1. The provisions of this manual implement and supplement the safety and health standards and requirements contained in 29 CFR 1910, 29 CFR 1926, 29 CFR 1960, EO 12196, FAR Clause 52.236.13, DODI 6055.1, AR 40-5, and AR 385-10. Where more stringent safety and occupational health standards are set forth in these requirements and regulations, ______________.
   a. COE-385-1-1 will apply
   b. 29 CFR 1910 will apply
   c. 29 CFR 1926 will apply
   d. The more stringent shall apply

2. For limited scope supply, service and R&D contracts, the Contracting Officer
   a. Doesn’t need to worry about safety.
   b. May not change the contract safety requirements.
   c. May authorize an abbreviated APP.
   d. May combine contracts.

3. Frequent inspections/audits by a Competent Person of the work sites, material, and equipment will be done to ensure compliance with the APP and the EM385. These inspections/audits will be documented to include:
   a. The name of the inspector.
   b. The date.
   c. All findings.
   d. All of the above.

4. Before beginning each work activity involving a type of work presenting hazards not experienced in previous project operations or where a new work crew or subcontractor is to perform the work, the contractors performing that work activity shall prepare ________________.
   a. A Preparatory Phase Checklist
   b. An APP
   c. An AHA
   d. A Demolition Plan
5. The AHA will be continuously reviewed and modified as necessary to address ____________.
   a. Changing site conditions
   b. Changing operations
   c. Change of competent/qualified person(s)
   d. All of the above

6. All training will be documented in writing, to include the date, name, content, and __________.
   a. Trainer.
   b. Test scores.
   c. Certificates issued.
   d. Weather.

7. The SSHO(s), as a minimum, must have completed ___________ or equivalent.
   a. 10 hour OSHA training
   b. High school
   c. STS certification
   d. 30 hour OSHA construction training class

8. For complex or high hazard projects, the SSHO shall have a minimum of ten (10) years of safety-related work with at least five (5) years’ experience on similar type projects.
   a. True
   b. False
9. An accident is investigated in depth to:
   a. Identify all causes
   b. Recommend hazard control measures
   c. Determine who was at fault
   d. All of the above
   e. Both a and b

10. Accident recordkeeping requirements call for maintenance of:
    a. A weekly record of all investigations
    b. A weekly record of all exposures
    c. A weekly record of all lost-time injuries
    d. A daily record of all injuries
    e. A daily record of all first aid treatments not otherwise reportable

11. What OSHA form does the EM-385-1-1 require for recording of contract mishaps incidental to the work recorded and reported? (Note: In addition to this requirement NAVFAC requires the NAVFAC CSIR-1 form be completed and entered into the FAIR data base system for all recordable and reportable contractor mishaps.)?
    a. Form 91
    b. Form 100
    c. Form 300, or equivalent
    d. All of the above

12. Employees working in a remote location or away from other workers shall be provided:
    a. An effective means of emergency communications.
    b. A box lunch.
    c. A vehicle at their disposal.
    d. A map.
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Section 2: Sanitation

1. Outlets dispensing non-potable water shall:
   a. Have a conspicuously posted Caution sign.
   b. Not be allowed on Government construction sites.
   c. Have a failsafe lock.
   d. Be no larger than one inch in diameter.

2. Open containers such as barrels, pails, or tanks, may be used for drinking water if properly sterilized.
   a. True
   b. False

3. Drinking water dispensers shall:
   a. Be designed, constructed, and serviced to ensure sanitary conditions
   b. Be capable of being closed
   c. Have a tap
   d. Be clearly marked as to contents and not used for any other purpose
   e. All of the above

4. When providing running water to washing facilities is not practical, hand sanitizers may be used as a substitute.
   a. True
   b. False
Section 3: Medical and First-Aid Requirements

1. Medical facilities and personnel expected to treat injured employees shall ______.
   a. Be informed of the nature of the work to be performed.
   b. Be informed of the injuries/illnesses prevalent on such jobsites.
   c. Have proper insurance coverage.
   d. A & B

2. When a medical facility or physician is not accessible within five minutes of an injury to a group of two or more employees for the treatment of injuries, at least two employees on each shift shall be qualified to administer ______.
   a. EMT duties and first responder duties.
   b. First aid and CPR
   c. CPR and EMT duties
   d. First responder duties and first aid

3. The number of employees used to determine medical and first aid requirements:
   a. Excludes craftsmen
   b. Is based on greatest total number per day
   c. Is based on greatest total number per shift
   d. Excludes office workers
   e. Excludes supervisors
4. A first aid station shall be established and equipped as directed by a licensed physician whenever the number of employees at a work site per shift is:
   a. 1-19
   b. 20-49
   c. 50-99
   d. 100-300
   e. Over 300

5. An equipped infirmary shall be provided where the greatest total number of employees on a shift is:
   a. 100 or more
   b. 150 or more
   c. 200 or more
   d. 300 or more
   e. 350 or more

6. The best type of ANSI Z308.1 first aid container for an outdoor setting such as a construction site is ________ and should be checked by the employer ________:
   a. Type A, monthly
   b. Type III, at least every three months
   c. Type IV, bi-weekly
   d. None of the above
Section 4: Temporary Facilities

1. Trailers and other temporary structures used as field offices must be:
   a. Anchored to ground anchors.
   b. Designed to withstand winds.
   c. Meet applicable state or local standards.
   d. All of the above.

