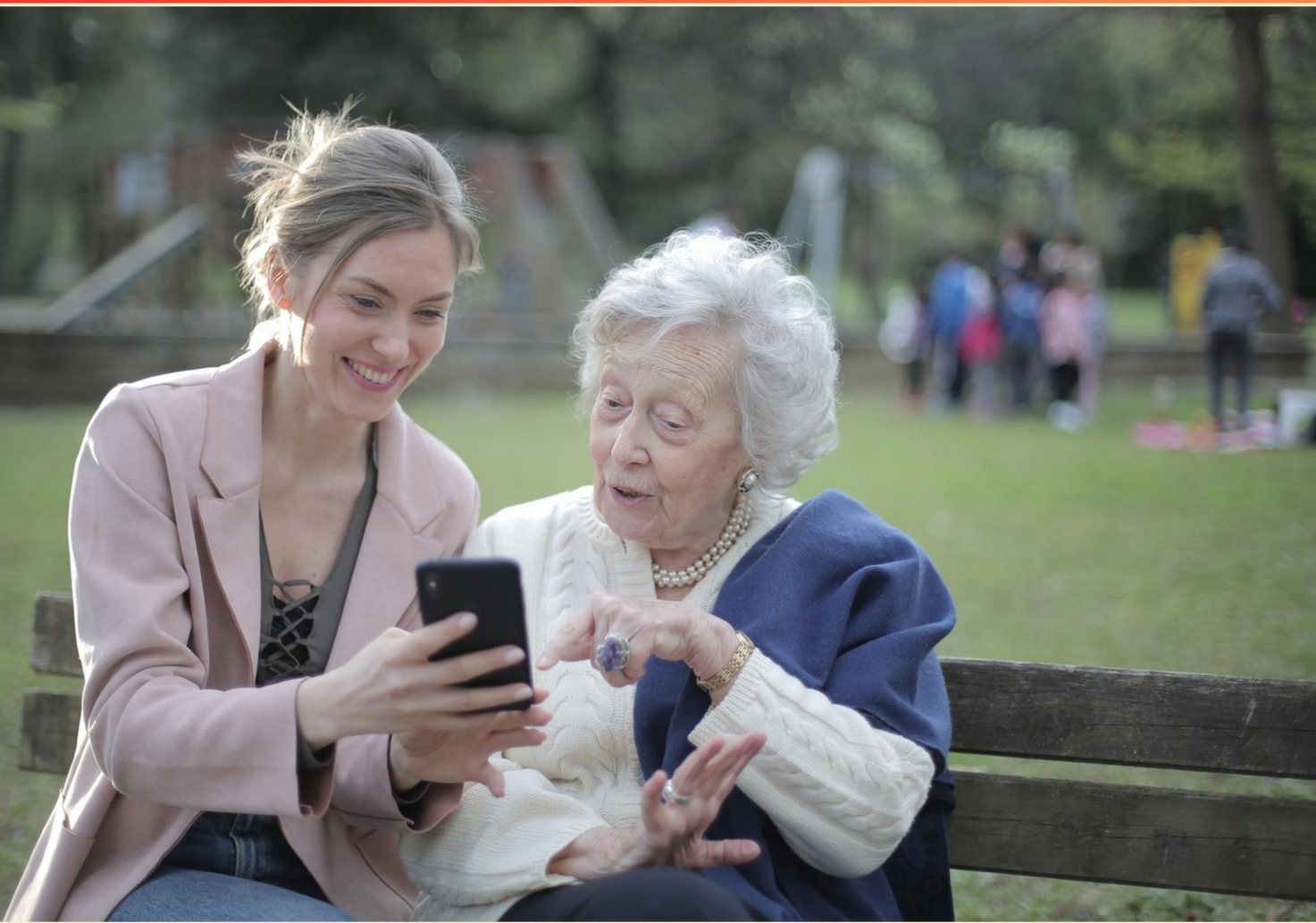


# **CERTIFIED HOME HEALTH AIDE (CHHA) PRACTICE EXAM (SAMPLE)**

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR  
THE FULL VERSION STUDY GUIDE**

