



OSHA 30 Construction

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1. Under the OSH Act, which of the following is a general duty that every covered employer must fulfill?

- A. Submit a written safety plan to OSHA before any construction work begins
- B. Conduct a daily job-hazard analysis and file it with the nearest OSHA area office
- C. Provide a workplace free from recognized hazards likely to cause death or serious physical harm
- D. Hire a licensed safety engineer for every project exceeding 10 workers

2. What is the minimum clearance distance between overhead power lines and a person?

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

3. Which OSHA recordkeeping form is used to summarize the total number of job-related injuries and illnesses for a calendar year and must be posted in the workplace from February 1 through April 30?

- A. OSHA Form 301
- B. OSHA Form 300A
- C. OSHA Form 300
- D. OSHA Form 310

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4. When should you inspect a scaffold?

- A. Before each work shift
- B. Before each use
- C. After each use
- D. After an accident occurs



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5. A worker believes his employer has created a serious safety hazard on the job site. Under the OSH Act, what right does that worker have?

- A. The right to file a complaint with OSHA without fear of retaliation or discrimination
- B. The right to immediately shut down the entire project until OSHA inspects
- C. The right to assess and collect fines from the employer directly
- D. The right to require a third-party safety audit paid for by the employer

6. Which of the following is an example of a biological hazard in the workplace?

- A. Chemical spill
- B. Heat stress
- C. Mold exposure
- D. Noise exposure

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7. During an OSHA programmed inspection of a construction site, the compliance officer asks to see the employer's OSHA injury and illness logs. The employer must provide those records within:

- A. 4 business hours
- B. 3 business days
- C. 24 hours
- D. One week

8. What is the minimum height for fall protection on a construction site?

- A. 2 feet
- B. 4 feet
- C. 6 feet
- D. 8 feet

9. A supervisor discovers that a subcontractor on a multi-employer worksite has created an electrical hazard that could expose employees of other trades to harm. Under OSHA's multi-employer worksite policy, which party can OSHA cite for that hazard?

- A. Only the subcontractor whose employees are directly exposed
- B. Only the general contractor because it holds the prime contract
- C. No employer can be cited unless an injury has already occurred
- D. The creating employer, and potentially the controlling and exposing employers



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10. Which of the following is an example of a hazard associated with excavation work?

- A. Heat stress
- B. Electrocution
- C. Fall hazards
- D. Noise exposure

11. After receiving an OSHA citation, an employer who disagrees with the finding must contest it within how many working days of receiving the citation?

- A. 5 working days
- B. 30 calendar days
- C. 15 working days
- D. 10 calendar days

12. What is the most effective way to control hazardous energy during maintenance or servicing of equipment?

- A. Isolation of equipment from its energy source
- B. Posting warning signs
- C. Providing personal protective equipment (PPE)
- D. Removing equipment from service

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13. Which of the following best describes the role of a 'competent person' as defined throughout OSHA construction standards?

- A. One who is capable of identifying existing and predictable hazards and who has authority to take prompt corrective action
- B. Any employee who has completed the OSHA 30-Hour Construction course
- C. A licensed professional engineer who has stamped the applicable site safety plan
- D. A third-party consultant hired by the general contractor to inspect daily



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14. What is the purpose of lockout/tagout procedures?

- A. To prevent workers from being exposed to hazardous energy
- B. To prevent workers from using equipment improperly
- C. To prevent workers from damaging equipment
- D. To prevent workers from leaving equipment unattended

15. OSHA Form 301, the Injury and Illness Incident Report, must be completed within how many calendar days of a recordable work-related injury or illness?

- A. 30 calendar days
- B. 3 business days
- C. 24 hours
- D. 7 calendar days

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16. Which of the following is an example of a non-ionizing radiation hazard?

- A. X-rays
- B. Ultraviolet (UV) radiation
- C. Gamma rays
- D. Beta particles

17. When OSHA conducts an unprogrammed inspection triggered by a worker fatality, which inspection priority category does this fall under?

- A. Imminent danger / catastrophe and fatal accident
- B. Follow-up inspection
- C. Referral inspection
- D. Programmed high-hazard inspection

18. What is the primary responsibility of an employer under OSHA?

- A. Ignore unsafe acts
- B. Provide a safe workplace
- C. Punish whistleblowers
- D. Focus only on PPE

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19. An employer receives an OSHA citation classified as 'willful' with a proposed penalty. Which statement correctly describes a willful violation?