2. Temporary project fencing shall extend from grade to ______ above grade.
   a. Six feet
   b. A safe distance
   c. No more than 60 inches
   d. A minimum of 48 inches

3. Signs warning of the presence of construction hazards and requiring unauthorized person to keep out shall be posted at every ______ feet of fencing.
   a. 50
   b. 100
   c. 150
   d. 200

4. Depending upon the nature and location of the project site, the GDA may determine that temporary project fencing is not required.
   a. True
   b. True for NAVFAC Projects
   c. True for USACE Projects
   d. False
Section 5: Personal Protective and Safety Equipment

1. Personal Protective Equipment is the first measure to be taken to control hazards to an acceptable level.
   a. True
   b. False

2. Personal protection and safety equipment shall be tested, inspected, and maintained as recommended by the manufacturer.
   a. True
   b. False

3. When employees provide their own safety equipment or PPE, _________ is responsible for assuring its adequacy in protecting against the hazard and its state of repair.
   a. Employee
   b. Employer
   c. OSHA
   d. Government

4. Whenever sound pressure levels equal or exceed _____ dB(A) measured as an eight hour time weighted average, a continuing, effective hearing conservation program shall be administered.
   a. 65
   b. 75
   c. 85
   d. 95
5. When the sound pressure level in a working area exceeds 115 dba, steady state, the following is required:
   a. Earplugs only
   b. Earmuffs only
   c. Both earplugs and earmuffs
   d. Cotton balls
   e. Holding your hands over your ears

6. What may an employee wear underneath a hardhat?
   a. A backward ball cap
   b. A viking helmet
   c. A knit cap
   d. A ceremonial headdress
   e. Nothing

7. Points of entry to a hard hat area shall have a sign warning of the requirement to wear a hard hat.
   a. True
   b. If Construction Site is Fenced with Gate
   c. False

8. Certain activities and areas may be considered as non-hard hat areas if:
   a. The job is indoors.
   b. The hard hat is stressing the worker’s neck.
   c. Identified and properly documented in the AHA.
   d. Never.

9. Respiratory protection programs shall address ____________.
   a. Respirator selection procedures
   b. Medical evaluations and fit testing procedures
   c. Training of employees
   d. All of the above
10. A written respiratory protection program will be developed and implemented when respirators are used.
   a. True
   b. False

11. Respirator use is preferred as a method of protecting workers even when engineering or administrative exposure controls are feasible to implement.
   a. It depends on the hazard.
   b. True
   c. False
   d. It depends on the type of respirator.
   e. It depends on the type of fit testing.

12. Personal fall arrest systems require the use of a full body harness.
   a. True
   b. Approved by GDA
   c. False

13. Rubber insulating gloves shall be inspected before first issue and every 12 months thereafter.
   a. True
   b. False

14. In order to protect against electric arc flash, the following is required for any person who enters the arc flash zone:
   a. Clothing of synthetic materials shall not be worn.
   b. Wooden tools will not be used.
   c. Use clothing and equipment in accordance with NFPA 70E.
   d. All of the above.
15. At least one __________ shall be immediately available at locations where employees work over or immediately next to the water.
   a. Lifeguard
   b. Skiff
   c. SCUBA tank
   d. Trained diver

16. Which of the following is not a requirement for using Automatic-Inflatable Personal Flotation Devices:
   a. Provides 100 pounds minimum buoyancy post deployment.
   b. Only used by workers over 16 years old and who weigh more than 90 pounds.
   c. Type V or better, USCG approved for Commercial Use.
   d. D. An AHA is performed for the activity.

17. Shielded metal-arc welding required which of the following shades for filter lenses and glasses?
   a. 3 or 4
   b. 5 or 6
   c. 6 - 8
   d. 8 - 10
   e. 10 - 14

18. All Personal Flotation Devices shall be of a highly visible orange/reddish color. In addition, PFD’s shall:
   a. Have retroreflective material on front and back per USCG requirements.
   b. Be replaced every six months.
   c. Have a USCG approved automatically activated light unless used only during daylight hours.
   d. A & C.
Section 6: Hazardous or Toxic Agents and Environments

1. Operations, materials, and equipment involving potential exposure to hazardous or toxic agents or environments shall be evaluated by a qualified ______________ to formulate a hazard control program.
   a. Project manager
   b. Competent person
   c. Industrial hygienist
   d. B or C

2. A written hazard communication program shall address the following in project specific detail:
   a. Hazardous or toxic agent inventory and labeling
   b. MSDS management
   c. Employee information and training
   d. All of the above.

3. When eyes or body of any person may be exposed to hazardous or toxic agents, suitable facilities for quick drenching or flushing of the eyes and body shall be provided in the work area for immediate emergency use, and shall be:
   a. Within ten feet away.
   b. Accessible within the project site.
   c. Within walking distance.
   d. Within ten seconds of the hazardous material.

4. Every hazardous or toxic agent being transported for disposal shall be transported with a copy of the substance’s _______ whenever applicable.
   a. Manufacturers Handling Procedures
   b. Substance Control Procedures
   c. MSDS
   d. Chemical Information
5. Plumbed emergency eyewash facilities and hand-held drench hoses must be activated ________ and inspected ________.
   a. Weekly; monthly
   b. Monthly; annually
   c. Quarterly; annually
   d. Weekly; annually
   e. Monthly; quarterly

6. Containers for handling and transportation of hot substances shall be:
   a. Of substantial construction
   b. Free from any soldered joints or attachments
   c. Not filled higher than 4 inches from the top
   d. All of the above
   e. None of the above

7. When working with hot substances, ______ fire extinguisher(s) rated 2A:20B: C shall be available within ______ feet of the working kettles.
   a. One; 20
   b. Two; 25
   c. One; 50
   d. Two; 50

8. Which of the following requirements for using kettles is not correct:
   a. The kettle should be sized correctly for the job.
   b. Kettle should be located so that means of egress is not restricted, and no closer than 10 feet of the egress path.
   c. The operator must be at the level of kettle, within eyesight, and within 50 feet of the kettle.
   d. The kettle lid should open away from a building
9. Protection against hazards from insects may include all of the following except:
   a. Clothing treated with DEET or Permethrin
   b. Drainage or spraying of breeding areas
   c. Smudge pots and aerosols
   d. Burning off surrounding ground cover

10. Which of the following is not a protective measure where employees are exposed to poisonous plants?
    a. Soap and water
    b. Natural immunity
    c. Protection ointments
    d. Instruction in identification
    e. Protective clothing

11. Areas in which lasers are used shall be:
    a. 200 feet from all permanent structures.
    b. Posted with standard laser warning signs.
    c. Off limits to all Government personnel.
    d. None of the above.