<https://homehealthaidechha.examzify.com>



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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 practice helps reduce back injury when moving clients?**
  - A. Keep movements slow and smooth
  - B. Move as quickly as possible
  - C. Bend at the waist with knees straight
  - D. Twist your body while lifting
- 2. Smoke detectors are NOT which of the following?**
  - A. Devices for earthquakes
  - B. Devices for detecting smoke
  - C. Assist with detecting fires
  - D. Alert when there are smoke and fires
- 3. Which of the following is not part of the six basic nutrients?**
  - A. Cells
  - B. Water
  - C. Protein
  - D. Fats
- 4. What is the spoken or written words, pictures, or gestures that threaten, embarrass, or insult a person?**
  - A. Sexual abuse
  - B. Neglect
  - C. False imprisonment
  - D. Verbal abuse
- 5. Which group has the ability to make a difference in preventing annoyances and sleep disturbances?**
  - A. Loud alarms
  - B. CHHA
  - C. Hot days
  - D. Door bells

- 6. If a client shows signs of abuse or neglect, the HHA should**
- A. Ignore it
  - B. Report to supervisor and document concerns
  - C. Handle alone without notifying anyone
  - D. Blame the client
- 7. Which is not a tip for good posture when sitting?**
- A. Slouch
  - B. Keep head erect
  - C. Sit back in the chair
  - D. Rest both feet on the floor
- 8. In 1966, Congress passed the \_\_\_\_\_ to help keep health information private and secure.**
- A. Protected health information (PHI)
  - B. None of the above
  - C. Health Insurance Portability and Accountability Act (HIPAA)
  - D. Client bill of rights
- 9. Which statement about medication guidelines is NOT correct?**
- A. Never handle or administer medication unless trained
  - B. Observe clients' self administrations of medication
  - C. Know the difference between prescriptions and non-prescription drugs
  - D. Do not remind client to take medications
- 10. A home health aide should always observe and report a clean, healthy, and safe environment when caring for a baby.**
- A. True
  - B. False
  - C. Not sure
  - D. Sometimes

## **Answers**

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

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## **Explanations**

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## 1. Which practice helps reduce back injury when moving clients?

- A. Keep movements slow and smooth
- B. Move as quickly as possible
- C. Bend at the waist with knees straight
- D. Twist your body while lifting

*Keeping movements slow and smooth is essential because it minimizes sudden forces on the spine and lets you control the load, using your leg muscles and maintaining a close, balanced stance. This reduces the chance of jerking, losing balance, or straining the back while you move or lift a client. Moving quickly can cause abrupt loads and misbalance. Bending at the waist with knees straight puts excess stress on the back and takes advantage away from the legs. Twisting the body while lifting creates rotational strain on the spine and increases injury risk; instead, pivot with your feet and keep hips and shoulders aligned.*

## 2. Smoke detectors are NOT which of the following?

- A. Devices for earthquakes
- B. Devices for detecting smoke
- C. Assist with detecting fires
- D. Alert when there are smoke and fires

*Smoke detectors are designed to sense smoke in the air and alert people to a potential fire, providing early warning so occupants can evacuate and responders can act quickly. They are not devices for earthquakes, which are detected by different systems such as seismic sensors. So the statement that smoke detectors are devices for earthquakes is not true. The other descriptions fit: they are devices for detecting smoke, they assist with detecting fires, and they alert when there is smoke (which can indicate fire). In everyday use, keep detectors installed in key areas, test them monthly, and replace batteries or units as recommended to ensure they function when needed.*

## 3. Which of the following is not part of the six basic nutrients?

- A. Cells
- B. Water
- C. Protein
- D. Fats

*The key idea is to distinguish substances the body needs from the body's own building blocks. The six basic nutrients are water, carbohydrates, proteins, fats, vitamins, and minerals. Cells are the fundamental units of body tissue, not a nutrient you ingest. They're built from those nutrients but aren't themselves something you consume for nutrition, so they're not part of the six basic nutrients. In practice, this helps when talking about diet and hydration: water, carbs, protein, fats, vitamins, and minerals are what you compare to a resident's intake, while cells are what those nutrients help to form and maintain. The other options—water, protein, and fats—are indeed nutrients.*

**4. What is the spoken or written words, pictures, or gestures that threaten, embarrass, or insult a person?**

- A. Sexual abuse
- B. Neglect
- C. False imprisonment
- D. Verbal abuse**

*Verbal abuse means spoken or written words, pictures, or gestures that threaten, embarrass, or insult a person. This matches the description because the harm comes through communication or symbolic actions rather than physical contact or deprivation. Sexual abuse involves sexual acts or exploitation; neglect is failing to meet basic needs; false imprisonment means restricting a person's freedom. Recognizing verbal abuse is important in home health care because it violates a person's dignity and safety, and it should be addressed and reported to protect the client.*

