. Try to start the equipment to verify it won't start
- B. Use test equipment to test the circuits and electrical parts for voltage and current
- C. Just start work because locking and tagging out the equipment is sufficient
- D. *Both A & B*

Q438. Controlling hazardous energies \_\_\_\_\_.

- A. Is required by OSHA
- B. Is the best way to prevent the release of energizing, starting or stored energy
- C. Involves locking out & tagging equipment & verifying zero energy exists before starting
- D. *All of the above*

Q439. Which of the following are major causes of injuries due to the failure to follow Lock Out / Tag Out procedures:

- A. Accidental restarting of equipment
- B. Failure to release residual energy
- C. Failure to disconnect from power source
- D. Failure to stop equipment
- E. *All the above*

Q440. The purpose of a Lockout/Tagout checklist is to \_\_\_\_\_.

- A. Help identify all sources of hazardous energy for the equipment or circuits in question
- B. Identify backup energy sources such as generators and batteries.
- C. Identify all shut-offs for each energy source found
- D. *All of the above*

Q441. OSHA requires all power cords to be protected from mechanical damage and environmental deterioration, which includes protection from \_\_\_\_\_:

- A. All vehicle and equipment traffic
- B. Dust & dirt
- C. Sharp materials, edges, doorways
- D. *Both A & C*

Q442. Cords that are 2-wire type, not designed for hard-usage, or that have been modified:

- A. are preferred if they have been spliced by a qualified electrician.
- B. must be yellow in color if used on a construction site.
- C. *Increase the risk of contacting electrical current.*
- D. None of the above

Q443. You can help protect yourself from electrocution by \_\_\_\_\_.

- A. Using ground-fault circuit interrupters (GFCI)
- B. Maintaining a safe distance from overhead power lines
- C. Inspecting portable tools and extension cords prior to use
- D. Following lockout/tagout procedures
- E. *All the above*

Q444. When a power cord connector is wet \_\_\_\_\_.

- A. Electric current can leak to equipment grounding conductor
- B. It's not a big deal as it is usually only 110 volts
- C. There is a high potential for electrocution
- D. None of the above
- E. *Both A & C*

Q445. Personal Protective Equipment for electrical workers is designed to provide protection under certain circumstances and conditions. Typical footwear will be marked \_\_\_\_\_ if it's approved for electrical work.

- A. Safe
- B. GFCI
- C. *EH*
- D. Z87

Q449. Electrical PPE with the following defects may not be used:

- A. If holes, tears, punctures, or cuts are present
- B. Texture changes: Swelling, softening, hardening, or becoming sticky or inelastic
- C. Contains an embedded foreign object
- D. Any other defect that damages the insulating properties



*E. All of the above*

Q450. Hard hats should be insulated and nonconductive and be of Class:

- A. A & C
- B. B & E*
- C. X
- D. None of the above

Q451. Wear protective equipment for the eyes or face wherever there is danger of injury to the eyes or face from \_\_\_\_\_ or from flying objects resulting from electrical explosion.

- A. GFCI failure
- B. Electric arcs or flashes*
- C. Blown fuses or breakers
- D. None of the above

Q452. AEGCP refers to:

- A. Assured equipment grounding conductor program*
- B. Employers electrical safety license
- C. Accident and injury follow-up program
- D. None of the above\

Q453. What is my employer required to do to protect workers from electrocutions?

- A. Ensure overhead power line safety
- B. Isolate electrical parts
- C. Supply ground-fault circuit Interrupters (GFCI)
- D. Provide training
- E. All the above and more*

Q454. Where can minimum clearance distances for working near power lines be found?

- A. Local Building Code office
- B. OSHA regulations*
- C. Health and Safety Code
- D. None of the above

Q455. All pull boxes, junction boxes, and fittings must be:

- A. Provided with covers
- B. Metal covers shall be grounded
- C. Plastic covers must be white
- D. All of the above
- E. Both A and B*

Q456. Electrical equipment noted in an AEGCP must be visually inspected for damage or defects.

