

Alberta Basic Security Training (ABST) Practice Exam 2025 (Sample)

Study Guide



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SAMPLE

Questions

- 1. Why is it essential to recognize safety equipment issued by your employer?**
 - A. It enhances workplace fashion**
 - B. It ensures compliance with regulations**
 - C. It helps in minimizing exposure to risks**
 - D. It is necessary for promotions**
- 2. Which of the following are three considerations before using force?**
 - A. Your level of anger and frustration**
 - B. How prepared you are, the situation, and your knowledge of the subject**
 - C. Your training background and experience**
 - D. The presence of other security personnel**
- 3. What should security professionals do when preparing for an interview?**
 - A. Research company policies**
 - B. Ask permission to interview**
 - C. Review previous interview notes**
 - D. Inform others about the interview**
- 4. What is the recommended action during an interview regarding the interviewee's ability to speak freely?**
 - A. Encourage them to speak their mind**
 - B. Falsely inform them they are not being interviewed**
 - C. Monitor their body language**
 - D. Emotionally engage with their story**
- 5. When another person's attitude causes you to become frustrated, this situation is known as:**
 - A. Interference**
 - B. Provocation**
 - C. Annoyance**
 - D. Frustration**

- 6. In terms of security regulations, what is essential regarding the use of force?**
- A. It should be used to maintain order**
 - B. It must always be proportional to the threat**
 - C. It can be used in any situation**
 - D. It should be avoided at all costs**
- 7. In the context of security, what does the term 'patrolling' imply?**
- A. Conducting a brief check of the area**
 - B. Walking around to observe and report**
 - C. Staying in one place to monitor activity**
 - D. Randomly checking different locations**
- 8. During a crisis, what is a security guard's primary responsibility?**
- A. To supervise other team members**
 - B. To secure the location and safeguard individuals**
 - C. To investigate the source of the crisis**
 - D. To contact emergency responders**
- 9. Which groups are often targeted by eco-terrorism?**
- A. Political organizations**
 - B. Industries and businesses disrupting the environment**
 - C. Global corporations**
 - D. Local governments**
- 10. True or False: A post order is only relevant during emergencies.**
- A. True**
 - B. False**
 - C. Only for high-security events**
 - D. Only for routine checks**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Why is it essential to recognize safety equipment issued by your employer?

- A. It enhances workplace fashion**
- B. It ensures compliance with regulations**
- C. It helps in minimizing exposure to risks**
- D. It is necessary for promotions**

Recognizing safety equipment issued by your employer is fundamentally important because it helps in minimizing exposure to risks. Safety equipment is specifically designed to protect employees from hazards that may be present in their work environment. By understanding the purpose and proper use of this equipment, security personnel can effectively reduce the likelihood of accidents or injuries. When workers are familiar with their safety gear, they are more likely to wear and utilize it correctly, ensuring their own safety as well as that of their colleagues. Safety equipment can include personal protective equipment (PPE), such as helmets, gloves, goggles, and vests, each serving a specific function in reducing exposure to various hazards. Knowledge about this equipment empowers employees to take precautionary measures, thereby fostering a safer workplace. While compliance with regulations is crucial, the direct connection of safety equipment to minimizing risks should take precedence as it plays an integral role in day-to-day safety practices. Enhancements to workplace fashion and promotion opportunities, while relevant to the overall work environment, are secondary to the primary goal of reducing risks and ensuring safety for all workers.

2. Which of the following are three considerations before using force?

- A. Your level of anger and frustration**
- B. How prepared you are, the situation, and your knowledge of the subject**
- C. Your training background and experience**
- D. The presence of other security personnel**

The reason why the selection of how prepared you are, the situation, and your knowledge of the subject is the correct answer lies in understanding the fundamental principles of using force. Before deciding to use force, it is vital to assess whether you are adequately prepared to handle the situation at hand. This preparation includes being aware of the specific circumstances you are facing and having a solid understanding of relevant protocols and policies. Having knowledge of the subject matter is crucial because it helps ensure that the response to a situation is appropriate and legally justified. A lack of knowledge could result in an escalation of the situation, misuse of force, or other negative outcomes. While personal emotions like anger or frustration can undoubtedly influence decision-making, they should not be a primary consideration in the assessment for using force. Additionally, while your training background and experience are important, they are part of your overall preparedness and situational understanding rather than standalone considerations. The presence of other security personnel may contribute to the dynamics of a situation, but it is not a fundamental preparatory consideration as the right approach to the use of force largely rests on the individual's preparedness, situational assessment, and knowledge.

