OSHA 500 Master Review Test

48 questions • Course-collected study answers

Note: These are course-collected study answers. They have not all been independently verified against current OSHA rules or Outreach Training Program requirements.

1. How many required instructional hours are needed for OSHA 10-hour Construction Outreach training?

A. 4 hours

B. 6 hours ✓

C. 8 hours

D. 10 hours

2. What is the minimum Focus Four instructional time in OSHA 30-hour Construction Outreach training?

A. 4 hours

B. 5 hours

C. 6 hours ✓

D. 8 hours

3. What is the minimum time required for Falls in OSHA 30-hour Focus Four instruction?

A. 30 minutes

B. 60 minutes

C. 90 minutes ✓

D. 120 minutes

4. How many elective topics are required in OSHA 10-hour Construction Outreach training?

A. 1 topic

B. 2 topics ✓

C. 3 topics

D. 4 topics

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5. What is the minimum instructional time per elective topic?

A. 15 minutes

B. 30 minutes ✓

C. 45 minutes

D. 60 minutes

6. How is the OSHA Outreach Training Program classified?

A. Mandatory program

B. Voluntary program ✓

C. Licensing program

D. Certification program

7. What percentage of the original class must a student complete to qualify for makeup training?

A. 25%

B. 40%

C. 50% ✓

D. 75%

8. Who must receive the OSHA Outreach completion card from the trainer?

A. Employer

B. Student ✓

C. Project manager

D. Safety director

9. Who issues Outreach completion cards to authorized trainers?

A. OSHA Area Office

B. OSHA Regional Office

C. Authorizing Training Organization ✓

D. Employer's safety department

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10. How does an ATO help ensure Outreach Training Program compliance?

A. Employee evaluations

B. Monitoring and auditing ✓

C. Jobsite inspections

D. OSHA citation reviews

11. How often must a primary trainer complete and sign a Statement of Certification?

A. Every year

B. Every class ✓

C. Every two years

D. Every four years

12. Which required topic covers worker rights, employer responsibilities, and OSHA complaints?

A. Focus Four Hazards

B. Hazard Communication

C. Introduction to OSHA ✓

D. Personal Protective Equipment

13. Who must stay current with industry standards and safety procedures?

A. Students

B. Employers

C. Authorized Outreach trainer ✓

D. Training administrator

14. How long must authorized trainers retain required Outreach training records?

A. 1 year

B. 3 years

C. 5 years ✓

D. 10 years

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15. How long after a class ends does the trainer have to submit the OTPR and card request?

A. 7 calendar days

B. 15 calendar days

C. 30 calendar days ✓

D. 60 calendar days

16. How many hours of required-topic instruction are needed in OSHA 30-hour Construction Outreach training?

A. 6 hours

B. 12 hours

C. 14 hours ✓

D. 16 hours

17. What must an Outreach trainer develop to ensure a thorough and effective class?

A. Student evaluation

B. Topic outline

C. Training plan ✓

D. Completion certificate

18. How should a trainer arrange the classroom to encourage participation?

A. Traditional lecture rows

B. Comfortable, interactive setting ✓

C. Silent individual seating

D. Restricted discussion setting

19. Which instructional method best encourages active student engagement?

A. Instructor lectures

B. Independent reading

C. Hands-on activities ✓

D. Recorded presentations

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20. Which term is permitted when advertising OSHA Outreach training?

A. OSHA-certified

B. OSHA-approved

C. OSHA-authorized ✓

D. OSHA-licensed

21. Which professional certifications may qualify for a two-year substitution toward the five-year construction safety experience prerequisite?

A. OSHA 10 or OSHA 30

B. ASP or CHST

C. CSP or CIH ✓

D. CPR or First Aid

22. What does sharing a trainer's personal experience help demonstrate?

A. Instructor authority

B. Topic relevance ✓

C. Certification status

D. Course completion

23. Which statement must an authorized Outreach trainer sign every four years?

A. Statement of Certification

B. Statement of Compliance ✓

C. Statement of Completion

D. Statement of Qualification

24. What is the deadline for completing eligible makeup training, measured from the original class start date?

A. 30 days

B. 60 days

C. 90 days

D. 180 days ✓

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25. What is the minimum Outreach class size without an approved exception?