- A. Quarterly
- B. Monthly
- C. Weekly
- D. Before each day's use*

Q457. Topics in an employer's training program must include which of the following:

- A. De-energize electric equipment before inspecting or repairing
- B. Use cords, cables, and electric tools that are in good repair
- C. Lockout / Tagout recognition and procedures
- D. Use appropriate protective equipment
- E. All the above*

Q458. For a lockout/tagout to be effective, all energy sources must be isolated in the off position, zero energy must be verified and each worker must apply an individual lock to the locking device. The key for each person's lock is kept with:

- A. The person's supervisor
- B. The person's foreman
- C. The person's safety representative
- D. The person applying a lock*
- E. Any the above

Q459. Electrical cords that have been modified:

- A. Are preferred once they have been spliced by a qualified electrician
- B. Must be yellow in color if used on a construction
- C. Increase the risk of coming in contact with sectoral current*
- D. None of the above

Q460. A flexible/extension cord may be damaged by \_\_\_\_\_.

- A. Door or window edges
- B. Staples and fasteners
- C. Abrasion from adjacent materials
- D. Simply by aging
- E. All the above*

Q461. Fuses and circuit breakers are intended primarily for the:

- A. Protection of conductors and equipment*

- B. Prevention of electrocution
- C. Protection of the public
- D. None of the above

Q462. Electrical PPE with the following defects must NOT be used:

- A. Holes tears, punctures or cuts
- B. Texture changes (e.g., swelling, softening, hardening, sticky, or inelastic)
- C. Contains an embedded foreign object
- D. Damage to insulating properties
- E. *All the above*

Q463. Personal protective equipment for electrical workers is designed to provide protection under certain circumstances and conditions. Typical footwear will be marked \_\_\_\_ if it's approved for electrical work.

- A. SAFE
- B. *EH*
- C. GFCI
- D. Z87

Q464. Topics in an employer's training program must include which of the following:

- A. De-energize electric equipment before inspecting or repairing
- B. Use cords, cables, and electric tools that are in good repair
- C. Lockout/Tagout recognition and procedures
- D. Use appropriate protective equipment
- E. *All the above*

Q465. The OSHA construction standard requires flexible cords to be rated for:

- A. Extreme conditions
- B. Chemical exposure
- C. Extra gauge
- D. *Hard or extra-hard usage*

Q466. New and improved tools and technologies exist that help prevent inadvertent shock and electrocution hazards with underground energized utilities, including:

- A. Non-conductive tools
- B. Non-conductive backhoe buckets
- C. Ground penetrating radar
- D. Underground 3-D imaging
- E. *All the above*

Q467. Which of the following is true regarding electrical pull boxes, junction boxes, and fittings?

- A. All must be provided with covers approved for their intended use
- B. All metal covers must be grounded
- C. All plastic covers must be white
- D. All the above
- E. *Both A and B above*

Q468. Which of the following is an electrical hazard?

- A. Combining a portable GFCI with an extension cord
- B. From elecAttaching an ungrounded, two-pronged adapter to a three-pronged (grounded) cord or tool
- C. Using an extension cord that is too big O
- D. Using a cord or tool with worn insulation or exposed wires
- E. *Both B and D*

Q469. A construction activity that is at risk for contact with underground energized electrical systems is:

- A. Excavation activities
- B. Earth drillers
- C. Jack hammering
- D. Fence Installation
- E. *All the above*

Q470. What does GFCI stand for?

- A. Good For Circuit Installations
- B. Grand Fuse Circuitry Impulse
- C. *Ground Fault Circuit Interrupter*
- D. None of the above

Q471. The "A" in "BESAFE" safe stands for arc flash, which:

- A. Is a sudden release of electrical energy
- B. Can reach temperatures of 35,000 degrees Fahrenheit
- C. Gives off thermal radiation and bright, intense light
- D. Can produce pressure waves by rapidly heating air, causing a blast
- E. *All the above*

Q472. If a person is experiencing electrical shock:

- A. Do not touch the person
- B. Try to safely turn off the source of electricity

- C. Using a non-conductive material, try to move the person away from the electrical source
- D. All the above*

Q473. An employer's training program must include which of the following topics for working around electricity?

- A. De-energizing electric equipment before inspecting or repairing
- B. Use of cords, cables, and electric tools
- C. Lockout/tagout recognition and procedures
- D. Use of appropriate protective equipment
- E. All the above*

Q474. How often must electrical equipment noted in an AEGCP must be visually inspected for damage or defects.

