

Construction Health and Safety Technician (CHST) Practice Test (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What is a key requirement for emergency response plans in hazardous environments?**
 - A. Regular fire drills**
 - B. Site-specific emergency notification plans**
 - C. Evacuation routes only**
 - D. Minimum training for emergency responders**
- 2. What type of mask is required to prevent exposure above OSHA's permissible exposure level when working in an atmosphere containing chlorine?**
 - A. Half Face Mask**
 - B. Full Face Mask**
 - C. Surgical Mask**
 - D. No mask required**
- 3. Whose responsibility is it to ensure that only well-maintained hand and power tools are used on a job site?**
 - A. The Employee**
 - B. The Safety Officer**
 - C. The Employer**
 - D. The Site Supervisor**
- 4. What is the main purpose of a personal protective equipment (PPE) program?**
 - A. To promote ownership of tools and equipment**
 - B. To minimize workplace hazards and risks to workers**
 - C. To analyze incidents and accidents**
 - D. To ensure compliance with financial regulations**
- 5. What is one common goal of incident reporting in construction safety?**
 - A. To assign blame for accidents**
 - B. To comply with government regulations**
 - C. To analyze trends and improve workplace safety**
 - D. To create more paperwork for management**

- 6. What is the primary focus of a Personal Protective Equipment (PPE) program?**
- A. To ensure compliance with regulations**
 - B. To minimize exposure to workplace hazards**
 - C. To provide training on equipment use**
 - D. To monitor workplace health indicators**
- 7. Which of the following are crucial elements for a successful Personal Protective Equipment program?**
- A. Training, regulation, enforcement, reporting**
 - B. Selection, management, use, maintenance**
 - C. Design, purchase, promotion, evaluation**
 - D. Inspection, cleaning, repairs, replacement**
- 8. What does the acronym NIOSH stand for?**
- A. National Institute for Occupational Safety and Health**
 - B. National Institute of Safety Hazards**
 - C. National Inspectors of Occupational Standards and Health**
 - D. National Office of Safety Investigations**
- 9. What type of hazard is caused by toxins that can get into the bloodstream and affect organs?**
- A. Cutaneous Hazard**
 - B. Ocular Hazard**
 - C. Respiratory Hazard**
 - D. Neurotoxic Hazard**
- 10. What key factor enhances the effectiveness of a safety program in the workplace?**
- A. Cost of safety equipment**
 - B. Employee training and engagement**
 - C. Frequency of inspections**
 - D. Type of hazards present**

Answers

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

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Explanations

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1. What is a key requirement for emergency response plans in hazardous environments?

- A. Regular fire drills**
- B. Site-specific emergency notification plans**
- C. Evacuation routes only**
- D. Minimum training for emergency responders**

A key requirement for emergency response plans in hazardous environments is site-specific emergency notification plans. These plans are critical because they ensure that all individuals on the site are aware of the specific hazards and the procedures to follow in the event of an emergency. A well-defined notification system allows for quick communication during a crisis, which can significantly reduce response times and improve overall safety. Site-specific emergency notification plans incorporate details such as how to alert personnel of an emergency, who is responsible for the communication, and what actions people are expected to take. This tailored approach is essential in hazardous environments where the nature of risks can vary widely, requiring specific responses to different types of emergencies. While regular fire drills and evacuation routes are also important components of emergency preparedness, they do not encompass the comprehensive communication strategy that site-specific plans provide. Similarly, minimum training for emergency responders is crucial, but without a clear and tailored notification plan in place, the effectiveness of that training could be compromised in a real emergency situation.

2. What type of mask is required to prevent exposure above OSHA's permissible exposure level when working in an atmosphere containing chlorine?

- A. Half Face Mask**
- B. Full Face Mask**
- C. Surgical Mask**
- D. No mask required**

The requirement for a full face mask when working in an atmosphere containing chlorine is based on the need for comprehensive respiratory protection. Chlorine is a highly toxic and corrosive gas, which can cause serious respiratory issues and eye damage upon exposure. The use of a full face mask provides a higher level of protection compared to a half face mask, as it not only covers the nose and mouth, reducing inhalation risk, but also protects the eyes and face from irritant exposure, which is crucial when dealing with chlorine. Full face masks are often equipped with cartridges or filters that are specifically designed to remove or neutralize chlorine gas, ensuring the wearer remains safe in environments where this substance is present. Additionally, a full face mask can help to maintain a seal around the entire face, minimizing the risk of gas ingress that can occur with a half mask or other less-protective options. Surgical masks, designed primarily to protect against biological contaminants and not for chemical hazards, would not provide adequate protection against chlorine. Similarly, the option indicating no mask required fails to recognize the hazardous nature of chlorine and the regulatory requirements set forth by OSHA for protective equipment in such settings.