**5. Which group has the ability to make a difference in preventing annoyances and sleep disturbances?**

- A. Loud alarms
- B. CHHA**
- C. Hot days
- D. Door bells

*Preventing annoyances and sleep disturbances comes from shaping the home environment and daily routines. The CHHA is in the best position to make a difference because they work directly with the client at home, can observe how sleep is affected by noise and interruptions, and can coordinate practical changes with family and other caregivers. They can cluster care so nighttime awakenings are minimized, advocate for quiet hours and reduced bedside noise, help manage alarms or doorbells during sleep, and ensure the sleeping area stays cool, comfortable, and softly lit. By guiding these adjustments and teaching soothing routines, the CHHA directly supports better sleep. While loud alarms, door bells, and hot days can contribute to disturbances, these issues are addressed through the CHHA's actions to create a calmer, more sleep-friendly environment.*

**6. If a client shows signs of abuse or neglect, the HHA should**

- A. Ignore it
- B. Report to supervisor and document concerns**
- C. Handle alone without notifying anyone
- D. Blame the client

*Noticing signs of abuse or neglect means taking immediate, documented action to protect the client. The proper course is to report your concerns to your supervisor and document what you observed, following the agency's policies and any mandatory reporting requirements. This ensures potential harm is addressed promptly and creates a clear record for any investigations. Documentation should include what was observed, dates and times, who was present, any statements from the client or others, and the steps you took in response (such as reporting to the supervisor and contacting authorities if required). This helps safeguard the client, supports accountability, and keeps the care team informed. Trying to handle it alone without reporting can delay needed protection and may violate laws or policy. Ignoring signs or blaming the client is inappropriate and can cause further harm.*

## 7. Which is not a tip for good posture when sitting?

- A. Slouch**
- B. Keep head erect
- C. Sit back in the chair
- D. Rest both feet on the floor

*Maintaining proper seated posture means the spine stays in its natural curves, the head stays aligned over the spine, the back is supported, and the feet are flat on the floor. Slouching is not a tip for good posture because it rounds the shoulders and upper back, pushes the head forward, and disrupts spinal alignment, which can lead to back and neck pain and tiredness. Keeping the head erect helps keep the neck in a neutral position and reduces strain. Sitting back in the chair with the back supported maintains the natural lumbar curve and distributes weight evenly, easing pressure on the spine. Resting both feet on the floor provides a stable base and promotes good circulation, avoiding unnecessary leg strain.*

## 8. In 1966, Congress passed the \_\_\_\_\_ to help keep health information private and secure.

- A. Protected health information (PHI)
- B. None of the above
- C. Health Insurance Portability and Accountability Act (HIPAA)**
- D. Client bill of rights

*Protecting health information is governed by a federal law that creates the standards for privacy and security. This act, Health Insurance Portability and Accountability Act, established nationwide rules about how health information can be used and shared, and it requires safeguards for both paper and electronic records. It defines protected health information and gives individuals rights over their PHI while outlining responsibilities for health plans, providers, and business associates to keep that information confidential. The other terms describe either the data itself or general patient rights, but they do not provide the legal framework that enforces privacy protections. So this act is the best answer because it directly sets the standards for keeping health information private and secure.*

## 9. Which statement about medication guidelines is NOT correct?

- A. Never handle or administer medication unless trained
- B. Observe clients' self administrations of medication
- C. Know the difference between prescriptions and non-prescription drugs
- D. Do not remind client to take medications**

*Understanding how medication guidance works in home care helps you see why reminding a client to take their meds is part of safe practice. Safety and adherence are central: you should never handle or administer medications unless you're properly trained and authorized, you should observe how a client self-administers when appropriate, and you should understand the difference between prescription and non-prescription drugs so you don't confuse or mishandle them. Reminding a client to take medications, when it's part of the care plan, supports adherence and timely dosing, which is essential for effectiveness and safety. The statement that you should not remind a client to take medications isn't correct because reminders are a legitimate part of the caregiver's role to promote proper medication use.*

**10. A home health aide should always observe and report a clean, healthy, and safe environment when caring for a baby.**

**A. True**

**B. False**

**C. Not sure**

**D. Sometimes**

*Maintaining a clean, healthy, and safe environment for a baby is essential because infants are highly vulnerable to illness and injury. A home health aide should continuously monitor the surroundings, practice good hygiene (like handwashing before handling the baby, cleaning and sanitizing surfaces, and keeping diapering and feeding areas clean), and ensure the sleep and living spaces are safe (no loose blankets, pillows, or small choking hazards; proper sleep position and room temperature). If you notice dirt, spills, pests, odors, unsafe furniture, or any change in the baby's condition, report it immediately so the care plan can be adjusted and risks addressed. Because this is an ongoing requirement in caregiving, it should always be done.*

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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](mailto: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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