- A. Quarterly
- B. Monthly
- C. Weekly
- D. Before each day's use*

Q745. Any overhead power line should be considered energized unless the entity owning or operating the electrical utility supplying the line certifies that it is:

- A. Not energized
- B. Visibly grounded
- C. Tested for zero energy
- D. All the above*

Q476. What type of ladder is best to use when working around an electrical system?

- A. A ladder made of conductive materials
- B. A ladder made of non-conductive materials*
- C. Any ladder just be careful not to get shocked
- D. No ladder, use a metal scaffold instead

Q477. Only \_\_\_\_\_ may work on electric circuit parts or equipment that has not been de-energized

- A. Competent persons
- B. Safety trained supervisors
- C. Qualified persons*
- D. Electricians

Q478. A properly installed and properly used standard GFCI receptacle can prevent:

- A. Electrocution
- B. Electrical shock
- C. Circuit overload
- D. Both A and B*
- E. None of the above

Q479. When a power cord connector is wet \_\_\_\_\_.

- A. Electric current can leak to equipment grounding conductor
- B. It's not a big deal as it is usually only 110 volts
- C. There is a high potential for electrocution
- D. None of the above
- E. Both A & C*

Q480. Personal Protective Equipment for electrical workers is designed to provide protection under certain circumstances and conditions. Typical footwear will be marked \_\_\_\_\_ if it's approved for electrical work.

- A. SAFE
- B. GFCI
- C. EH*
- D. Z87

Q481.. Electrical PPE with the following defects may not be used:

- A. If holes, tears, punctures, or cuts are present
- B. Texture changes: Swelling, softening, hardening, or becoming sticky or inelastic
- C. Contains an embedded foreign object
- D. Any other defect that damages the insulating properties
- E. All of the above*

Q482. Hard hats should be insulated and nonconductive and be of Class:

- A. A & C
- B. B & E*
- C. X
- D. None of the above

Q483. Wear protective equipment for the eyes or face wherever there is danger of injury to the eyes or face from \_\_\_\_\_ or from flying objects resulting from electrical explosion.

- A. GFCI failure
- B. Electric arcs or flashes*
- C. Blown fuses or breakers

D. None of the above

Q484. AEGCP refers to:

- A. *Assured equipment grounding conductor program*
- B. Employers electrical safety license
- C. Accident and injury follow-up program
- D. None of the above

Q485. What is my employer required to do to protect workers from electrocutions?

- A. Ensure overhead power line safety
- B. Isolate electrical parts
- C. Supply ground-fault circuit Interrupters (GFCI)
- D. Provide training
- E. *All the above and more*

Q486. Where can minimum clearance distances for working near power lines be found?

- A. Local Building Code office
- B. *OSHA regulations*
- C. Health and Safety Code
- D. None of the above

Q487. All pull boxes, junction boxes, and fittings must be:

- A. Provided with covers
- B. Metal covers shall be grounded
- C. Plastic covers must be white
- D. All of the above
- E. *Both A and B*

Q488. Electrical equipment noted in an AEGCP must be visually inspected for damage or defects.

- A. Quarterly
- B. Monthly
- C. Weekly
- D. *Before each day's use*

Q489. Topics in an employer's training program must include which of the following:

- A. De-energize electric equipment before inspecting or repairing
- B. Use cords, cables, and electric tools that are in good repair
- C. Lockout / Tagout recognition and procedures
- D. Use appropriate protective equipment

*E. All the above*

Q490. For a lockout/tagout to be effective, all energy sources must be isolated in the off position, zero energy must be verified and each worker must apply an individual lock to the locking device. The key for each person's lock is kept with:

- A. The person's supervisor
- B. The person's foreman
- C. The person's safety representative
- D. The person applying a lock*
- E. Any the above

Q491. Electrical cords that have been modified:

- A. Are preferred once they have been spliced by a qualified electrician
- B. Must be yellow in color if used on a construction
- C. Increase the risk of coming in contact with electrical current*
- D. None of the above

Q492. A flexible/extension cord may be damaged by \_\_\_\_\_.