- A. The employer intentionally and knowingly committed the violation or was aware a hazardous condition existed and made no reasonable effort to eliminate it
- B. The employer received a prior citation for the same standard within any prior year
- C. The employer's violation directly caused a recordable injury requiring days away from work
- D. The hazard was immediately dangerous to life and required an emergency shutdown order

20. What is the leading cause of fatalities in construction?

- A. Electrocution
- B. Caught in/between
- C. Falls
- D. Struck-by incidents

21. A supervisor is developing an accident investigation procedure for the site safety program. Which primary purpose best reflects OSHA's intent for accident investigation?

- A. To satisfy the insurer's claim requirements before any corrective action is taken
- B. To document employee negligence so the employer can establish grounds for termination
- C. To generate a report submitted to OSHA within 24 hours of every near-miss event
- D. To identify root causes and prevent recurrence, not to assign blame to individual workers

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22. When must Safety Data Sheets (SDSs) be available?

- A. Only during emergencies
- B. When requested
- C. At all times
- D. Only for flammable chemicals

23. Under 29 CFR 1904, which of the following on-the-job events triggers an employer's obligation to report directly to OSHA within 24 hours?

- A. A near-miss that resulted in no injury but caused property damage over \$5,000
- B. Any recordable injury requiring only first aid treatment
- C. An in-patient hospitalization of one or more employees resulting from a work-related incident
- D. Any OSHA-recordable illness that causes restricted work days



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24. What does PPE stand for?

- A. Personal Protection Essentials
- B. Protective Personal Equipment
- C. Personal Protective Equipment
- D. Physical Protection Entry

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25. An effective written safety and health program on a construction site should designate clear authority and responsibility. According to OSHA guidance, which element is most critical for the program to actually change behavior on the site?

- A. Annual third-party safety audits replacing internal site inspections
- B. Visible management commitment and employee involvement in hazard identification and correction
- C. A safety committee that meets monthly and files minutes with the general contractor
- D. A comprehensive penalty schedule that fines workers for individual safety violations

26. Which ladder should NOT be used near electricity?

- A. Wooden
- B. Fiberglass
- C. Metal
- D. Step ladder

27. During an OSHA inspection, the compliance officer identifies a hazard that was also cited at the same establishment within the past five years under the same standard. How will OSHA most likely classify the new citation?

- A. Willful violation
- B. Repeat violation
- C. Failure-to-abate notice
- D. De minimis notice

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28. What should a worker do if they spot a hazard?

- A. Report it immediately
- B. Wait to see if someone else acts
- C. Ignore it
- D. Post on social media

29. At what height above a lower level does OSHA's construction standard require employers to provide fall protection for workers on walking/working surfaces?

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

30. Which of these is NOT part of OSHA's Fatal Four?

- A. Electrocution
- B. Struck-by
- C. Overexertion
- D. Falls



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Answer Key & Explanations

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1. C — Provide a workplace free from recognized hazards likely to cause death or serious physical harm

Section 5(a)(1) of the OSH Act — the General Duty Clause — requires every employer to furnish a place of employment free from recognized hazards that are causing or are likely to cause death or serious physical harm to employees.

2. D — 10 feet

OSHA 29 CFR 1926.416 requires a minimum clearance of 10 feet from energized overhead power lines for workers.

3. B — OSHA Form 300A

OSHA Form 300A is the Summary of Work-Related Injuries and Illnesses; 29 CFR 1904.32 requires employers to post it in a conspicuous place from February 1 through April 30 of the year following the period covered.

4. A — Before each work shift

OSHA 29 CFR 1926.451(f)(3) requires scaffolds to be inspected by a competent person before each work shift and after any occurrence that could affect the scaffold's structural integrity.

5. A — The right to file a complaint with OSHA without fear of retaliation or discrimination

Section 11(c) of the OSH Act protects workers who exercise their rights — including filing a safety complaint — from retaliation or discrimination by their employer.

6. C — Mold exposure

Mold exposure is a biological hazard. Chemical spills are chemical hazards, heat stress is a physical hazard, and noise is a physical hazard.

7. A — 4 business hours

Under 29 CFR 1904.40, when an OSHA representative requests records, the employer must provide copies of the OSHA 300, 300A, and 301 forms by the end of the next business day — commonly interpreted as within 4 business hours during an on-site inspection.