3. What should security professionals do when preparing for an interview?

- A. Research company policies**
- B. Ask permission to interview**
- C. Review previous interview notes**
- D. Inform others about the interview**

When preparing for an interview, security professionals should ask permission to interview. This step underscores the importance of respecting boundaries and protocols within the organization. Ensuring that you have the appropriate authorization reflects professionalism and adherence to company procedures. It is critical in security roles to always operate within the framework set by the organization, signaling an understanding of confidentiality and respect for the people involved in the process. In contrast, researching company policies is useful and can inform one's approach but does not directly relate to the interpersonal aspect of conducting an interview. Reviewing previous interview notes is also beneficial for personal preparation but may not be directly relevant to getting the necessary permission to proceed with the interview. Informing others about the interview could be important in certain contexts, especially if it involves coordination with team members, but it is not as fundamental as ensuring that permission is granted. Therefore, asking for permission is a vital step that aligns with the ethical standards expected in a security role.

4. What is the recommended action during an interview regarding the interviewee's ability to speak freely?

- A. Encourage them to speak their mind**
- B. Falsely inform them they are not being interviewed**
- C. Monitor their body language**
- D. Emotionally engage with their story**

The recommended action during an interview regarding the interviewee's ability to speak freely is to encourage them to speak their mind. This approach creates an atmosphere of trust and openness, allowing the interviewee to express their thoughts and feelings without fear of judgment or repercussions. When individuals feel that their opinions are valued and that they can communicate freely, they are more likely to provide honest and detailed information, which is critical for effective interviewing. In contrast, suggesting that the interviewee is not being interviewed would not foster a genuine conversation and could lead to confusion or distrust. It's vital for interviewers to create a supportive environment where interviewees feel comfortable sharing their perspectives. Monitoring body language is important but not the primary focus when aiming to ensure the interviewee feels free to speak. Similarly, emotional engagement should be approached cautiously, as it can sometimes skew the interview, making it less about the interviewee's experiences and more about the interviewer's reactions.

5. When another person's attitude causes you to become frustrated, this situation is known as:

- A. Interference**
- B. Provocation**
- C. Annoyance**
- D. Frustration**

The situation where another person's attitude causes you to become frustrated is known as provocation. This term refers to actions or behaviors from others that provoke a response, often leading to emotional reactions such as frustration or annoyance. It highlights the interaction between individuals, where one person's demeanor or attitude can negatively impact another's emotional state. While interference might suggest an obstruction to your efforts, and annoyance could reflect a general feeling of displeasure without the implication of a direct interaction, provocation specifically identifies the aspect of someone's attitude inciting a stronger emotional response, such as frustration. Understanding this concept is important, especially in security training, as it aids in managing interpersonal interactions and developing strategies to maintain composure and professionalism in challenging situations.

6. In terms of security regulations, what is essential regarding the use of force?

- A. It should be used to maintain order**
- B. It must always be proportional to the threat**
- C. It can be used in any situation**
- D. It should be avoided at all costs**

The principle that the use of force must always be proportional to the threat is a fundamental tenet of security regulations and law enforcement. This means that when security personnel encounter a situation that requires intervention, the level of force they apply should directly correspond to the level of threat or aggression they face. For instance, if a security guard is confronted by an individual who poses a minimal threat, employing excessive force would not only be unjustifiable but could also lead to legal repercussions and undermine the credibility of the security personnel. Conversely, if a significant threat to life or safety arises, a more substantial response may be justified. This proportionality principle is essential in protecting both the rights of individuals and the safety of security personnel, as it ensures that actions taken in the line of duty are both necessary and reasonable under the circumstances. Maintaining order, as noted in the other option, can be achieved through various means that do not necessarily involve the use of force, while claiming force can be used in any situation disregards the ethical guidelines and potential consequences of unmitigated force. Lastly, while avoiding the use of force is often preferred, there are scenarios where a measured response to a threat can be appropriate to ensure safety. Thus, the emphasis on proportional

