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Safety Trained Supervisor (STS)

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Question: 1

Which of the following excavation hazard control systems involves the use of wales, sheeting, and struts?

- A. Benching
- B. Sloping
- C. Shoring
- D. Ramping

Answer: C

Explanation:

In excavations, a shoring system is a cave-in prevention system that uses physical elements to support the soil. The system is comprised of poles, wales, sheeting, and struts that hold back the belly of the excavation to reduce the risk of failure. Shoring is typically used when there is inadequate space for sloping or benching.

Question: 2

Which of the following is the practice or aspect of including individuals with different backgrounds and experiences?

- A. Inclusivity
- B. Segregation
- C. Diversity
- D. Sensitivity

Answer: C

Explanation:

Diversity is the practice of including individuals from different sub-groups into a larger collective. The sub- groups may share similar ethnicity, sexuality, economic status, or philosophy. Whereas inclusivity refers to equal access to resources and opportunities, diversity refers to having representation from multiple sub- groups.

Question: 3

Which of the following must be considered for excavations that are deeper than five (5) feet?

- A. Electrocutation from buried electrical lines

- B. Cave-ins
- Correct
- C. Hazardous atmospheres from underground gas lines
- D. Equipment falling into a trench

Answer: B

Explanation:

OSHA has identified cave-ins as the highest risk for workers in trenches. Cave-ins can trap a worker and prevent them from exiting, which can result in suffocation. If a trench exceeds five (5) feet in depth, the employer must implement protective measures to prevent cave-ins.

Question: 4

In excavation/trenching work, the natural angle that soil forms when it is piled or collapses is known as the:

- A. Angle of tangential stability.
- B. Angle of recoil.
- C. Angle of lattice.
- D. Angle of repose.

Answer: D

Explanation:

The angle of repose is defined as the steepest angle that excavated soil can be piled without the material sliding or falling.

Question: 5

According to OSHA, who is a competent person?

- A. The site safety officer, responsible for identifying hazards
- B. The most senior tradesman who is most familiar with procedure
- C. Someone authorized by an employer to correct and eliminate hazards
- D. A medical professional trained to identify and treat illnesses and injuries

Answer: C

Explanation:

OSHA defines a competent person as an individual who recognizes hazards and is authorized to correct them. Typically, a competent person has advanced training, knowledge, or experience in a specific area, such as scaffolding, lifting sling inspection, and explosives storage.

Question: 6

An employee who was pressured by a supervisor to increase production output suffers a hand injury on the mechanical press they were using. A possible root cause of the injury could be:

- A. Worker distraction
- B. Faulty interlock.
- C. Poor maintenance program.
- D. Improper PPE.

Answer: A

Explanation:

Distractions divert workers' attention from the risks posed by the job they are performing. When workers are focused on increasing production and working quickly, they become less focused on working safely. This inattention to safe work practices may cause them to slip, place their hands in machinery power zones, bypass guard systems, or otherwise put themselves in a position to get injured.

Question: 7

Which of the following is true of positioning device systems?

- A. These systems are required by OSHA to ensure support up to 100 pounds of gross weight.
- B. These systems are usually attached to lanyards or lifelines.
- C. Body harnesses or body belts are not parts of these systems.
- D. A worker is required to have one hand supporting and stabilizing the system during use.

Answer: B

Explanation:

Per 29 CFR 1910.140, positioning device systems are used in performing tasks that require one to use both hands on a vertical surface, such as elevated walls or window sills. Such systems consist of either a body harness or body belt and connectors.

Question: 8

Which of the following reduces the chances of a circuit acting as an ignition source?

- A. Installing insulators around transformer boxes
- B. Using LOTO devices
- C. Installing components subject to excessive resistance heating in climate-controlled areas
- D. Using short- to medium-length wiring

Answer: D

Explanation:

The longer an electric wire is, the greater the resistance that is built up along the length of the wire, resulting in the wire increasing in temperature. This can create a potential ignition source in the presence of combustible materials. The use of short- to medium-length wiring helps mitigate this hazard.

Question: 9

What is an interlock?

- A. An area in a decontamination zone
- B. A device that inhibits machine startup
- C. A LOTO device
- D. A device used to prevent access to a flammable cabinet

Answer: B

Explanation:

A safety interlock is a device that inhibits a machine from operating when the device is interrupted. For example, a saw might have a guard that, when removed, will cut the power to the machine via the interlock so that the saw will shut down or not start.

Question: 10

White finger syndrome results from excessive exposure to which of the following conditions?

- A. Excessive cold
- B. Excessive heat
- C. Vibrating tools
- D. Pinch points

Answer: C

Explanation:

White finger syndrome is the result of long-term exposure to vibrating hand tools. Vascular damage attributed to vibration exposure can result in blanching (a loss of color in the digits), numbness, loss of grip strength, and loss of dexterity.



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