12. Airborne contaminants created by portable equipment (such as drills, saws, and grinding machines) in concentrations exceeding acceptable safe limits shall be ______ at the source.
    a. Completely eliminated
    b. Be reduced
    c. Effectively controlled
    d. None of the above
13. Silica sand shall not be used as an abrasive blasting media. All of the following are suggested abrasive blasting alternate materials, except:
   a. Baking soda.
   b. Corn cob granules.
   c. Nut shells
   d. Recycled plastic.

14. In areas with frequent inclement weather, the APP shall include discussion of:
   a. Severe weather triggers to alert the SSHO to monitor weather triggers.
   b. Training on severe weather precautions and actions.
   c. Identified area of retreat, preferably a substantial building.
   d. All of the above.

15. In hot environments, all of the following guidelines shall be followed to prevent heat related injury, except:
   a. Establish a buddy system to encourage fluid intake, and watch for symptoms of heat related injury.
   b. Sports drinks such as Gatorade shall be provided to all employees.
   c. Individuals not acclimatized to the heat shall be allowed additional breaks, with period and number as determined by the SSHO.
   d. SSHO shall monitor individuals who have had previous heat related injuries, are known to be on medication, or have signs of having consumed large amount of alcohol in the previous 24 hours.

16. Smoking is prohibited inside all DOD vehicles, aircraft, and vessels, but allowed in some work buildings.
   a. True
   b. False
Section 7: Lighting

1. Minimal acceptable lighting for general indoor work is:
   a. 5 foot candles
   b. 10 foot candles
   c. 25 foot candles
   d. 50 foot candles
   e. None of the above

2. Means of egress shall be illuminated, with emergency and non-emergency lighting, to provide a minimum of ____________ measured at the floor.
   a. 0.5 foot candles
   b. 1 foot candle
   c. 5 foot candles
   d. 10 foot candles
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Section 8: Accident Prevention Signs, Tags, Labels, Piping System Identification, and Traffic Control

1. Construction areas shall be posted with legible traffic signs at points of hazard in accordance with:
   a. EM385.
   b. The contract specification.
   c. OSHA.

2. Manual (hand) signals may be used when the distance between the operator and signal person is not more than _____.
   a. 50 feet (15 m)
   b. 25 feet (7.5 m)
   c. 100 feet (30.4 m)
   d. 10 feet (3 m)

3. All barricades, warning signs, lights, temporary signals, other devices, flagmen, and signaling devices shall ____________.
   a. Meet the requirements of the local base safety office
   b. Meet or exceed the minimum requirements of the local DOT requirements.
   c. Comply with ANSI 104-7
   d. Be used only when there is pedestrian and private motor vehicle traffic through the construction site.

4. Which of the following shall be erected before any roads are closed?
   a. Barricades
   b. Danger, warning and detour signs as required.
   c. Guard rails
   d. Both A and B.
   e. None of the above.
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Section 9: Fire Prevention and Protection

1. For fire protection and prevention, the government designated authority shall survey all activities and determine which ones require a ________________.
   a. Outage permit
   b. Confine space permit
   c. Hot work permit
   d. Electrical permit

2. All burning shall be:
   a. Coordinated with agencies responsible for monitoring fire potential in the area
   b. Done in areas established after coordination with the designated authority
   c. Done in areas that are in compliance with Federal, State, and Local regulations and guidelines
   d. Patrolled by a sufficient force to control the burning operations until the last embers have been extinguished.
   e. All of the above

3. At least one portable fire extinguisher having a rating of not less than 40-B-C shall be located within ____ feet of each pump, dispenser, underground fill pipe opening, and lubrication or service area at each service or refueling area.
   a. 50
   b. 100
   c. 125
   d. 150
   e. 200

4. No flammable liquid with a (closed cup test) flash point below __________ shall be used for cleaning purposes or to start or rekindle fires.
   a. 73° F
   b. 100° F
   c. 120° F
   d. 145° F
   e. 212° F
5. Ventilation adequate to prevent the accumulation of ____________ to hazardous levels shall be provided in all areas where flammable and combustible liquids are handled or used.
   a. Flammable gases
   b. Flammable vapors
   c. Combustible materials
   d. Combustible gases

6. Safety cans and other portable containers of flammable liquids having a flash point at or below 73° F (22.8° C) shall:
   a. Be painted red with a yellow band around the can
   b. Be painted yellow with red diagonal stripes around the can
   c. Have the name of the contents legibly indicated on the container
   d. Both a and c
   e. Both b and c

7. Transfer of flammable liquids in containers in excess of __ gallons shall be done only when the containers are electrically bonded.
   a. 1
   b. 3
   c. 5
   d. 10
   e. 12

8. Each temporary heating device shall have a safety data plate permanently affixed.
   a. True
   b. False
9. Fire hoses shall be inspected:
   a. At least annually and after each use
   b. Bi-annually
   c. Quarterly
   d. Monthly
   e. At least monthly and after each use

10. In all structures in which standpipes are required, or where standpipes exist in structures being altered:
    a. They shall be provided with fire department connections on the outside of the structure at the street level, which shall be conspicuously marked
    b. There shall be at least one standard hose outlet at each floor
    c. They shall be brought up as soon as practical and shall be maintained as construction progresses that they are always ready for protection use.
    d. A and b
    e. None of the above

11. Fire extinguishers shall be in __________, and __________shall be suitably placed, distinctly marked, and readily accessible.
    a. Fully charged
    b. Operable condition
    c. Stored in a dust proof box
    d. A & b

12. In any instances when combustible materials have been exposed to fire hazards a fire watch shall be assigned to remain for at least one hour after the exposure has ended.
    a. True
    b. False
Section 10: Welding & Cutting

1. Employees performing welding, cutting, and heating work shall be protected by PPE appropriate for the hazards that they may encounter, and:
   a. Based upon an AHA specifically for the hot work operation they will be performing.
   b. Including safety glasses and hearing protection.
   c. Have flameproof welder’s shoes.
   d. Keep water nearby in case their shirt catches on fire.