3. Whose responsibility is it to ensure that only well-maintained hand and power tools are used on a job site?

- A. The Employee**
- B. The Safety Officer**
- C. The Employer**
- D. The Site Supervisor**

The responsibility for ensuring that only well-maintained hand and power tools are used on a job site primarily falls to the employer. This obligation is rooted in the employer's duty to provide a safe working environment for employees, which includes maintaining tools and equipment in a safe condition. Employers are often required to implement maintenance programs and provide the necessary training to ensure employees understand the importance of using well-maintained tools and the risks associated with using defective equipment. While employees have a role in reporting issues with tools and ensuring that they use them correctly, the ultimate responsibility for the overall maintenance and safety standards lies with the employer. This includes not only the tools but also the enforcement of safety policies and practices at the workplace. Supervisors and safety officers play important roles in overseeing safety measures but do not carry the primary responsibility alone; it is the employer who must ensure that all aspects of safety, including tool maintenance, are adequately addressed.

4. What is the main purpose of a personal protective equipment (PPE) program?

- A. To promote ownership of tools and equipment**
- B. To minimize workplace hazards and risks to workers**
- C. To analyze incidents and accidents**
- D. To ensure compliance with financial regulations**

The main purpose of a personal protective equipment (PPE) program is to minimize workplace hazards and risks to workers. This is essential in ensuring that employees are protected from potential injuries and illnesses that can arise from workplace exposures. A properly implemented PPE program helps identify the specific hazards present in the work environment and determines the appropriate PPE needed to safeguard workers. For instance, in construction, workers might be required to wear hard hats, gloves, eye protection, and other equipment that provides a barrier against specific risks such as falling objects, electrical hazards, and chemical exposures. Focusing on hazard recognition and risk mitigation is crucial in promoting a safety culture and reducing incidents, which not only protects workers but also enhances overall productivity. The effectiveness of a PPE program is measured by its ability to provide adequate protection while also ensuring that workers are trained on the correct use and maintenance of the equipment. Thus, the emphasis on minimization of hazards and safeguarding worker health and safety establishes the core functionality of a PPE program.

5. What is one common goal of incident reporting in construction safety?

- A. To assign blame for accidents**
- B. To comply with government regulations**
- C. To analyze trends and improve workplace safety**
- D. To create more paperwork for management**

One common goal of incident reporting in construction safety is to analyze trends and improve workplace safety. This process is critical because it enables organizations to identify recurring issues, determine root causes of incidents, and implement effective measures to prevent future occurrences. By examining data from reported incidents, safety professionals can spot patterns that may indicate systemic problems within the safety management system or workplace practices. This proactive approach allows for targeted interventions, such as additional training, the introduction of new safety protocols, or modifications in equipment usage, which can significantly enhance overall safety performance on construction sites. The focus is on fostering a culture of safety that prioritizes learning and continuous improvement, rather than simply fulfilling regulatory requirements or creating excessive documentation.

6. What is the primary focus of a Personal Protective Equipment (PPE) program?

- A. To ensure compliance with regulations**
- B. To minimize exposure to workplace hazards**
- C. To provide training on equipment use**
- D. To monitor workplace health indicators**

The primary focus of a Personal Protective Equipment (PPE) program is to minimize exposure to workplace hazards. This is fundamental because the main goal of providing PPE is to protect workers from potential risks and injuries associated with their job tasks. PPE works as a barrier between the worker and the hazards, such as chemicals, physical elements, or infectious materials, thus reducing the likelihood of accidents and health issues. While ensuring compliance with regulations, providing training, and monitoring health indicators are important components of workplace safety programs, they serve to support and enhance the effectiveness of the PPE program rather than being its primary focus. The essence of PPE is to empower workers with the proper equipment to safeguard themselves against specific hazards they may encounter during their work. Therefore, while regulatory compliance and training are vital for the proper use and implementation of PPE, the overarching objective remains the protection of workers by minimizing exposure to hazards.

