



OSHA 10 Hour Safety

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1. Which federal agency is responsible for enforcing workplace safety and health standards in the United States?

- A. The National Institute for Occupational Safety and Health (NIOSH)
- B. The Department of Labor's Wage and Hour Division
- C. The Environmental Protection Agency (EPA)
- D. The Occupational Safety and Health Administration (OSHA)

2. What are some types of PPE that employers must pay for?

- A. Hardhats
- B. Hearing protection
- C. Non-prescription eye protection
- D. All answer choices are correct

3. What is the primary purpose of the OSHA 10-Hour Construction Outreach Training Program?

- A. To qualify supervisors to conduct formal OSHA compliance inspections
- B. To certify workers as competent persons for excavation and trenching operations
- C. To provide entry-level construction workers with awareness of common job-site hazards and their rights
- D. To replace the employer's obligation to provide site-specific safety training

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4. OSHA's mission is to:

- A. Ensure that all workers receive adequate workers' compensation payments
- B. Ensure that all workers receive the federal minimum wage
- C. To save lives, prevent injuries, and protect the health of America's workers
- D. Protect the safety and health of the general public



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5. Under OSHA regulations, workers have the right to receive safety training in a language and vocabulary they can understand. Which section of the Occupational Safety and Health Act establishes this worker right?

- A. Section 5(a)(1), the General Duty Clause
- B. Section 11(c), the anti-retaliation provision
- C. Section 8, worker rights to information and training
- D. Section 17, penalties and citations

6. Whose responsibility is it to provide and pay for PPE?

- A. Employer
- B. Employee
- C. OSHA
- D. Federal government

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7. Which construction standard code under the Code of Federal Regulations applies specifically to the construction industry?

- A. 29 CFR 1910
- B. 29 CFR 1926
- C. 29 CFR 1904
- D. 29 CFR 1915

8. Examples of workplace discrimination can include:

- A. All are examples of workplace discrimination
- B. Demoting
- C. Firing or laying off
- D. Reducing pay or hours

9. The General Duty Clause (Section 5(a)(1) of the OSH Act) requires employers to do which of the following?

- A. Provide a workplace free from recognized hazards that are causing or likely to cause death or serious physical harm
- B. Post injury and illness logs in a location visible to OSHA inspectors but not necessarily workers
- C. Train all workers to the equivalent of an OSHA 30-Hour course before beginning any job assignment
- D. Comply only with OSHA standards that apply directly to their specific trade



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10. You have the right to examine and copy exposure and ____ records:

- A. Hazard
- B. Performance
- C. Discipline
- D. Medical

11. A construction worker believes there is a serious safety hazard on the job site and files a complaint with OSHA. Which of the following best describes the worker's protection under the OSH Act?

- A. OSHA will keep the complaint confidential only if the worker specifically requests anonymity in writing
- B. The worker is protected from retaliation, such as termination or demotion, for filing a complaint in good faith
- C. The worker may be temporarily reassigned to a safer area while the complaint is investigated
- D. The employer may require the worker to sign a waiver before OSHA conducts its inspection

12. One main responsibility employers have under OSHA is to:

- A. Notify OSHA of any workplace injury or illness
- B. Provide training required by OSHA standards
- C. Reduce air pollution in the environment

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13. Under OSHA's recordkeeping requirements (29 CFR 1904), most employers with more than 10 employees must record work-related injuries and illnesses. Which form is used to log these incidents on an ongoing basis throughout the calendar year?

- A. OSHA Form 300A — Summary of Work-Related Injuries and Illnesses
- B. OSHA Form 300 — Log of Work-Related Injuries and Illnesses
- C. OSHA Form 301 — Injury and Illness Incident Report
- D. OSHA Form 170 — Notice of Alleged Safety or Health Hazards

14. Can workers raise safety concerns without retaliation?

- A. True
- B. False



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15. During an OSHA inspection, the compliance officer asks to speak privately with workers. Which statement correctly describes a worker's rights during this process?

- A. Statements made to OSHA compliance officers are automatically shared with the employer before any citation is issued
- B. Workers must receive written approval from their employer before speaking with a compliance officer
- C. Workers have the right to speak privately with the OSHA compliance officer, and the employer cannot require a supervisor to be present
- D. Workers may speak privately with the compliance officer only if their supervisor is unavailable

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16. During an OSHA inspection:

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

17. OSHA prioritizes its inspection activities in a specific order. Which type of hazard triggers OSHA's highest inspection priority?

- A. Programmed inspections targeting high-hazard industries
- B. Imminent danger situations where a hazard is likely to cause death or serious physical harm before normal enforcement can act
- C. Formal worker complaints about non-serious violations
- D. Follow-up inspections to verify abatement of previously cited violations

18. Workers have the right to review:

- A. All first aid treatment forms
- B. All workers compensation forms
- C. Medical and exposure records for all workers
- D. The OSHA 300 Log and the OSHA 300A Summary

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19. An employer receives an OSHA citation. Which of the following statements about citation posting is correct under 29 CFR 1903?

