Construction Health and Safety Technician (CHST) Practice Test (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

1. What type of hazard does a Material Safety Data Sheet (MSDS) primarily address?

A. Physical hazards

B. Biological hazards

C. Chemical hazards

D. Noise hazards

2. Which of the following is NOT an example of "point-of-operation" guarding?

A. Safety shields

B. Interlocked guards

C. Fiscal Guards

D. Fixed guards

3. What type of injury must be documented according to OSHA regulations, even if a pre-existing injury exists?

A. Any injury that happens outside working hours

B. An injury that requires medical treatment

C. Minor cuts and bruises

D. Injuries that do not cause work restriction

4. Which type of equipment is essential to protect workers from noise hazards at a construction site?

A. High-visibility vests

B. Air purifying respirators

C. Hearing protection devices

D. Safety shoes

5. Under current workers' compensation laws, which of the following is not a recognized injury category?

A. Scheduled Injuries

B. Temporary Injuries

C. Chronic Injuries

D. Bilateral

6. Which of the following is required for adequate eye protection in the workplace?

A. Face shield

B. Safety Goggles

C. Contact lenses

D. Regular glasses

7. The term "fit-testing" is commonly used when referring to what type of personal protective equipment?

A. Hearing protection

B. Respirators

C. Hard hats

D. Gloves

8. Which construction schedule provides the best opportunity for a CHST to detect changes that could lead to safety issues?

A. Long-term project schedule

B. Short interval production schedule

C. Weekly task list

D. Daily checklist

9. What is an important aspect of a safety audit?

A. Documenting all employee grievances

B. Identifying areas where safety can be improved

C. Producing extensive reports for external regulatory bodies

D. Analyzing stock and inventory levels

10. Which of the following depicts an accurate statement regarding the nature of inspection audits?

A. The goal is to ensure compliance with safety regulations

B. The objective is to evaluate training effectiveness

C. The goal is to ensure that specific tasks are completed at a predefined frequency

D. The objective is to assess employee satisfaction

Answers

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

Explanations

1. What type of hazard does a Material Safety Data Sheet (MSDS) primarily address?

A. Physical hazards

B. Biological hazards

C. Chemical hazards

D. Noise hazards

A Material Safety Data Sheet (MSDS) is primarily focused on addressing chemical hazards. It provides detailed information about a chemical substance, including its properties, potential hazards, safe handling and storage instructions, first aid measures, and exposure controls. This ensures that employees and emergency responders have the necessary information to minimize risks associated with the use of the chemical. The MSDS is particularly critical in environments where chemicals are handled, as it helps in identifying the proper personal protective equipment (PPE) and the procedures that should be followed in case of spills or exposure. It is an essential tool for compliance with workplace safety regulations and for promoting a safe working environment. While the other options such as physical, biological, and noise hazards are also important aspects of workplace safety, they are not the primary focus of an MSDS. Physical hazards might include elements like machinery safety and ergonomics, biological hazards pertain to germs and microorganisms, and noise hazards would reference sound exposure levels that can affect hearing. Each of these hazards would typically be covered in different safety documentation relevant to their specific categories, but chemical hazards remain the central concern of an MSDS.

2. Which of the following is NOT an example of "point-of-operation" guarding?

A. Safety shields

B. Interlocked guards

C. Fiscal Guards

D. Fixed guards

Point-of-operation guarding refers to safety measures that protect workers from the moving parts of machinery where work is performed. It focuses on mitigating risks associated with the operations of equipment. Safety shields are designed to block debris or flying particles from the point where the work is being done, thus directly protecting the operator. Interlocked guards ensure that machinery cannot operate unless the guard is securely in place, providing a critical safety function during operation. Fixed guards are permanently attached to the machine and provide a stable barrier to prevent access to the point of operation. Fiscal guards, on the other hand, do not fall into the category of point-of-operation safeguarding. The term does not describe any standard safety mechanism related to protecting workers from machinery hazards. Instead, it likely refers to monetary or budgetary controls, which are not relevant in the context of physical safety measures on machinery.

