

Certified Home Health Aide (CHHA) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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.

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!

Questions

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- 1. Which statement is true regarding medication handling and labeling?**
 - A. Expired or unlabeled meds should be discarded**
 - B. Expired meds can be kept if not used**
 - C. Unlabeled meds can be kept for later labeling**
 - D. Labeling is optional**

- 2. Which workers must comply with rules about bloodborne pathogens, standard precautions, and tuberculosis?**
 - A. Doctors**
 - B. CHHAs**
 - C. Social Workers**
 - D. OSHA**

- 3. How should you handle an emergency?**
 - A. Assess the situation**
 - B. Assess the victim**
 - C. Call for help**
 - D. All the above**

- 4. Individual cells are formed together to form**
 - A. Membranes**
 - B. Tissues**
 - C. Glands**
 - D. None**

- 5. Death can occur suddenly without warning signs. Which statement is true?**
 - A. True**
 - B. False**
 - C. Not sure**
 - D. Often**

- 6. Which statement best describes standard precautions?**
- A. They apply to all clients to prevent exposure**
 - B. They are optional**
 - C. They are only for infectious diseases**
 - D. They apply only to bloodborne pathogens**
- 7. _____ is equipment or a device that promotes client's safety, comfort, independence and mobility.**
- A. Cast**
 - B. CHHA**
 - C. Social worker**
 - D. Enabler**
- 8. Which consideration is a qualification for Medicare Home Health care coverage?**
- A. Recipients must be homebound**
 - B. Medicare does not cover around the clock home care**
 - C. Medicare covers intermittent, not continuous care**
 - D. All of the above**
- 9. Which setting is for people who need 24hr skilled care for SHORT term illnesses or injuries?**
- A. Hospice**
 - B. Long term care**
 - C. Assisted living**
 - D. Acute care**
- 10. If an HHA is unsure how to perform a task, they should**
- A. Attempt and invent steps**
 - B. Refuse to perform and notify supervisor or nurse for instruction**
 - C. Ignore and hope for the best**
 - D. Do something else entirely**

Answers

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

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Explanations

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1. Which statement is true regarding medication handling and labeling?

- A. Expired or unlabeled meds should be discarded**
- B. Expired meds can be kept if not used**
- C. Unlabeled meds can be kept for later labeling**
- D. Labeling is optional**

Safe medication handling means preventing errors and ensuring medicines are safe to use. Expired medications may have reduced potency or altered safety, so they must be discarded. Medications that are unlabeled cannot be identified and therefore should not be used; they should also be discarded. Proper labeling is required for every medication—drug name, strength, dose, route, and instructions—so never keep or administer meds that are unlabeled or expired. If something is missing a label or is past its expiration, discard it and obtain a properly labeled replacement through the supervisor or pharmacy. This approach helps prevent giving the wrong drug or dose and protects the client from harm.

2. Which workers must comply with rules about bloodborne pathogens, standard precautions, and tuberculosis?

- A. Doctors**
- B. CHHAs**
- C. Social Workers**
- D. OSHA**

These protections are in place to prevent infection for both workers and patients in health care settings. The rules about bloodborne pathogens, standard precautions, and tuberculosis exposure are established by OSHA and apply to anyone who may be exposed to blood or bodily fluids. OSHA creates and enforces the standards that employers must implement, and workers are required to follow them as part of their safety duties. That's why the enforcing authority—the agency that mandates these requirements—is the best answer. It's true that individual workers like doctors, CHHAs, and social workers must comply, but OSHA is the body that requires and oversees these protections across the workplace. In practice, a home health agency will implement exposure control plans, TB testing policies, and training to ensure staff adhere to these standards, all driven by OSHA regulations.

3. How should you handle an emergency?

- A. Assess the situation**
- B. Assess the victim**
- C. Call for help**
- D. All the above**

In an emergency, you act in a three-part sequence: ensure the scene is safe, assess the victim, and call for help. First, checking the scene protects you and others from further harm and helps you spot hazards or new issues. Then you quickly assess the person to see if they are responsive, breathing, or in need of urgent care. If you determine the situation is life-threatening or the person is unresponsive, call for professional help right away to bring EMS and any needed equipment to the scene. These steps aren't isolated; you often do them in rapid succession or even concurrently, but you must perform all three. That's why all of the above is the best approach.

4. Individual cells are formed together to form

- A. Membranes
- B. Tissues**
- C. Glands
- D. None

Grouping similar cells into a coordinated unit creates tissues. A tissue is a group of cells that share structure and function and work together to perform a specific task, like muscle tissue contracting or epithelial tissue lining surfaces. Tissues then combine to form organs, which in turn make up organ systems. While membranes and glands relate to structures built from tissues, the direct result of cells joining together in this basic organizational level is a tissue.