- A. The employer must post the citation at the corporate headquarters within 72 hours of receipt
- B. The employer may choose to summarize the citation in the company newsletter instead of posting it on-site
- C. The employer must post the citation at or near the location of the alleged violation for three working days or until the violation is corrected, whichever is longer
- D. Posting is required only for willful or repeat violations, not for serious violations

20. Under the Right to Know Rule, employers must include in a hazard communication program:

- A. Container labeling
- B. Employee medical records
- C. Information on OSHA's mission
- D. Log of injuries and illnesses

21. OSHA issues four main types of violations. Which type carries the highest mandatory penalty and reflects intentional or knowing disregard for OSHA requirements?

- A. Willful violation
- B. Other-than-serious violation
- C. Repeat violation
- D. Serious violation

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22. A Safety Data Sheet (SDS) contains chemical names, hazards, and control measures.

- A. False
- B. True

23. Which of the following scenarios would most likely be cited under the General Duty Clause rather than a specific 29 CFR 1926 standard?

- A. An employer fails to provide a competent person to inspect an excavation deeper than 5 feet
- B. Workers are repeatedly exposed to heat stress from sustained outdoor work in high temperatures and humidity, but no specific OSHA heat-illness standard for construction exists
- C. A worker on a residential roof at 8 feet of elevation is not provided with fall protection
- D. A contractor does not maintain a hazard communication program or safety data sheets on site



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24. OSHA standards appear in the ___ and are broken down into ___:

- A. Code of Federal Regulations (CFR), Parts
- B. General Duty Clause, Clauses
- C. Most Frequently Cited (MFC) database, Groups
- D. Part 1910, Groups

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25. Under OSHA's multi-employer worksite policy on construction sites, which employer bears primary citation responsibility for a hazardous condition that it created but that also exposes workers employed by a different subcontractor?

- A. The creating employer bears primary responsibility, and the general contractor may also be cited as a controlling employer if it had the authority to correct the hazard
- B. Only the subcontractor whose workers are exposed to the hazard
- C. Neither employer can be cited unless a fatality or lost-time injury has already occurred
- D. Only the general contractor, because it has overall control of the site

26. OSHA's activities include developing standards and providing ___ programs:

- A. Judging
- B. Inspection
- C. Training
- D. Discrimination

27. A worker refuses to perform a task, stating there is a real danger of death or serious injury and there is not enough time to eliminate the hazard through normal OSHA complaint channels. Under OSHA's regulations, which condition is NOT required for a worker's refusal to be protected from disciplinary action?

- A. The worker has asked the employer to correct the hazard and the employer has refused or failed to do so
- B. The worker has a reasonable, good-faith belief that the hazard poses a risk of death or serious physical harm
- C. The worker must obtain written authorization from OSHA before refusing the task
- D. There is no reasonable alternative except to refuse the hazardous work

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28. How many days does an employee have to contact OSHA to file a retaliation complaint?

- A. 20 days
- B. 30 days
- C. 60 days
- D. 100 days

29. Under OSHA Construction standards, at what height above a lower level are workers generally required to be protected from falls?

- A. 4 feet
- B. 6 feet
- C. 10 feet
- D. 8 feet

30. 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



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1. D — The Occupational Safety and Health Administration (OSHA)

OSHA, established under the Occupational Safety and Health Act of 1970, is the federal agency charged with setting and enforcing workplace safety and health standards, including those found in 29 CFR 1926 for the construction industry.

2. D — All answer choices are correct

Under OSHA standards, employers must pay for required PPE including hard hats, hearing protection, and non-prescription safety glasses.

3. C — To provide entry-level construction workers with awareness of common job-site hazards and their rights

The OSHA 10-Hour Construction Outreach Training Program is designed to give entry-level construction workers basic awareness of job-site hazards, worker rights, and employer responsibilities — it is not a substitute for employer-provided, site-specific safety training.

4. C — To save lives, prevent injuries, and protect the health of America's workers

OSHA's mission is specifically to save lives, prevent injuries, and protect the health of America's workers.

5. C — Section 8, worker rights to information and training

Section 8 of the OSH Act grants workers the right to receive information about hazards and training in a language and vocabulary they can understand, while Section 11(c) separately protects workers from retaliation for exercising their safety rights.

6. A — Employer

Under OSHA standards, it is the employer's responsibility to provide and pay for required personal protective equipment.

7. B — 29 CFR 1926

29 CFR 1926 contains OSHA's safety and health regulations specific to the construction industry; 29 CFR 1910 covers general industry, 29 CFR 1904 covers recordkeeping, and 29 CFR 1915 covers shipyard employment.