7. Which of the following are crucial elements for a successful Personal Protective Equipment program?

- A. Training, regulation, enforcement, reporting**
- B. Selection, management, use, maintenance**
- C. Design, purchase, promotion, evaluation**
- D. Inspection, cleaning, repairs, replacement**

The selection, management, use, and maintenance of Personal Protective Equipment (PPE) are indeed crucial elements for a successful PPE program. Each component plays a vital role in ensuring that the protective gear provided is effective in safeguarding workers from hazards. Selection involves identifying the appropriate type of PPE needed based on the specific risks present in the work environment. This step is critical because using the wrong type of PPE can result in insufficient protection. Management refers to how the PPE is organized, distributed, and kept track of within a workplace. This ensures that the equipment is readily available when needed and that employees have access to the right PPE as per their job requirements. Use is about ensuring that workers correctly wear the protective equipment as intended. Training is often involved here to educate employees on the proper donning and doffing of PPE, emphasizing that correct usage directly impacts its effectiveness in protecting the wearer. Maintenance addresses the care and upkeep of PPE to prolong its life and ensure it performs as expected. This includes regular checks for wear and tear, proper cleaning, and timely repairs or replacements of damaged equipment. In contrast, while items like training and regulation are important, they fall more under the supportive infrastructure for a PPE program rather than core components. The focus on selection, management,

8. What does the acronym NIOSH stand for?

- A. National Institute for Occupational Safety and Health**
- B. National Institute of Safety Hazards**
- C. National Inspectors of Occupational Standards and Health**
- D. National Office of Safety Investigations**

The acronym NIOSH stands for the National Institute for Occupational Safety and Health. This organization is part of the Centers for Disease Control and Prevention (CDC) and plays a crucial role in ensuring workplace health and safety. NIOSH is responsible for conducting research and making recommendations for the prevention of work-related injury and illness. It provides essential data, guidelines, and training resources that are vital for safety professionals and organizations looking to improve workplace safety standards. The other choices refer to non-existent organizations or incorrectly named bodies, making them inaccurate representations of what NIOSH stands for. Understanding the correct terminology and functions of NIOSH helps safety professionals and technicians ensure compliance with health and safety regulations, which is fundamental to creating safe working environments.

9. What type of hazard is caused by toxins that can get into the bloodstream and affect organs?

- A. Cutaneous Hazard**
- B. Ocular Hazard**
- C. Respiratory Hazard**
- D. Neurotoxic Hazard**

The correct choice focuses on a type of hazard that specifically involves toxins that can enter the bloodstream and impact vital organs. The term "Ocular Hazard" refers to risks associated with exposure to harmful substances that can affect the eyes. However, when considering substances that can infiltrate the bloodstream and have broader systemic effects, the classification may not align with ocular hazards. In contrast, Neurotoxic Hazards accurately describes substances that can cause damage to the nervous system, which includes the potential for systemic effects as toxins enter the bloodstream. This categorization is crucial in occupational health and safety, as neurotoxins can have significant implications on overall health. It is essential to understand how these different hazards correlate with exposures within a workplace. Cutaneous hazards, for example, relate to skin contact, while respiratory hazards pertain to inhalation. Yet neither of these categories covers the bloodstream and organ effects as comprehensively as neurotoxic hazards do.

10. What key factor enhances the effectiveness of a safety program in the workplace?

- A. Cost of safety equipment**
- B. Employee training and engagement**
- C. Frequency of inspections**
- D. Type of hazards present**

Employee training and engagement is crucial for enhancing the effectiveness of a safety program in the workplace. When employees are well-trained, they have the knowledge and skills necessary to identify hazards, understand safety protocols, and follow procedures aimed at preventing accidents and injuries. Engaged employees who feel a sense of responsibility towards their own safety and that of their colleagues are more likely to actively participate in safety programs, report unsafe conditions, and be vigilant about adhering to safety practices. Moreover, training fosters a safety culture within the organization, where employees view safety as an integral part of their work rather than a set of tasks to comply with. This cultural shift can lead to improved morale and motivation to maintain a safe work environment. Organizations that prioritize employee training and engagement often see reductions in incidents and a more proactive approach to managing workplace safety. The other factors, while important, do not have the same direct influence on the effectiveness of a safety program. Cost considerations can impact the quality and availability of safety equipment, frequency of inspections ensures compliance but does not ensure behavior change, and type of hazards present informs safety strategies but does not inherently enhance the effectiveness of the safety program itself in the same way that engaged and well-trained employees do.