- A. Door or window edges
- B. Staples and fasteners
- C. Abrasion from adjacent materials
- D. Simply by aging
- E. All the above*

Q493. Fuses and circuit breakers are intended primarily for the:

- A. Protection of conductors and equipment*
- B. Prevention of electrocution
- C. Protection of the public
- D. None of the above

Q494. Electrical PPE with the following defects must NOT be used:

- A. Holes tears, punctures or cuts
- B. Texture changes (e.g., swelling, softening, hardening, sticky, or inelastic)
- C. Contains an embedded foreign object
- D. Damage to insulating properties
- E. All the above*

Q495. Personal protective equipment for electrical workers is designed to provide protection under certain circumstances and conditions. Typical footwear will be marked \_\_\_\_\_ if it's approved for electrical work.



- A. SAFE
- B. GFCI
- C. *EH*
- D. Z87

Q496. Topics in an employer's training program must include which of the following:

- A. De-energize electric equipment before inspecting or repairing
- B. Use cords, cables, and electric tools that are in good repair
- C. Lockout/Tagout recognition and procedures
- D. Use appropriate protective equipment
- E. *All the above*

Q497. The OSHA construction standard requires flexible cords to be rated for:

- A. Extreme conditions
- B. Chemical exposure
- C. Extra gauge
- D. *Hard or extra-hard usage*
- E. All the above

Q498. New and improved tools and technologies exist that help prevent inadvertent shock and electrocution hazards with underground energized utilities, including:

- A. Non-conductive tools
- B. Non-conductive backhoe buckets
- C. Ground penetrating radar
- D. Underground 3-D imaging
- E. *All the above*

Q499. Which of the following is true regarding electrical pull boxes, junction boxes, and fittings?

- A. All must be provided with covers approved for their intended use
- B. All metal covers must be grounded
- C. All plastic covers must be white
- D. All the above
- E. *Both A and B above*

Q500. Which of the following is an electrical hazard?

- A. Combining a portable GFCI with an extension cord
- B. From elecAttaching an ungrounded, two-pronged adapter to a three-pronged (grounded) cord or tool
- C. Using an extension cord that is too big O

D. Using a cord or tool with worn insulation or exposed wires

*E. Both B and D*

Q501. A construction activity that is at risk for contact with underground energized electrical systems is:

A. Excavation activities

B. Earth drillers

C. Jack hammering

D. Fence Installation

*E. All the above*

Q502. What does GFCI stand for?

A. Good For Circuit Installations

B. Grand Fuse Circuitry Impulse

*C. Ground Fault Circuit Interrupter*

D. None of the above

Q503. The "A" in "BESAFE" safe stands for arc flash, which:

A. Is a sudden release of electrical energy

B. Can reach temperatures of 35,000 degrees Fahrenheit

C. Gives off thermal radiation and bright, intense light

D. Can produce pressure waves by rapidly heating air, causing a blast

*E. All the above*

Q504. If a person is experiencing electrical shock:

A. Do not touch the person

B. Try to safely turn off the source of electricity

C. Using a non-conductive material, try to move the person away from the electrical source

*D. All the above*

Q505. An employer's training program must include which of the following topics for working around electricity?

A. De-energizing electric equipment before inspecting or repairing

B. Use of cords, cables, and electric tools

C. Lockout/tagout recognition and procedures

D. Use of appropriate protective equipment

*E. All the above*

Q506. How often must electrical equipment noted in an AEGCP must be visually inspected for damage or defects.

- A. Quarterly
- B. Monthly
- C. Weekly
- D. *Before each day's use*

Q507. Any overhead power line should be considered energized unless the entity owning or operating the electrical utility supplying the line certifies that it is:

- A. Not energized
- B. Visibly grounded
- C. Tested for zero energy
- D. *All the above*

Q508. What type of ladder is best to use when working around an electrical system?

- A. A ladder made of conductive materials
- B. *A ladder made of non-conductive materials*
- C. Any ladder just be careful not to get shocked
- D. No ladder, use a metal scaffold instead

Q509. Only \_\_\_\_\_ may work on electric circuit parts or equipment that has not been de-energized

- A. Competent persons
- B. Safety trained supervisors
- C. *Qualified persons*
- D. Electricians

Q510. A properly installed and properly used standard GFCI receptacle can prevent:

- A. Electrocution
- B. Electrical shock
- C. Circuit overload
- D. *Both A and B*
- E. None of the above

Q511. Maintaining a safe distance from overhead power lines and utilizing effective lockout/tagout procedures to de-energize equipment are effective methods for protecting yourself from electrocution.