5. Death can occur suddenly without warning signs. Which statement is true?

- A. True**
- B. False
- C. Not sure
- D. Often

Death can occur suddenly without warning signs. This means that even with ongoing care, a client may deteriorate quickly due to events like sudden cardiac arrest, stroke, or other acute incidents, sometimes with little or no advance notice. In practice, you may observe changes such as breathing patterns, skin color, or level of consciousness in some end-of-life situations, but these signs are not universal, and death can come without them. Being prepared means staying calm, following agency procedures, ensuring safety, and contacting your supervisor and the family as needed while respecting privacy and dignity. This understanding makes the statement true, because it acknowledges that sudden death without explicit prior signs can occur.

6. Which statement best describes standard precautions?

- A. They apply to all clients to prevent exposure**
- B. They are optional
- C. They are only for infectious diseases
- D. They apply only to bloodborne pathogens

Standard precautions are universal safety measures used with every client to prevent the transmission of infections. The best statement reflects that they apply to all clients to prevent exposure, since these precautions are the baseline practices used in all patient care to guard against contact with blood, bodily fluids, non-intact skin, and mucous membranes. They aren't optional, they aren't limited to a specific infectious disease, and they aren't restricted to bloodborne pathogens. In practice, this means applying proper hand hygiene, using PPE when needed, ensuring safe injection practices, and handling equipment and waste safely with every client.

7. _____ is equipment or a device that promotes client's safety, comfort, independence and mobility.

- A. Cast
- B. CHHA
- C. Social worker
- D. Enabler**

An enabler is any equipment or device that promotes a client's safety, comfort, independence, and mobility. In home health care, enablers are the tools that help a person perform tasks more safely and with less dependence on others. Examples include grab bars in the bathroom, walkers or canes, shower chairs, raised toilet seats, bed rails, transfer belts, and adaptive utensils. These items reduce fall risk and support safe movement and self-care at home. A cast, by contrast, immobilizes a limb and does not promote independence or mobility. A CHHA is a caregiver or credential, not a device. A social worker is a professional who coordinates care, not a piece of equipment.

8. Which consideration is a qualification for Medicare Home Health care coverage?

- A. Recipients must be homebound
- B. Medicare does not cover around the clock home care
- C. Medicare covers intermittent, not continuous care
- D. All of the above**

Medicare Home Health coverage is limited to those who truly need skilled medical care at home and meet specific criteria. The patient must be homebound, meaning leaving the house is difficult or requires significant effort. The care must be skilled and part of a physician-approved plan of care, delivered by a Medicare-certified home health agency. In addition, the services are provided on an intermittent basis rather than around-the-clock care; continuous, 24-hour care is not the standard covered arrangement. Because all of these conditions must be met for eligibility, all of the above statements are true qualifications for coverage.

9. Which setting is for people who need 24hr skilled care for SHORT term illnesses or injuries?

- A. Hospice
- B. Long term care
- C. Assisted living
- D. Acute care**

Acute care is the setting for 24-hour skilled medical and nursing support needed for short-term illnesses or injuries. In this setting, patients receive continuous monitoring, medications, IVs, wound care, and other treatments aimed at stabilizing them, diagnosing the issue, and supporting rapid recovery, typically in a hospital or similar facility. Once the condition improves or stabilizes, services may shift to rehabilitation, home health, or discharge. Hospice focuses on comfort and quality of life for those with terminal illnesses, not on active short-term treatment. Long-term care provides ongoing assistance for chronic or ongoing health needs without the goal of rapid, acute recovery. Assisted living offers help with daily activities but generally does not provide 24-hour skilled medical care. So for brief but intensive medical treatment around the clock, the appropriate setting is acute care.

10. If an HHA is unsure how to perform a task, they should

A. Attempt and invent steps

B. Refuse to perform and notify supervisor or nurse for instruction

C. Ignore and hope for the best

D. Do something else entirely

If you're unsure how to perform a task, your priority is patient safety and doing things correctly within your training. The correct approach is to pause, do not proceed with the task, and immediately tell your supervisor or the nurse so you can receive proper instruction or authorization. This follows the agency's policies and the established chain of command, ensuring you use the right technique and precautions to protect the patient and yourself. Trying to improvise steps, ignoring uncertainty, or doing something else without guidance can lead to harm, mistakes, or violations of your scope of practice. So, you should seek clear instructions before proceeding.

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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://homehealthaidechha.examzify.com>

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

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