7. In the context of security, what does the term 'patrolling' imply?

- A. Conducting a brief check of the area**
- B. Walking around to observe and report**
- C. Staying in one place to monitor activity**
- D. Randomly checking different locations**

The term 'patrolling' in the context of security primarily refers to walking around an area to observe, report, and ensure that everything is in order. This proactive approach allows security personnel to identify potential issues, deter criminal activity, and provide a visible presence that enhances safety. By actively moving through an area, security personnel can assess the situation on the ground, interact with individuals, and respond to any incidents that may arise. The other choices reflect actions that, while related to security, do not fully capture the essence of patrolling. Conducting a brief check may suggest a quick or superficial assessment, which lacks the thoroughness and continuous engagement that characterizes true patrolling. Staying in one place to monitor activity relates more to surveillance than it does to patrolling, which is inherently mobile. Randomly checking different locations does not emphasize the systematic approach of patrolling, which typically follows a predetermined route to ensure comprehensive coverage of an area.

8. During a crisis, what is a security guard's primary responsibility?

- A. To supervise other team members**
- B. To secure the location and safeguard individuals**
- C. To investigate the source of the crisis**
- D. To contact emergency responders**

The primary responsibility of a security guard during a crisis is to secure the location and safeguard individuals. This obligation stems from the fundamental role of security personnel, which is to ensure the safety and protection of people and property. In a crisis, whether it involves a medical emergency, fire, security threat, or natural disaster, the immediate focus must be on preventing harm to individuals and maintaining control over the environment. By securing the location, security guards help to minimize risks and create a safe space for both staff and the public. This may involve directing people to safety, establishing a perimeter, or ensuring access for emergency services. Therefore, the overarching objective in a crisis situation is to protect lives and maintain order, which aligns precisely with this responsibility. The other options may involve secondary actions but do not represent the primary duty of a security guard during such emergencies. Supervising other team members, while potentially important, does not directly contribute to the immediate safety of individuals. Investigating the source of a crisis could lead to further danger if not done appropriately. Contacting emergency responders is critical, yet it is a part of the broader responsibility to ensure the security and safety of those present, rather than the primary focus during an emergency.

9. Which groups are often targeted by eco-terrorism?

- A. Political organizations
- B. Industries and businesses disrupting the environment**
- C. Global corporations
- D. Local governments

The correct answer identifies industries and businesses that are perceived to be harming the environment as common targets of eco-terrorism. This is because eco-terrorism is motivated by a desire to protect nature and can manifest in radical actions intended to cause economic damage or to stop practices deemed harmful to the environment. These industries engage in activities like logging, oil extraction, mining, or other forms of resource extraction that are seen as detrimental to ecosystems. Eco-terrorists may employ tactics such as sabotage—such as damaging equipment or facilities—to disrupt these operations in order to draw attention to environmental concerns and advocate for ecological preservation. While political organizations, global corporations, and local governments can also be involved in or affected by eco-terrorism activities, the most direct focus of eco-terrorist actions is typically on those businesses whose operations are viewed as exploitative or destructive to the environment. This targeting stems from the belief that these entities need to be held accountable to mitigate their negative impact on nature.

10. True or False: A post order is only relevant during emergencies.

- A. True
- B. False**
- C. Only for high-security events
- D. Only for routine checks

A post order is a crucial document that outlines the specific duties and responsibilities of a security guard at a given post. It serves as a guide for the guard on what actions to take, not limited to emergency situations but applicable at all times while on duty. This includes routine checks, monitoring for suspicious activities, interacting with the public, and following established protocols, regardless of whether an emergency is occurring. The primary purpose of post orders is to ensure consistency and understanding of responsibilities so that security personnel are always prepared to perform their duties effectively. As situations can vary widely, having a comprehensive set of post orders helps guards maintain a secure environment by following procedures that apply at all times, not just during emergencies.