A. 1 student

B. 2 students

C. 3 students ✓

D. 5 students

26. How do OSHA and ATOs verify Outreach Training Program compliance?

A. Written examinations

B. Employee evaluations

C. Monitoring and auditing ✓

D. Monthly certifications

27. What is the minimum time required for each elective topic?

A. 15 minutes

B. 30 minutes ✓

C. 45 minutes

D. 60 minutes

28. What is the minimum required-topic instructional time for OSHA 10-hour Construction Outreach?

A. 4 hours

B. 5 hours

C. 6 hours ✓

D. 8 hours

29. What is the minimum required-topic instructional time for OSHA 30-hour Construction Outreach?

A. 10 hours

B. 12 hours

C. 14 hours ✓

D. 16 hours

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30. True or False: CPR and First Aid training may count as an optional topic toward OSHA Construction Outreach instructional hours.

A. True

B. False ✓

31. True or False: Authorized Outreach trainers must maintain training records for five years, during which OSHA may audit them.

A. True ✓

B. False

32. What is the minimum number of elective topics required in OSHA 30-hour Construction Outreach?

A. 2 topics

B. 4 topics

C. 6 topics ✓

D. 8 topics

33. What is the minimum Focus Four instructional time in OSHA 30-hour Construction Outreach?

A. 4 hours

B. 5 hours

C. 6 hours ✓

D. 8 hours

34. What is the minimum instructional time required for Falls in OSHA 30-hour Focus Four training?

A. 30 minutes

B. 60 minutes

C. 90 minutes ✓

D. 120 minutes

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35. What decimal value represents one-half hour of instruction?

A. 0.25

B. 0.30

C. 0.5 ✓

D. 0.75

36. Which required topic teaches workers how to file an OSHA complaint?

A. Focus Four Hazards

B. Hazard Communication

C. Introduction to OSHA ✓

D. Personal Protective Equipment

37. Which activity demonstrates a participant-to-facilitator exchange?

A. Instructor gives a lecture

B. Students read independently

C. Student shares an experience with the class ✓

D. Students watch a video

38. What is the primary purpose of using visual aids during training?

A. Reduce instructional time

B. Replace practical exercises

C. Enhance student experience ✓

D. Eliminate group discussions

39. What is the maximum percentage of instructional time permitted for videos?

A. 10%

B. 20%

C. 25% ✓

D. 50%

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40. Who is an authorized Outreach trainer's primary point of contact?

A. OSHA Area Office

B. Department of Labor

C. Authorizing Training Organization (ATO) ✓

D. OSHA Regional Office

41. What is the minimum number of elective topics in OSHA 10-hour Construction Outreach?

A. 1 topic

B. 2 topics ✓

C. 3 topics

D. 4 topics

42. What is the minimum total elective instructional time in OSHA 10-hour Construction Outreach?

A. 1 hour

B. 2 hours ✓

C. 3 hours

D. 4 hours

43. How much instructional time is required for Foundations for Safety Leadership in OSHA 30-hour Construction Outreach?

A. 1 hour

B. 1.5 hours

C. 2 hours

D. 2.5 hours ✓

44. When documenting OSHA Outreach makeup training, what report should be submitted?

A. Updated original report

B. New Outreach Training Program Report ✓

C. Original and amended reports

D. No additional report

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45. Who is responsible for keeping Outreach records when the trainer teaches as a paid company employee?

A. Employer

B. Human Resources

C. Authorized Outreach trainer ✓

D. Authorizing Training Organization

46. True or False: Authorized trainers must keep copies of both the front and back of student completion cards.

A. True ✓

B. False

47. What is the maximum number of calendar days after class completion for submitting the Outreach Training Program Report?

A. 15 days

B. 20 days

C. 30 days ✓

D. 60 days

48. Which example describes stand-alone OSHA Outreach training?

A. Combined with orientation

B. Included in company training

C. Provided as a separate course ✓

D. Combined with certification training