2. When doing oxyfuel welding, torches shall be lighted by ____________.
   a. Candle
   b. Friction lighter
   c. Matches
   d. From hot work
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Section 11: Electrical

1. Employees performing electrical work shall be Qualified Personnel with verifiable credentials consisting of State, National and/or Local Certifications or Licenses that a Master or Journeyman Electrician may hold, depending on work being performed, and:
   a. Must be laminated.
   b. Must be renewed every six months.
   c. Should be identified in the appropriate AHA.
   d. Should be signed by the project manager.

2. If it is determined that equipment must be worked on in an energized condition, the contractor shall submit an energized work plan, containing eight specified items, including all of the following except:
   a. Justification why work must be performed in energized condition.
   b. Electrical shock analysis and safe boundaries.
   c. Evidence of completing job briefing.
   d. Photographs of equipment being worked on.

3. The number of workers sufficient to perform an electrical job safely and provide a safe working environment shall be determined by:
   a. The SSHO.
   b. The Electrical Qualified Person.
   c. The project manager.
   d. The electrical engineer.

4. Arc Flash protective measures for personnel working on or near exposed electrical equipment operating at 50 volts or more includes:
   a. PPE garments in accordance with ASTM 172.
   b. No metal jewelry.
   c. Arc Flash signage and labeling.
   d. B and C.
5. The vertical clearance of temporary wiring above walkways shall not be less than _________ feet for circuits carrying _________ volts or less.
   a. 5 & 750
   b. 10 & 600
   c. 10 & 1,000
   d. 15 & 500
   e. 15 & 750

6. Operations adjacent to overhead 50 KV lines are prohibited unless:
   a. Power has been shut off and positive means taken to prevent the lines from being de-energized
   b. A 4-foot clearance is maintained
   c. A 10-foot clearance is maintained
   d. A 6-foot clearance is maintained

7. Crane operations adjacent to overhead 50 KV lines are prohibited unless:
   a. Power has been shut off and positive means taken to prevent the lines from being energized.
   b. A 15 ft clearance is maintained.
   c. A 10 ft clearance is maintained.
   d. Either a or c
8. Location of electrical equipment and wiring in a room where fuels or solvents are not normally present but could accidentally exist is a hazardous location
__________________.
   a. Class IV.
   b. Class III Division 1.
   c. Class II Division 2.
   d. Class I Division 2.

9. Requirements detailed in ______ shall be followed when placing and removing protective grounds.
   a. OSHA
   b. the contract specification
   c. NEC
   d. NFPA

10. Before climbing poles, ladders, scaffolds or other elevated structures an inspection shall determine that:
   a. The structures are capable of sustaining the additional or unbalanced stresses to which they will be subjected.
   b. Employees are wearing fall protection harnesses.
   c. Climbing devices meet NFPA standards.
   d. All of the above

11. A ground lead, to be attached to either a tower ground or driven ground, shall be capable of conducting the anticipated fault current and shall have minimum conductance of:
   a. No. 2/0 AWG copper
   b. No. 0 AWG copper
   c. No. 2 AWG copper
   d. No. 4 AWG copper
   e. No. 4A copper weld
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Section 12: Control of Hazardous Energy

1. A contractor’s Hazardous Energy Control Plan (HECP) must comply with:
   a. EM385 Section 12.
   b. 1910.147
   c. ANSI Z244.1 and A10.44
   d. All of the above.

2. For areas accessible by the public, hazardous energy must be controlled by a system of tagout devices.
   a. True
   b. False

3. During shift and/or personnel changes, provisions shall be made to ensure the continuity of lockout/tagout protection by including the following in the HECP:
   a. Procedural steps and responsibilities for transfer of clearances when and if necessary.
   b. Procedural steps and responsibilities for Multi-Shift Safe Clearances.
   c. Procedural steps and responsibilities for turning over tools to your relief.
   d. A and B.
Section 13: Hand and Power Tools

1. Power tools designed to accommodate guards shall be equipped with guards when in use.
   a. True
   b. False

2. When working with any power tool, _________ shall NOT be worn.
   a. Personal protective equipment
   b. Loose and frayed clothing
   c. Dangling jewelry
   d. Safety equipment
   e. Both b and c

3. All portable, power driven circular saws shall:
   a. Be equipped with guards above and below the base plate or shoe.
   b. Be double insulated.
   c. Be equipped with anti-kickback devices.
   d. Be equipped with sawdust collector

4. Radial arm power saws shall be equipped with a ____________.
   a. Automatic brake
   b. Automatic vacuum
   c. Laser guided line
   d. Depth gage
5. For pneumatic tools, __________ shall be provided at connections between tool and hose and at all quick makeup type connections.
   a. Duct tape.
   b. A welded fitting
   c. Safety lashing
   d. A threaded fitting

6. A __________, for explosive-actuated tools, is one who has been trained by an authorized instructor (one who has been trained, authorized, and provided an authorized instructor’s card by the tool manufacturer or by an authorized representative of the tool manufacturer).
   a. Qualified operator
   b. Authorized user
   c. Skilled person
   d. None of the above

7. Explosive actuated tools shall be inspected, thoroughly cleaned, and tested after each __________ fastenings.
   a. 100
   b. 500
   c. 1000
   d. 2500
   e. 5000

