CONSTRUCTION HEALTH AND SAFETY TECHNICIAN (CHST) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. Which vehicle type should be equipped with rollover-protective structures?

A. Excavators

B. Rubber-tired front-end loaders

C. Haul trucks

D. Concrete mixers

2. Which organization sets the standards for safety glasses?

A. NOSHA

B. OSHA

C. The American National Standards Institute

D. The International Safety Equipment Association

3. What is one of the basic elements necessary for safe forklift operation?

A. Understating company policies

B. Regular inspections of hydraulic controls

C. Frequent use of backup signals

D. Certification of all staff in power-lifting

4. Which of the following is NOT a typical route through which a hazardous substance can enter the body?

A. Inhalation

B. Absorption through skin

C. Ingestion

D. Diffusion

5. The term "fit-testing" is commonly used when referring to what type of personal protective equipment?

A. Hearing protection

B. Respirators

C. Hard hats

D. Gloves

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6. A construction employee has the following noise exposure over an 8-hour period: 3 hours @ 92 dBA, 2 hours @ 95 dBA, 3 hours @ 90 dBA. What percentage of OSHA permissible exposure does this represent?

A. 100%

B. 120%

C. 137.5%

D. 150%

7. Which of the following is NOT an official OSHA violation category?

A. Mitigation violation

B. Serious violation

C. Willful violation

D. Other-than-serious violation

8. What is the maximum allowable angle for the walls of a trench that is five feet deep, dug in clay material?

A. 45 Degrees

B. 53 Degrees

C. 60 Degrees

D. 75 Degrees

9. Which of the following is a common safety measure for working at heights?

A. Using a ladder made of wood

B. Wearing steel-toed boots

C. Implementing fall protection systems

D. Carrying tools in pockets

10. Which of the following is NOT an accurate categorization for explosives according to U.S. Department of Transportation regulations?

A. Class "A" - high explosives

B. Class "C" - consumer fireworks

C. Class "D" - includes fireworks and other minimally hazardous explosives

D. Class "B" - low explosives

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Answers

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1. B
2. C
3. B
4. D
5. B
6. C
7. A
8. B
9. C
10. C

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Explanations

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1. Which vehicle type should be equipped with rollover-protective structures?

A. Excavators

B. Rubber-tired front-end loaders

C. Haul trucks

D. Concrete mixers

Rollover-protective structures (ROPS) are designed to protect operators of vehicles in case of a rollover incident. The requirement for these structures typically applies to vehicles that have a high center of gravity and are prone to tipping over during operation. Rubber-tired front-end loaders, commonly categorized as wheeled heavy equipment, often work on uneven terrain and are at risk of losing stability, especially when lifting loads. Therefore, equipping them with rollover-protective structures is critical for ensuring operator safety. The ROPS help to create a safety zone for the operator, providing protection by preventing them from being crushed if the machine rolls over. In contrast, while excavators, haul trucks, and concrete mixers may have their own safety features, they generally do not require ROPS to the same extent as rubber-tired front-end loaders. Excavators typically have a lower center of gravity, which reduces the likelihood of rollover incidents. Haul trucks and concrete mixers, though they operate on challenging terrain, have different safety systems and operational designs that do not emphasize the need for ROPS in the way that rubber-tired front-end loaders do. Thus, rubber-tired front-end loaders are the primary vehicle type on which ROPS is crucial, making

2. Which organization sets the standards for safety glasses?

A. NOSHA

B. OSHA

C. The American National Standards Institute

D. The International Safety Equipment Association

The American National Standards Institute (ANSI) is responsible for establishing standards that ensure the quality and performance of safety glasses and other personal protective equipment. ANSI develops consensus standards that are used across various industries, including construction, to ensure that safety equipment meets specific performance and safety criteria. In the context of safety glasses, ANSI standards outline requirements for factors such as impact resistance, optical quality, and design features, which help protect workers' eyes from hazards present in their work environments. When safety glasses are ANSI-certified, it indicates that they have undergone rigorous testing and adhere to established safety guidelines, providing assurance to users about the protection they offer. While organizations like OSHA (Occupational Safety and Health Administration) provide regulations that require the use of protective eyewear in certain situations, it is ANSI that specifically develops the criteria that such eyewear must meet. The involvement of other organizations, such as the International Safety Equipment Association, primarily focuses on advocacy and representation within the industry rather than directly setting the standards themselves.

