CHST WORKSITE AUDIT 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.

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

1. For rooms storing more than 60 gallons of flammable liquids, what is the minimum extinguisher rating and its distance from the door opening?

A. 20-B units, located inside the room within 5 feet of the door

B. 12-B units, located outside within 20 feet

C. 20-B units, located outside of the room but not more than 10 feet from the door opening

D. 4-B units, located outside far from the door

2. If you have an EMR greater than what value, you have above average losses and a less than standard performance?

A. 0.5

B. 1

C. 1.5

D. 2.0

3. What is the first step when doing CPR?

A. Check Airway

B. Check Blood Pressure

C. Check Circulation

D. Check Breathing only

4. The C in the chemical element table stands for which element?

A. Carbon

B. Calcium

C. Cobalt

D. Copper

5. If a weight is distributed evenly on a beam, how much more load can it carry compared to a single, concentrated load?

A. Twice as much

B. The same amount

C. Half as much

D. Three times as much

6. Table 400-4 in NFPA 70 lists various types of what?

A. Flexible cords, some of which are noted as being designed for hard or extra hard usage

B. Flexible cords

C. Electrical outlets

D. Conduit types

7. During helmet testing, what object is dropped from a simulated free fall of 8 feet?

A. 2.2 pound pointed steel penetrator, with 60 degree angle

B. 5 pound steel hammer

C. 3.0 pound wood block

D. 1.5 kilogram steel ball

8. Means of egress from trench excavations such as a stairway, ladder, or ramp are required in trench excavations deeper than how many feet?

A. 2 feet

B. 3 feet

C. 4 feet

D. 5 feet

9. Atomic hydrogen welding shade is expressed as which range?

A. 8-12

B. 10-14

C. 12-16

D. 14-18

10. Which tests are used to assess lead exposure?

A. Blood lead levels (PbB) and blood zinc protoporphyrin (ZPP)

B. Urine arsenic and blood cadmium

C. Hair mercury and serum lead

D. Saliva lead and urine zinc

Answers

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

Explanations

1. For rooms storing more than 60 gallons of flammable liquids, what is the minimum extinguisher rating and its distance from the door opening?

A. 20-B units, located inside the room within 5 feet of the door

B. 12-B units, located outside within 20 feet

C. 20-B units, located outside of the room but not more than 10 feet from the door opening

D. 4-B units, located outside far from the door

When dealing with flammable liquids, extinguishers must be rated for Class B fires and placed so they're easily reachable in an emergency. If the room stores more than 60 gallons, the minimum extinguisher rating becomes 20-B. The best placement is outside the room, within 10 feet of the door opening. This setup lets you grab the extinguisher quickly as you approach or leave the room, keeps the doorway clear, and avoids having to enter a space that could be hazardous. A smaller rating (like 12-B or 4-B) wouldn't be sufficient for the amount stored, and placing the extinguisher farther away than 10 feet would delay response.

2. If you have an EMR greater than what value, you have above average losses and a less than standard performance?

A. 0.5

B. 1

C. 1.5

D. 2.0

EMR, or Experience Modification Rate, is a multiplier used to adjust workers' comp premiums based on a company's actual vs. expected losses. A value of 1.0 represents average performance. If the EMR is greater than 1, losses exceed expectations, indicating above-average losses and performance that's below standard. If the EMR is below 1, losses are lower than expected, showing better-than-average performance. So the threshold you're looking for is 1.0.

3. What is the first step when doing CPR?

A. Check Airway

B. Check Blood Pressure

C. Check Circulation

D. Check Breathing only

Opening the airway first is the essential starting move in CPR because air must reach the lungs for effective ventilation. With the person on their back, tilt the head back and lift the chin (or use a jaw thrust if a spinal injury is suspected) to keep the airway open, and clear any obvious obstruction if it's safe to do so. Once the airway is open, you can assess breathing and, if needed, begin rescue breaths in combination with chest compressions. The other options aren't the starting step: blood pressure isn't something you check during CPR, and attempting to check circulation or starting with breathing only won't establish the needed airflow and circulation that CPR provides.

4. The C in the chemical element table stands for which element?

A. Carbon

B. Calcium

C. Cobalt

D. Copper

The symbol C on the periodic table represents Carbon. Each element has a unique symbol, usually one or two letters with the first letter capitalized and any second letter lowercase. Calcium is Ca, Cobalt is Co, and Copper is Cu, so the single-letter C specifically denotes Carbon. In formulas like CH4, the C stands for Carbon as well.