8. A chain saw must never be used to cut at a height:
   a. Above the operator's waist
   b. Below the operator's knees
   c. Above the operator's shoulders
   d. Above the operator’s shoulders, except when using both hands
   e. Over the operator’s head, except when using both hands
9. When using a power driven nailer on roofing materials, it may be operated in the contact trip mode only when allowed by the manufacturer, and when

a. The operator has secure footing.
b. The contractor’s insurance premium is paid up.
c. The nailer is set for full automatic.
d. The materials are already glued to the roof.
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Section 14: Material Handling, Storage, and Disposal

1. Where the movement of materials may be hazardous to persons, __________ or other devices shall be used to control the loads being handled by hoisting equipment.
   a. Taglines
   b. Banding
   c. Cradles
   d. None of the above

2. Reusable lumber shall:
   a. Be stacked a minimum of 10 feet high
   b. Be piled in a corner
   c. Have all nails withdrawn before it is stacked for storage
   d. Both a and b
   e. All of the above

3. Stored lumber to be handled manually shall be stacked not more than ________ feet high.
   a. 8
   b. 12
   c. 16
   d. 20

4. Bagged materials shall be stacked by stepping back the layers and cross keying the bags at least every __________ bags high.
   a. 3
   b. 5
   c. 7
   d. 10
   e. 12
5. Pipe, unless racked, shall not be stacked higher than _________ feet.
   a. 4
   b. 5
   c. 6
   d. 7
   e. 8

6. Work areas shall be inspected ____ for adequate housekeeping and findings shall be recorded.
   a. Weekly
   b. Daily
   c. Twice weekly
   d. Monthly
Section 15: Rigging

1. Hoist rope shall not be wrapped around the load.
   a. True
   b. False

2. When hoisting loads, __________ shall be used to secure the load and rigging.
   a. A positive latching device
   b. Only alloyed chain
   c. Hooks, shackles, and rings
   d. None of the above

3. Any worker engaged in duties and performance of rigging shall be a Qualified Rigger, meeting all of the following requirements, except:
   a. Be at least 18 years of age.
   b. Attended OSHA rigging school.
   c. Be able to communicate effectively with the crane operator, the lift supervisor, flagman, and affected employees on site.
   d. Have basic knowledge and understanding of equipment operating characteristics, capabilities, and limitations.

4. A multiple lift is considered a critical lift requiring a critical lift plan, and may be used for the following purposes:
   a. Dredging.
   b. Pile Driving.
   c. Erecting/Placing Structural steel.
   d. Lifting materials over three stories.

5. Wire rope clips attached with the U-bolts should have the U-bolts on the dead or short end of the rope.
   a. True
   b. False
6. Slings, their fittings and fastenings shall be inspected:
   a. Prior to use on each shift
   b. Daily
   c. Weekly
   d. As necessary during use
   e. A and d

7. The employer shall have each synthetic web sling marked or coded to show
    ________.
   a. Name or trademark of the manufacturer
   b. Rated capacity for the type of hitch
   c. Type of material
   d. All of the above
Section 16: Cranes and Hoisting Equipment

1. The following are acceptable crane operator qualifications/certifications:
   a. Qualification by a professional source that qualifies crane operators.
   b. Current certification by an accredited testing organization.
   c. Manufacturer’s training course.
   d. a and b.

2. Before using a crane that has been idle for between one and six months, perform the following inspection:
   a. Initial Inspection
   b. Periodic Inspection.
   c. Start up inspection.
   d. Frequent inspection.

3. Load test of crawler, truck and wheel mounted cranes shall demonstrate the strength, stability capability and adequacy of power, brakes, clutches and control to safely maneuver ________ percent of the anticipated load.
   a. 100
   b. 110
   c. 125
   d. 150
   e. 200

4. Whenever any machinery or equipment is found to be unsafe, the equipment shall be immediately taken out of service.
   a. True
   b. False
5. Wire rope that has contacted a live power line___________.
   a. Is a Category I discrepancy
   b. Cannot be repaired.
   c. Is a Category III discrepancy.
   d. b and c.

6. Crane Category I operational aids include:
   a. Boom angle or radius indicator.
   b. Anti two blocking (A2B) device.
   c. Boom length indicator.
   d. None of the above.

7. Operational performance tests of cranes shall be conducted:
   a. Every time a crane is reconfigured
   b. Every year
   c. Every time a crane is brought onto a USACE project
   d. Before initial use of a crane after the clutch has been replaced
   e. All of the above

8. Crane critical lift plans are required for all of the following except:
   a. Lifts of piles greater than 100 feet long.
   b. Lifts made with more than one crane.
   c. Lifts where the center of gravity could change.
   d. Lifts when the load weight is 75% of the rated capacity.
Section 18: Motor Vehicles

1. Commercial cargo vehicles or trucks must use a backup alarm at all times.
   a. True
   b. False

2. At night all vehicles carrying loads which project beyond the sides or beyond the rear of the vehicle shall:
   a. Be prohibited from driving on public roads
   b. Carry a red light at or near the end of the projection
   c. Carry a red flag at or near the end of the projection
   d. Carry a flashing yellow light at or near end of projection
   e. None of the above

3. When a bus, truck, or truck-trailer combination is parked or disabled on a highway or the adjacent shoulder during the daytime, only red flags shall be displayed.
   a. True
   b. False

4. Every motor vehicle shall be equipped with:
   a. Speedometer
   b. Audible warning device
   c. Windshield with wipers
   d. Items a and b
   e. Items a, b and c
5. Mechanized equipment is intended for use on construction sites, and not for operations on public highways. Such mechanized equipment must meet all of the following requirements except:
   a. Have safety glass in windshields, windows, and doors.
   b. Have an operable fuel gage.
   c. Have non-slip surfaces on steps.
   d. Have fall protection tie off points.