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3. What is one of the basic elements necessary for safe forklift operation?

A. Understating company policies

B. Regular inspections of hydraulic controls

C. Frequent use of backup signals

D. Certification of all staff in power-lifting

Regular inspections of hydraulic controls are a fundamental aspect of safe forklift operation because they ensure that the forklift's essential mechanisms are functioning correctly. Hydraulic systems are crucial for operations such as lifting and lowering loads and controlling fork movements. If these systems are not regularly inspected and maintained, there is a risk of malfunction, which could lead to accidents, injuries, or damage to materials and property. Performing these inspections allows operators to detect leaks, worn seals, or other potential issues before they lead to unsafe operating conditions. This proactive approach to maintenance helps to ensure not only the safety of the operator but also the safety of other workers in the vicinity. In contrast, understanding company policies, using backup signals, and certification are important, but they do not directly address the mechanical reliability of the forklift, which is critical for safe operations.

4. Which of the following is NOT a typical route through which a hazardous substance can enter the body?

A. Inhalation

B. Absorption through skin

C. Ingestion

D. Diffusion

Diffusion is generally considered a passive movement of substances primarily at the molecular level, where molecules move from an area of higher concentration to an area of lower concentration. While diffusion can occur in various biological and physical processes, it is not classified as a typical route for hazardous substances to enter the body. The primary routes through which hazardous substances commonly enter the human body are through inhalation, where toxic substances are breathed in; absorption through the skin, where harmful chemicals can penetrate the skin barrier; and ingestion, where substances are swallowed and can harm internal organs. Each of these routes involves specific mechanisms that allow substances to enter the bloodstream or tissues, which is why they are critical in the context of health and safety assessments.

5. The term "fit-testing" is commonly used when referring to what type of personal protective equipment?

A. Hearing protection

B. Respirators

C. Hard hats

D. Gloves

Fit-testing is a crucial procedure specifically associated with respirators, which are designed to protect workers from inhaling hazardous substances such as dust, fumes, vapors, or gases in the workplace. This testing process ensures that the respirator forms a proper seal against the face of the user, allowing it to function correctly and offering the intended level of protection. During fit-testing, various methods can be employed, including qualitative and quantitative tests, to determine if the respirator adequately fits the individual's face. A proper fit is essential because even a slight gap can significantly reduce the respirator's effectiveness, potentially exposing the wearer to harmful airborne contaminants. In contrast, the other types of personal protective equipment mentioned do not require fit-testing in the same way. Hearing protection, hard hats, and gloves do not need to achieve a tight seal against the body or face to provide their protective features. Therefore, fit-testing is exclusively pertinent to respirators in the context of personal protective equipment.

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6. A construction employee has the following noise exposure over an 8-hour period: 3 hours @ 92 dBA, 2 hours @ 95 dBA, 3 hours @ 90 dBA. What percentage of OSHA permissible exposure does this represent?

A. 100%

B. 120%

C. 137.5%

D. 150%

To calculate the percentage of OSHA permissible noise exposure represented by the construction employee's exposure, we start by determining the total noise exposure in terms of an equivalent continuous noise level (LEQ). The OSHA permissible exposure limit for noise is 90 dBA for an 8-hour workday. First, we need to convert the different noise levels and their respective durations into a single equivalent level using the formula for noise exposure. This is done through a process where noise levels above the threshold of 90 dBA are considered to accumulate quicker due to the logarithmic nature of sound levels. The exposure contributions can be accounted as follows: 1. For the duration at 92 dBA, it is above the threshold, so we use the formula \(N = 10^{(L-W)/10} \), where \(W \) is the standard of 90 dBA. 2. For the duration at 95 dBA, we also apply the formula. 3. For the duration at 90 dBA, it equals the threshold and adds no additional risk. By calculating the total equivalent sound exposure, we derive a cumulative effect that is greater than the permitted daily exposure of 90 dBA over 8 hours. Once everything is summed and