8. C — 6 feet

OSHA 29 CFR 1926.502 requires fall protection when workers are exposed to falls of 6 feet or more in construction.

9. D — The creating employer, and potentially the controlling and exposing employers

OSHA's multi-employer citation policy allows the agency to cite the creating, exposing, correcting, and/or controlling employer depending on each party's role and knowledge of the hazard.

10. C — Fall hazards

Fall hazards are a primary hazard in excavation work, along with cave-ins. Workers can fall into the



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excavation or materials/equipment can fall onto workers below.

11. C — 15 working days

Under Section 10(a) of the OSH Act, an employer must notify OSHA in writing of its intent to contest a citation within 15 working days of receipt; failure to contest makes the citation a final order not subject to review.

12. A — Isolation of equipment from its energy source

Lockout/tagout (LOTO) procedures, which involve isolating equipment from its energy source, are the most effective control for hazardous energy during maintenance.

13. A — One who is capable of identifying existing and predictable hazards and who has authority to take prompt corrective action

29 CFR 1926.32(f) defines a competent person as one who is capable of identifying existing and predictable hazardous conditions and who has authority to take prompt corrective measures to eliminate them.

14. A — To prevent workers from being exposed to hazardous energy

The primary purpose of LOTO procedures per 29 CFR 1910.147 is to prevent workers from being exposed to hazardous energy during servicing and maintenance of machinery.

15. D — 7 calendar days

29 CFR 1904.29(b)(3) requires that each OSHA Form 301 (or equivalent) be completed within 7 calendar days of receiving information that a recordable case occurred.

16. B — Ultraviolet (UV) radiation

UV radiation is non-ionizing radiation. X-rays, gamma rays, and beta particles are all forms of ionizing radiation.

17. A — Imminent danger / catastrophe and fatal accident

OSHA's inspection priority order places imminent-danger situations and fatality/catastrophe investigations at the top, ahead of complaints, referrals, and programmed planned inspections.

18. B — Provide a safe workplace

Under the OSH Act General Duty Clause, the employer's primary responsibility is to provide a workplace free from recognized hazards — a safe workplace.

19. A — The employer intentionally and knowingly committed the violation or was aware a hazardous condition existed and made no reasonable effort to eliminate it

OSHA defines a willful violation as one committed with plain indifference to, or intentional disregard of, employee safety and health requirements — distinct from repeat violations, which involve a prior citation history.

20. C — Falls

Falls are the leading cause of fatalities in construction, accounting for the largest share of the Fatal Four deaths each year.

21. D — To identify root causes and prevent recurrence, not to assign blame to individual workers

OSHA's accident investigation guidance emphasizes finding the root cause of failures in management systems and physical conditions so effective corrective actions can prevent recurrence — not punishing workers.



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22. C — At all times

OSHA's Hazard Communication Standard (29 CFR 1926.59) requires SDSs to be readily accessible to employees during each work shift when they are in their work areas.

23. C — An in-patient hospitalization of one or more employees resulting from a work-related incident

29 CFR 1904.39 requires employers to report to OSHA within 24 hours any work-related in-patient hospitalization of one or more employees; fatalities must be reported within 8 hours, and amputations or loss of an eye within 24 hours.

24. C — Personal Protective Equipment

PPE stands for Personal Protective Equipment — equipment worn by workers to minimize exposure to hazards.

25. B — Visible management commitment and employee involvement in hazard identification and correction

OSHA's Safety and Health Program Management Guidelines (54 FR 3904) identify management leadership and employee involvement as the cornerstone elements because they establish the culture and accountability that drive all other program components.

26. C — Metal

Metal ladders conduct electricity and should never be used near electrical sources. Fiberglass and wooden ladders are non-conductive.

27. B — Repeat violation

OSHA classifies a violation as 'repeat' when an employer has been cited for the same or substantially similar condition under the same standard within the preceding five years, which carries significantly higher maximum penalties than a standard serious citation.

28. A — Report it immediately

Workers should report hazards immediately to their supervisor so they can be corrected before someone is injured.

29. B — 6 feet

29 CFR 1926.502(b) establishes 6 feet as the threshold height triggering fall protection requirements in the construction industry.

30. C — Overexertion

OSHA's Fatal Four in construction are: Falls, Struck-by, Electrocution, and Caught-in/between. Overexertion is not one of the Fatal Four.



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