6. Truck passengers may remain in the cab during loading operations when equipped with a ______.
   a. Cab protector
   b. Hard hat
   c. Both a and b
   d. None of the above
Section 21: Fall Protection

1. Workers shall be provided fall protection only when they are exposed to fall of 20 feet or more.
   a. True
   b. False

2. The first control measure (hierarchy of controls) to be used to abate fall hazards is ________.
   a. Work Platforms
   b. Prevention
   c. Elimination
   d. Administrative Controls

3. When applicable, a Site Specific Fall Protection and Prevention Plan should be submitted with the APP, and should be updated:
   a. When conditions change.
   b. Quarterly.
   c. At least every six months.
   d. A and c.

4. The use of a controlled access zone as a ____________ method is prohibited.
   a. Confined space safety
   b. Rest area
   c. Fall protection
   d. Working platform
5. A standard guardrail system shall be proved with toe boards _____________.
   a. At all open sides/end locations where persons and material are required or
      permitted to pass or work under the elevated platform or where needed to
      prevent persons from falling from the elevated platform.
   b. At all stairs where persons may fall.
   c. On all scaffolds and work platforms.
   d. Only as required by the contractors’ competent person.

6. Toe boards shall withstand without failure a force of ______ applied in an
   outward or downward direction at any point along the toe board.
   a. 25 lbs (11.5 kg)
   b. 50 lbs (23 kg)
   c. 75 lbs (44.5 kg)
   d. 100 lbs (46 kg)

7. The top rail of a guardrail may be made of wire rope if tension is maintained to
   provide not more than __________ inches deflection under a 200-pound weight.
   a. 2
   b. 3
   c. 4
   d. 5
   e. none of the above

8. Standard guardrails systems must be provided with toe boards on all open sides
   and ends at locations where persons are required or permitted to pass or work
   under the work platform.
   a. True
   b. False
9. A standard railing shall have a vertical height of approximately:
   a. 24 inches
   b. 30 inches
   c. 36 inches
   d. 42 inches
   e. 48 inches

10. Hole covers should be capable of supporting, without failure, ________ weight of the worker, equipment and material combined.
    a. The estimated
    b. One and a half times
    c. At least twice
    d. None of the above

11. Personal fall protection equipment and systems includes all of the following, except:
    a. Fall arrest systems.
    b. Positioning systems.
    c. Guardrail systems.
    d. Restraint systems.

12. Personal fall protection equipment shall be inspected by the end user prior to each use to determine that it is in safe working condition. A competent person for fall protection shall inspect the equipment at least once semi-annually and whenever subjected to a fall or impacted. Defective equipment shall be immediately ________.
    a. Tagged for further testing
    b. Used for positioning and not as primary fall protection equipment
    c. Brought to the competent persons attention for evaluation
    d. Removed from service and replaced
13. For workers with a body weight less than ________, a specially designed PFAS harness and also a specially designed energy absorbing lanyard shall be utilized which will properly deploy if this person were to fall.
   a. 110 lbs.
   b. 130 lbs.
   c. 150 lbs.
   d. 170 lbs.

14. A personal fall arrest system shall be rigged such that a worker neither free fall more than ______ feet, nor contact any lower level or other physical hazard in the path of the fall.
   a. 6
   b. 8
   c. 10
   d. 12

15. Ropes, straps, and webbing used in PFAS lanyards shall be made from ________.
   a. Manila fibers
   b. Sisal fibers
   c. Synthetic fibers
   d. All of the above

16. Vertical lifelines shall have a minimum tensile strength of __________ pounds except that self-retracting lifelines and lanyards which automatically limit free fall distance of 2 feet or less shall have a minimum tensile strength of __________ pounds.
   a. 4,400 & 4,000
   b. 4,650 & 5,000
   c. 4,800 & 3,000
   d. 5,000 & 3,000
   e. 5,400 & 3,500
17. A ladder climbing device is a sleeve or cable/rope attached to a fixed ladder over 
_______ feet. The free fall distance when using an LCD shall not exceed 
_______ feet.
   a. 20, 5
   b. 30, 5
   c. 20, 2
   d. 30, 2

18. A restraint system shall be used with scissor lifts when:
   a. At all times
   b. The lift is equipped with a manufactured anchorage
   c. Working over six feet
   d. It is never required

19. A warning line system shall consist of _____ , _____ , or _____ supported by 
stanchions, and shall be erected around all sides of the work area.
   a. Wires or rope
   b. Chains
   c. Construction tape
   d. A & b.

20. When workers are working at heights and using fall protection equipment, the 
following requirement(s) shall be met:
   a. A rescue plan providing for self rescue and assisted rescue procedures
   b. Rescue anchorages
   c. Spotter or buddy system
   d. All of the above
21. When working over or near water where the distance from the walking/working surface to the water’s surface is less than ______ feet and the water depth is less than ______ feet, or other hazards are present, fall protection shall be required and PFDs are not required.

a. 20; 20  
b. 25, 10  
c. 20, 15  
d. 15, 10
Section 22: Work Platforms and Scaffolding

1. Ladders may not be used as work platforms when lifting heavy materials.
   a. True
   b. False

2. Contractors shall use a scaffold tagging system, with color coded tags, which are readily visible, withstand the environment, and include:
   a. The project manager’s name
   b. The expiration date
   c. The competent person’s name and signature
   d. All of the above

3. Anyone involved in erecting, disassembling, moving, operating, using, repairing, maintaining or inspecting a scaffold shall:
   a. Have completed a ten hour OSHA class in scaffolding
   b. Be a Competent Person
   c. Be trained by a Competent Person
   d. Have one year experience on the brand of scaffolding

4. Scaffold planks shall be maintained in good condition, and shall not be used when:
   a. Cracks exceed 1.5 times the width of the board
   b. The plank has saw kerfs
   c. A & b
   d. None of the above
5. When scaffold end frames are designed to be used as a ladder, or where bolted on ladders are used, the maximum height will be limited to __________ unless fall protection is used.
   a. 10 feet
   b. 15 feet
   c. 20 feet
   d. 25 feet

6. When operating an aerial lift:
   a. The manufacturer’s operating manual shall be in or on the vehicle.
   b. Lift controls shall be tested each day prior to use.
   c. Wheels shall be chocked on an incline.
   d. All of the above.

