c) 76**2**
KQJ
8732
9843 A52
A54
AQ4
432 { trick 1} we lead the 9 spades dummy plays the 2 partner the 5 declarer the Queen

And again we get on lead at trick 2 with the Ace Hrts -continue spades or switch ?

Declarer seems to have started with the A + K + Q spades.
We could still get a spade trick if we carry on with the suit but it will take some time and may never happen. Whether we will get a trick or not is debatable but if we do lead spades we wont be helping declarer particularly as they will always come to their three spade tricks.
It is a moot point what the best defence is but carrying on with spades is not wrong.

d) 76**2**
KQJ
AQ54
AJ8**4**3 1052
A43
987
J8 { trick 1} we lead the 4 spades dummy plays the 2 partner the 10 declarer the Queen

And once again we get on lead at trick 2 with the Ace Hrts -continue spades or switch ?

Well the play to trick 1 in spades revealed that declarer held the K + Q spades and still has the K spades. If we were to lead a spade now then the declarer will make their K spades. On the other hand if we switch and wait for partner to lead a spade , declarer can never come to another trick in spades.
The best play when you know that declarer can only make their trick if you lead the suit is quite naturally for you to switch.

Perhaps this isn't all that easy. One more look at the spade holdings in examples (a) + (d) might help.

762
(a) K543 ----------|---------- 1098
AQJ

We led the 3 and declarer won with the J.
If we when on lead again lead another spade then the declarer will score their Q.
The argument is , that to prevent declarer ever making their Q we must switch to a new suit.

762
(d) AJ843 ----------|---------- 105
KQ9

We led the 4 and declarer won with the Q.
If we when on lead again lead another spade then the declarer will also score their K.
Again -to prevent declarer ever making their K you must switch to a new suit.

If a continuation of your suit would give the declarer an extra trick then you must switch.