

The Pythagorean Theorem gives you:

$$b^2 + 6^2 = 7^2 \Rightarrow b^2 + 36 = 49 \Rightarrow b^2 = 13 \Rightarrow b = \sqrt{13}$$

Then:

$$\csc B = \frac{h}{o} = \frac{7}{\sqrt{13}}$$