7. No more than __________ shall be permitted at one time upon a pump jack scaffold between any two supports.
   a. 1 person
   b. 2 persons
   c. 3 persons
   d. 1 person per 250 pounds of designed working load
   e. None of the above
Section 23: Demolition

1. Prior to initiating demolition activities the following shall be accomplished by a registered professional engineer:
   a. Engineering survey
   b. Fall protection plan
   c. Demolition plan
   d. A and C

2. Prior to starting demolition the following is required:
   a. An engineering survey
   b. An asbestos survey
   c. A demolition plan
   d. All of the above
   e. A and B

3. During demolition, all material chutes, or sections thereof, at an angle of more than ____________ from the horizontal shall be enclosed, except for openings equipped with closures at or about floor level for the insertion of materials.
   a. 30 degrees
   b. 45 degrees
   c. 60 degrees
   d. None of the above
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Section 24: Safe Access Ladders, Openings, Stairs and Railing Systems

1. The width of access ways shall not be less than:
   a. 18 inches
   b. 24 inches
   c. 36 inches
   d. 42 inches
   e. 48 inches

2. When working on roofs, access points and storage areas shall:
   a. Be locked for security.
   b. Be protected from the weather.
   c. Be connected to the work area by an access path formed by two warning lines.
   d. None of the above.

3. The maximum length of portable step ladders shall not exceed ________.
   a. 8 ft (2.4 m)
   b. 12 ft (3.6 m)
   c. 18 ft (5.5 m)
   d. 20 ft (6 m)

4. On portable ladders, spacing of rungs shall be ________ on center and uniform.
   a. 12 inches
   b. 8 to 14 inches
   c. No more than 15 inches
   d. No less than 10 inches
5. Wood ladders shall not be coated with any opaque covering, except for identification or warning labels which may be placed on only one face of a side rail.
   a. True
   b. False.

6. When setting up a ladder, the step across distance from the nearest edge of the ladder to the nearest edge of equipment or structure shall be not more than _______ inches, or less than _______ inches.
   a. 10; 5
   b. 12; 2.5
   c. 15; 7
   d. 12; 6

7. Portable ladders shall be used at such a pitch that the horizontal distance from the top support to the foot of the ladder will not be greater than __________ the vertical distance between these points.
   a. 1/4
   b. 1/5
   c. 1/6
   d. 1/7
   e. None of the above

8. Broken or damaged ladders shall:
   a. Have temporary repairs made by the worker with bailing wire and duct tape
   b. Be painted and returned to service
   c. Always be immediately destroyed
   d. Be removed immediately from service and destroyed or properly repaired
   e. None of the above
9. Portable ladders used as means of access to ascend and descend to a work location do not require fall protection. Under no conditions may work of any kind be performed on portable ladders unless fall protection is provided.
   a. True
   b. False

10. The height of handrails shall be not more than ____ inches nor less than _____ inches from upper surface of handrail to surface of tread, in line with face of riser or to surface of ramp.
    a. 38, 34
    b. 34, 30
    c. 36, 32
    d. 35, 31

11. Every hatchway and chute floor opening shall be guarded by a __________ cover. The opening shall be barricaded with railings so as to leave only one exposed side; the exposed side shall be provided either with a swinging gate or so offset that a person cannot walk into the opening.
    a. Steel
    b. Plywood
    c. Hinged floor-opening
    d. None of the above.

12. Non load bearing skylights shall be guarded by any of the following, except:
    a. A load bearing skylight screen.
    b. A cover.
    c. A safety monitor.
    d. A railing system along all exposed sides.
13. On all structures 20 ft (6 m) or more in height, ______ shall be provided during construction.
   a. Portable ladders
   b. Fixed ladders
   c. Stairways
   d. Elevators

14. Standard stair railings or standard handrails are required on every flight of stairs with four or more risers rising more than 30 inches.
   a. True
   b. False

15. Inclined ramps shall have traverse cleats applied to the working surface where:
   a. The incline exceeds 1 foot in a 5 foot run
   b. The incline exceeds 1 foot in a 10 foot run
   c. The incline exceeds 2 foot in a 20 foot run
   d. Any inclined ramp is used inclined ramps never need traverse cleats

16. Vehicle ramps, trestles, and bridges on which foot traffic is permitted shall be provided with a walkway and guardrail outside the roadway.
   a. True
   b. False
Section 25: Excavations and Trenching

1. When persons will be in or around an excavation, a competent person shall inspect the excavation, the adjacent areas, and protective systems at various times, including daily, before each work shift, as needed throughout the work shifts, and ____________.
   a. During lunch break.
   b. After other events that could increase hazards.
   c. At the end of the shift.
   d. None of the above.