7. Which of the following is NOT an official OSHA violation category?

A. Mitigation violation

B. Serious violation

C. Willful violation

D. Other-than-serious violation

The identification of "Mitigation violation" as a non-official OSHA violation category is correct because, according to OSHA guidelines, the recognized categories for violations include serious violations, willful violations, and other-than-serious violations. Serious violations are those where there is a substantial probability that death or serious physical harm could result from a hazard about which the employer knew or should have known. Willful violations pertain to cases where an employer has demonstrated a disregard for employee safety or has acted with intentional disregard of the requirements of the Occupational Safety and Health Act (OSHA). Other-than-serious violations are those that have a direct relationship to safety or health but are not likely to cause death or serious harm. Mitigation violation does not exist within OSHA's established framework, which classifies violations based on the severity and employer intent regarding safety standards. Thus, recognizing that only legitimate categories align with OSHA's hierarchy of violations helps reinforce training and compliance for safety technicians in the construction industry.

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8. What is the maximum allowable angle for the walls of a trench that is five feet deep, dug in clay material?

A. 45 Degrees

B. 53 Degrees

C. 60 Degrees

D. 75 Degrees

The maximum allowable angle for the walls of a trench dug in clay material, particularly at a depth of five feet, is 53 degrees. This angle is based on the stability of the soil and the specific properties of clay. In geotechnical terms, this angle corresponds to the angle of internal friction typically found in clay, which acts to prevent slides and collapses within the trench. Understanding the angle of repose for clay materials is crucial for ensuring safety when working in excavation sites. The 53-degree angle provides a balance between the necessary wall inclination to maximize space and the support needed to prevent cave-ins. Trench safety standards dictate that this angle is recommended for maintaining structural integrity in such environments. Other angles listed, like 45 degrees, are generally more suitable for less cohesive soils, while higher angles beyond 53 degrees may not provide sufficient support for the walls of the trench, increasing the risk of soil failure.

9. Which of the following is a common safety measure for working at heights?

A. Using a ladder made of wood

B. Wearing steel-toed boots

C. Implementing fall protection systems

D. Carrying tools in pockets

Implementing fall protection systems is a fundamental safety measure for working at heights because it directly addresses the risk of falls, which are among the leading causes of serious injuries and fatalities in construction and other industries involving elevated work. Fall protection systems can include guardrails, safety nets, personal fall arrest systems (harnesses and lanyards), and warning lines that help prevent falls and mitigate hazards associated with working at heights. These systems are designed to either prevent falls from occurring in the first place or minimize the impacts of a fall should one occur. By utilizing these protective measures, workers can perform their tasks more safely and reduce the likelihood of injury. While wearing steel-toed boots is a good safety practice for protecting feet from heavy objects, it does not specifically address the hazards of working at heights. Similarly, using ladders made of wood does not necessarily enhance safety compared to other materials and may even introduce additional risks depending on the type of work and conditions. Carrying tools in pockets can lead to potential hazards, such as dropping tools while working above ground, which could harm those below or cause setbacks in work efficiency. Therefore, while these measures might contribute to overall safety, they do not specifically mitigate the critical risks associated with working at heights as effectively as implementing

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10. Which of the following is NOT an accurate categorization for explosives according to U.S. Department of Transportation regulations?

A. Class "A" - high explosives

B. Class "C" - consumer fireworks

C. Class "D" - includes fireworks and other minimally hazardous explosives

D. Class "B" - low explosives

The classification of explosives as per U.S. Department of Transportation regulations is crucial for safety, transportation, and various regulatory compliance. Each class is defined by the nature and characteristics of the explosives, helping to segment them into groups based on their potential risks and handling requirements. The correct categorization of Class "D" as mentioned in the answer is indeed not accurate according to the U.S. Department of Transportation regulations. Class "D" is not a recognized category for explosives. Instead, explosives fall into different classes defined as follows: - Class "A" includes high explosives that detonate and are typically very hazardous. - Class "B" contains low explosives, which are used mainly for propellant purposes. - Class "C" covers consumer fireworks that are considered safer and are used in commonly sold items. Therefore, labeling Class "D" as including fireworks and other minimally hazardous explosives misrepresents the established categories. The U.S. regulatory framework does not provide for a Class "D," making this categorization inaccurate. Understanding the correct classifications helps ensure safer handling and adherence to regulatory requirements when dealing with explosives.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://chst.examzify.com

We wish you the very best on your exam journey. You've got this!

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