8. A — All are examples of workplace discrimination

Demoting, firing or laying off, and reducing pay or hours are all forms of workplace discrimination/retaliation prohibited under Section 11(c) of the OSH Act.

9. A — Provide a workplace free from recognized hazards that are causing or likely to cause death or serious physical harm

Section 5(a)(1), the General Duty Clause, requires every covered employer to furnish a place of employment free from recognized hazards likely to cause death or serious physical harm, even when no specific OSHA standard addresses the hazard.



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10. D — Medical

Workers have the right to examine and copy their exposure records and medical records under OSHA's Access to Employee Exposure and Medical Records standard.

11. B — The worker is protected from retaliation, such as termination or demotion, for filing a complaint in good faith

Section 11(c) of the OSH Act prohibits employers from retaliating against workers who exercise their safety rights, including filing a complaint with OSHA; workers generally have 30 days to report retaliation to OSHA.

12. B — Provide training required by OSHA standards

A primary employer responsibility under OSHA is to provide workers with training required by OSHA standards.

13. B — OSHA Form 300 — Log of Work-Related Injuries and Illnesses

OSHA Form 300 is the running log used to record each work-related injury or illness during the year; Form 300A is the annual summary posted February 1 through April 30, and Form 301 is the detailed incident report for each individual case.

14. A — True

True. Section 11(c) of the OSH Act protects workers from retaliation for raising safety and health concerns.

15. C — Workers have the right to speak privately with the OSHA compliance officer, and the employer cannot require a supervisor to be present

Under Section 8(a)(2) of the OSH Act, OSHA compliance officers have the right to interview workers privately, and workers cannot be required by the employer to have a supervisor or company representative present during these interviews.

16. C — You have the right to talk to the inspector privately

During an OSHA inspection, workers have the right to talk to the OSHA inspector privately and confidentially.

17. B — Imminent danger situations where a hazard is likely to cause death or serious physical harm before normal enforcement can act

OSHA's inspection priority order places imminent danger at the top because the risk of death or serious injury is immediate, followed by severe injuries/fatalities, worker complaints, referrals, follow-ups, and planned programmed inspections.

18. D — The OSHA 300 Log and the OSHA 300A Summary

Workers have the right to review the OSHA 300 Log (injury and illness log) and the OSHA 300A Summary at their workplace.

19. C — The employer must post the citation at or near the location of the alleged violation for three working days or until the violation is corrected, whichever is longer

Under 29 CFR 1903.16, the employer must prominently post citations at or near each place the violation occurred for three working days or until the hazard is corrected, whichever is longer, so workers are aware of the findings.

20. A — Container labeling

OSHA's Hazard Communication Standard (Right to Know) requires employers to maintain container labeling, Safety Data Sheets, and provide employee training.



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21. A — Willful violation

A willful violation is one where the employer knowingly or intentionally violated an OSHA requirement, and it carries the highest mandatory penalty per violation; a repeat violation involves re-citation for a substantially similar condition and also carries elevated penalties.

22. B — True

True. An SDS (formerly MSDS) contains detailed information including chemical names, hazard identification, exposure controls, and protective measures.

23. B — Workers are repeatedly exposed to heat stress from sustained outdoor work in high temperatures and humidity, but no specific OSHA heat-illness standard for construction exists

The General Duty Clause applies when a recognized hazard exists but no specific OSHA standard covers it; because there is currently no specific 29 CFR 1926 standard for heat illness in construction, heat stress citations are typically issued under the General Duty Clause.

24. A — Code of Federal Regulations (CFR), Parts

OSHA standards appear in the Code of Federal Regulations (CFR) and are broken down into Parts, such as Part 1926 for Construction.

25. A — The creating employer bears primary responsibility, and the general contractor may also be cited as a controlling employer if it had the authority to correct the hazard

Under OSHA's multi-employer citation policy, the employer who created a hazard bears primary responsibility; a controlling employer (such as a general contractor) can also be cited if it had supervisory authority over the worksite and failed to exercise reasonable care to discover and correct the violation.

26. C — Training

OSHA develops standards and provides training, outreach, education, and compliance assistance programs.

27. C — The worker must obtain written authorization from OSHA before refusing the task

Under 29 CFR 1977.12, a worker's protected right to refuse dangerous work does not require prior written authorization from OSHA; the worker must have a good-faith belief of imminent danger, have requested correction, been refused, and have no reasonable alternative — but OSHA pre-approval is not a condition.

28. B — 30 days

Under Section 11(c) of the OSH Act, workers have 30 days to file a retaliation/discrimination complaint with OSHA.

29. B — 6 feet

29 CFR 1926.502 establishes 6 feet as the trigger height for fall protection requirements in most construction activities, making it the central threshold in the OSHA Focus Four Falls topic.

30. C — General Duty Clause

When no specific OSHA standard applies, Section 5(a)(1) of the OSH Act — the General Duty Clause — requires employers to keep the workplace free from recognized serious hazards.



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