5. If a weight is distributed evenly on a beam, how much more load can it carry compared to a single, concentrated load?

A. Twice as much

B. The same amount

C. Half as much

D. Three times as much

Understanding how load distribution affects bending moments explains why a distributed load allows more total weight than a single concentrated load. For a simply supported beam, the maximum bending moment under a uniform load across the span is smaller than the maximum moment under a central point load with the same total weight. If you take the same total load, the uniform load produces about half the peak moment of the central point load. So to reach the same allowable moment, you can apply roughly twice as much total load when the load is spread evenly. That's why the beam can carry about twice as much load with a uniform distribution as with a single concentrated load, assuming the same span, material, and support conditions.

6. Table 400-4 in NFPA 70 lists various types of what?

A. Flexible cords, some of which are noted as being designed for hard or extra hard usage

B. Flexible cords

C. Electrical outlets

D. Conduit types

Table 400-4 in NFPA 70 lists the different flexible cords and cables by type, and it includes notes indicating that some of those cord types are designed for hard or extra-hard usage. This is why that option is correct: the table's purpose is to categorize flexible cords and specify which designs are meant for tougher service conditions, rather than listing outlets or conduit types. Knowing this helps electricians pick the right cord for the environment and mechanical demands (outdoor exposure, abrasion, temperature, etc.). The other choices don't fit because outlets and conduits are covered elsewhere in the code, while this table specifically focuses on flexible cords and their intended usage.

7. During helmet testing, what object is dropped from a simulated free fall of 8 feet?

A. 2.2 pound pointed steel penetrator, with 60 degree angle

B. 5 pound steel hammer

C. 3.0 pound wood block

D. 1.5 kilogram steel ball

In helmet testing, penetration resistance is checked by dropping a sharp, pointed object from a height to see if the shell can stop a puncture. The chosen setup uses a 2.2-pound pointed steel penetrator at a 60-degree angle, released from an 8-foot drop. This combination is designed to simulate an angled, sharp-impact threat and assign enough energy to challenge the helmet's ability to prevent penetration. Dropping from about 8 feet gives the penetrator significant kinetic energy (roughly mgh with about 1 kg mass and 2.44 m height, on the order of 24 joules), making the test a realistic measure of puncture resistance. The angle increases the likelihood of penetration by engaging the edge/tip rather than a flat surface, making it a tougher test than a straight-on hit. The other items listed pertain to different types of tests: a heavy hammer would assess blunt impact resistance, a wooden block isn't used for penetration testing, and a steel ball would test general impact, not puncture.

8. Means of egress from trench excavations such as a stairway, ladder, or ramp are required in trench excavations deeper than how many feet?

A. 2 feet

B. 3 feet

C. 4 feet

D. 5 feet

In trench safety, there must be a safe way out as the trench gets deep enough for workers to be at risk. A means of egress such as a stairway, ladder, or ramp is required when the trench depth reaches four feet or more, so workers can exit quickly if hazards develop. This setup helps prevent entrapment and reduces exposure time to potential cave-ins or other dangers. The rule also typically requires the exit to be located within a reasonable distance along the trench (often about 25 feet of lateral travel) to ensure rapid access. So, the depth threshold where egress becomes mandatory is four feet.

9. Atomic hydrogen welding shade is expressed as which range?

A. 8-12

B. 10-14

C. 12-16

D. 14-18

Shade numbers on a welding filter indicate how much light and radiation the lens blocks, i.e., the filter's optical density. For arc welding that produces a very bright arc and significant UV radiation, you need a filter that provides strong protection without making visibility impractically dark. Atomic hydrogen welding uses a bright arc, so its protective shade sits in a mid-to-high range. The commonly specified protection for this process is a shade range of 10 to 14, which covers typical welding currents—lighter shades around 10 for moderate current and up to 14 for higher current. Shades like 8-12 would be too light for brighter AH welding, while 12-16 or 14-18 are darker than usually required and can hinder welding control unless the current is very high.

10. Which tests are used to assess lead exposure?

A. Blood lead levels (PbB) and blood zinc protoporphyrin (ZPP)

B. Urine arsenic and blood cadmium

C. Hair mercury and serum lead

D. Saliva lead and urine zinc

Lead exposure is assessed primarily through blood measurements because lead in the body is reflected in the bloodstream, giving a direct indicator of recent exposure. The most standard test is the blood lead level, which directly shows how much lead is circulating in the blood. Zinc protoporphyrin in red blood cells rises when lead interferes with heme synthesis, so testing ZPP provides an additional indirect signal of lead's effect on the body, especially when blood lead values are not clearly elevated. Together, these two tests offer a practical approach to evaluating lead exposure. Other options focus on other metals or use sample types not routinely validated for lead, such as hair, saliva, or urine zinc, making them inappropriate for assessing lead exposure.

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://chstworksiteaudit.examzify.com

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