2. For shield or support systems used in trench excavations, excavation of earth material below the bottom of the support system or shield shall be permitted:
   a. To a level no greater than 2 feet below the bottom of the shield/support
   b. If the shield/support is designed to resist the forces calculated for the full depth of the trench
   c. There is no indication of a possible loss of soil from below or behind the bottom of the shield/support
   d. All of the above

3. For excavations or trenches greater than ________ in depth, both an AHA and a written plan must be submitted. Less than that depth, an AHA is required, but a plan is optional.
   a. 3 feet
   b. 5 feet
   c. 7 feet
   d. 9 feet
4. Where excavations are to be performed in areas known or suspected to be contaminated with explosives, unexploded munitions, or military ordinance, surface and sub-surface clearance by qualified explosive ordinance disposal (EOD) personnel shall be accomplished prior to excavation work.
   a. True
   b. False

5. A competent person shall inspect the excavation, adjacent areas, and protective systems daily, before each work shift, and:
   a. When requested by the project manager.
   b. When there is a change in the size, location, or placement of the spoil pile.
   c. After any event resulting in increased hazards.
   d. B & C

6. When access to excavations in excess of _______ ft in depth is required, ramps, stairs, or mechanical personnel hoists shall be provided.
   a. 6
   b. 10
   c. 20
   d. 22

7. Employees shall not work in excavations in which there is accumulated water or in which water is accumulating, ___________.
   a. Unless the depth of the water and the condition of the trench sides look safe
   b. Unless the water hazards posed by accumulation are controlled
   c. Unless a Activity Hazard Analysis allows entry
   d. None of the above
8. Excavated material shall be placed at least __________ from the edge of an excavation or shall be retained by devices that are sufficient to prevent the materials from falling into the excavation. In any case, material shall be placed at a distance to prevent excessive loading on the face of the excavation.
   a. 2 ft (0.6 m)
   b. 3 ft (0.9 m)
   c. 14 ft (2 m)
   d. 5 ft (1.5 m)

9. Protection shall be provided to prevent personnel, vehicles, and equipment from falling into excavations. What class of perimeter protection is required for excavations exposed to members of the public or vehicles, or equipment?
   a. Class I
   b. Class II
   c. Class III
   d. None of the above

10. Where personnel are required to enter excavations over ______ in depth, sufficient stairs, ramps, or ladders shall be provided to require no more than _______ of lateral travel.
    a. 8 feet, 20 feet
    b. 4 feet, 20 feet
    c. 8 feet, 25 feet
    d. 4 feet, 25 feet

11. For excavations less than 20 feet in depth, the maximum slope shall be 1-1/2 horizontal to 1 vertical.
    a. True
    b. False
12. The removal of trench supports from trench excavations should progress:
   a. From the bottom of the trench up
   b. From the top of the trench down
   c. Together with the back lifting of the whalers
   d. Downwind
   e. None of the above
1. Powered and rotating concrete troweling machines that are manually guided shall be equipped with a control switch that will automatically shut off power whenever the operator removes his hands from the equipment handles.
   a. True
   b. False

2. The planning and design of formwork and shoring shall be in accordance with the provisions of the most recent edition of American Concrete Institute Publication ACI 347, Guide to Formwork for Concrete.
   a. True
   b. False

3. Precast concrete operations shall:
   a. Be planned and designed by a registered professional engineer.
   b. Have plans with detail instructions and sketches indicating prescribed method of erection.
   c. Require five days advance notice before starting work.
   d. All of the above
   e. A and B

4. A steel erection contractor shall not erect steel unless it has received written notification that the concrete in the footings has attained:
   a. Sufficient strength to support the loads imposed during steel erection.
   b. 75% of the intended minimum compressive design strength.
   c. A really, really hard surface
   d. A & B
   e. A, B, & C

5. Before erection of any structural steel, a Steel Erection Plan submitted and approved by the competent person will be submitted.
   a. True
   b. False
6. Each employee engaged in a steel erection activity who is on a walking/working service with an unprotected side or edge more than ______ above a lower level shall be protected from fall hazards by guardrail systems, safety net systems, engineered fall protection systems, personal fall arrest systems, positioning or restraint systems.
   a. 6 ft (1.8 m)
   b. 8 ft (2.4 m)
   c. 12 ft (3.6 m)
   d. 18 ft (5.5 m)

7. A limited access zone shall be established whenever a masonry wall is being constructed. The limited access zone shall be:
   a. Equal to the height of the wall to be constructed plus 4 feet.
   b. Be established on the side of the wall with the scaffold.
   c. Be restricted to contractor employees.
   d. All of the above.

8. Prior to the start of roof work, a structural analysis of the roof shall be conducted by a ________ to assure that the load capacity of the roof deck will not be exceeded.
   a. Competent Person
   b. Qualified Person
   c. Registered Professional Engineer
   d. CHST

9. For roof work on all roofs greater than ______ feet in height, a hoisting device, stairways, or progressive platforms shall be furnished for supplying materials and equipment.
   a. 12
   b. 16
   c. 18
   d. 20
10. Materials may not be stored within 6 feet of a roof edge unless:
   a. Guard rails are erected at the roof edge.
   b. The materials weigh less than 500 pounds.
   c. The area directly below the roof marked with warning lines.
   d. The materials are used the same day.

11. Before roofing work begins, a competent person shall complete a daily inspection of each job site.
   a. True
   b. False
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Section 34: Confined Space Entry

1. One of the four conditions for a ______________ is that a confined space contains a material that has the potential for engulfing an entrant.
   a. NPRCS
   b. PRCS
   c. CSCP
   d. LSMFT

2. A confined space is a space that:
   a. Is large enough and so configured that a person can bodily enter and perform assigned work.
   b. Has limited or restricted means for entry or exit.
   c. Is not designed for continuous employee occupancy.
   d. all of the above

3. Duties of the confined spaces competent person include all of the following except:
   a. Identify and label all confined spaces at the jobsite.
   b. Develop a site specific confined space program.
   c. Perform physical exams of all personnel exiting PRCS.
   d. Develop or establish rescue and emergency services for PRCS entry.

4. All of the following elements shall be addressed in a confined space program, except:
   a. Worker’s height and dimensions
   b. Conditions for safe confined space entry
   c. Equipment to be used for confined space entry
   d. Procedures for evaluating PRCS conditions when entry is conducted
5. Each facility AND each activity that has a permit-required confined space (PRCS) shall meet the confined space program elements found in EM-385-1-1
   
   a. True
   
   b. False