- A. *True*
- B. False

Q512. Electrical burns can be caused by

- A. Arc Flash

- B. Thermal contact
- C. Electrical shock
- D. *All the above*

Q513. When working around electricity, which class of helmets is designed to reduce the danger of contact with conductors at higher voltage levels?

- A. *Class E (electrical) helmets*
- B. Orange helmets
- C. Blue helmets (when used with a nylon liner)
- D. Both A and C

Q514. When the injury is created more as a result of crushing between objects, the event should be recorded as \_\_\_\_\_.

- A. *Caught*
- B. Draught
- C. Struck
- D. Rolling

Q515. Employers must ensure exposed moving parts of power tools, such as belts, gears, shafts, and pulleys:

- A. Have signs
- B. *Are guarded*
- C. Are lubricated
- D. Working

Q516. The majority of the incidents involving contact with running equipment and machinery are due to:

- A. Mechanical failure
- B. Lack of OSHA inspections
- C. *Unguarded equipment*

Q517. What major hazard includes incidents where a person or part of a person was injured by being squeezed, crushed, pinched or compressed between two or more objects, or between parts of an object?

- A. Struck by hazards
- B. *Caught in or between hazards*
- C. Struck by falling object

Q518. Although mechanical failures do occur, most accidents while working on with machinery can be attributed to:

- A. Bad luck
- B. Failure to properly lock and tag out equipment*
- C. Bad start switch
- D. None the above

Q519. Trench protective systems include which of the following:

- A. Curling, beaching, drilling
- B. Sloping, Benching, Shoring, Trench box*
- C. Dirt jacks and whalers
- D. All of the above

Q520. Improper gloves, loose fitting clothing, jackets, belts, jewelry, hair, or safety equipment such as fall protection lanyards, can lead to horrible incidents if:

- A. Worn improperly
- B. Caught in moving parts*
- C. Not kept clean

Q521. Amputations can be caused by allowing your hands or limbs to be caught in or between:

- A. Operating equipment
- B. Objects
- C. Materials
- D. All of the above.*

Q522. Employers are required to do which of the following:

- A. Provide protection for workers during trenching and excavation work.
- B. Provide means to avoid the collapse of structures and scaffolds.
- C. Provide effective safety training for workers.
- D. All of the above*

Q523. Protect yourself when working in excavations by \_\_\_\_\_.

- A. Not working in an unprotected trench that is 5 feet or more deep
- B. Only entering a trench or excavation using a ladder, stairs or properly designed ramp.
- C. Never working outside the confines of the protection system
- D. All the above*

Q524. Working between the frame and dump box of a dump truck is an example of exposure to a:

- A. Struck by hazard

*B. Caught in or between hazard*

C. Caught off guard hazard

Q525. What actions and/or safety equipment can protect equipment operators from being thrown from their equipment and crushed during a tip over?

A. Rollover Protective Structures (ROPS)

B. Using approved seat belts

C. Keeping all body parts within the protected cab area

*D. All of the above*

Q526. To protect yourself from being pinned between equipment, materials, or other objects, you should:

A. Be aware at all times of the equipment around you and stay a safe distance from it.

B. Never get between moving materials and a structure, vehicle, or stacked materials.

C. Stay out of the swing radius of cranes and other equipment

*D. All are effective protective measures*

Q527. What can be done to prevent caught between accidents involving equipment?

A. Shut down equipment before doing repairs or inspections

B. Chock the wheels on any equipment that can roll

C. Never work under equipment supported only by a hydraulic or mechanical jack

*D. All of the above*

Q528. When working around electricity, which class of helmets is designed to reduce the danger of contact with conductors at higher voltage levels?

*A. Class E (electrical) helmets*

B. Orange helmets

C. Blue helmets (when used with a nylon liner)

D. Both A and C

Q529. Maintaining a safe distance from overhead power lines and utilizing effective lockout/tagout procedures to de-energize equipment are effective methods for protecting yourself from electrocution.

*A. True*

B. False

Q530. Electrical burns can be caused by

A. Arc Flash

B. Thermal contact

C. Electrical shock

*D. All the above*

Q531. When working around electricity, which class of helmets is designed to reduce the danger of contact with conductors at higher voltage levels?

- A. Class E (electrical) helmets*
- B. Orange helmets
- C. Blue helmets (when used with a nylon liner)
- D. Both A and C