3. What type of injury must be documented according to OSHA regulations, even if a pre-existing injury exists?

A. Any injury that happens outside working hours

B. An injury that requires medical treatment

C. Minor cuts and bruises

D. Injuries that do not cause work restriction

An injury that requires medical treatment must be documented according to OSHA regulations, even if a pre-existing injury exists. This rule is in place to ensure that all workplace injuries are tracked and managed properly to maintain a safe working environment. The rationale behind this requirement is that medical treatment signifies a level of severity that could impact the worker's ability to perform tasks safely. Documenting such injuries allows employers to assess the safety protocols in place, identify areas for improvement, and ensure compliance with health and safety regulations. Recording these incidents helps provide data that can prevent future injuries and facilitate workers' compensation claims if necessary. In contrast, injuries that occur outside of work hours do not fall under OSHA's documentation requirements, nor do minor cuts and bruises that don't require treatment. Similarly, injuries that do not cause work restrictions are also not mandated for documentation, as they do not present significant implications for workplace safety or injury management.

4. Which type of equipment is essential to protect workers from noise hazards at a construction site?

A. High-visibility vests

B. Air purifying respirators

C. Hearing protection devices

D. Safety shoes

Hearing protection devices are essential for safeguarding workers from noise hazards at construction sites because these environments often expose employees to harmful levels of noise, which can lead to hearing loss over time. These devices, including earplugs or earmuffs, function by attenuating the sound levels that reach the ears, ensuring that workers can perform their tasks without risking permanent damage to their hearing. While other types of personal protective equipment, like high-visibility vests and safety shoes, serve important safety roles—enhancing visibility and protection against foot injuries—they do not address noise hazards. Similarly, air purifying respirators are designed primarily to protect against airborne contaminants, making them unsuitable for mitigating noise exposure. Therefore, hearing protection devices are specifically designed and required to combat the risks associated with excessive noise on construction sites.

5. Under current workers' compensation laws, which of the following is not a recognized injury category?

A. Scheduled Injuries

B. Temporary Injuries

C. Chronic Injuries

D. Bilateral

In the context of workers' compensation laws, the term "bilateral" typically refers to injuries affecting both sides of the body rather than designating a specific category of injury like the others listed. Recognized categories of injuries usually include scheduled injuries, which involve specific losses of body parts with predetermined compensation amounts; temporary injuries, which are more flexible and refer to conditions that may heal over time; and chronic injuries, which indicate ongoing issues that persist and potentially impact a worker's long-term health. Bilateral injuries, while significant in their nature, do not fall under a distinct classification typically recognized by workers' compensation frameworks, which often focus more on the type or severity of injury rather than the number of affected sites. Therefore, understanding these classifications helps in navigating workers' compensation claims effectively, as each recognized category allows for specific treatments and compensation levels.

6. Which of the following is required for adequate eye protection in the workplace?

A. Face shield

B. Safety Goggles

C. Contact lenses

D. Regular glasses

Safety goggles are essential for adequate eye protection in the workplace because they provide a snug fit around the eyes, preventing dust, chemicals, and other hazardous materials from entering and causing injury. Goggles are specifically designed to ensure that they protect not only against impact and penetration but also against splashes of liquids and airborne particles, which makes them the most effective option in many industrial or construction environments. In contrast, other options do not offer the same level of protection. For example, a face shield can provide additional face protection but is not sufficient on its own for safeguarding the eyes, as it does not create a complete seal around the eyes. Contact lenses also do not offer any physical protection against hazards and can even worsen eye injuries if debris becomes trapped under them. Regular glasses may provide some level of protection against minor risks but typically do not meet the safety standards required for work environments with potential hazards. Thus, the choice of safety goggles is the most appropriate for ensuring adequate eye protection in a workplace setting.

7. The term "fit-testing" is commonly used when referring to what type of personal protective equipment?

A. Hearing protection

B. Respirators

C. Hard hats

D. Gloves

Fit-testing is a crucial procedure specifically associated with respirators, which are designed to protect workers from inhaling hazardous substances such as dust, fumes, vapors, or gases in the workplace. This testing process ensures that the respirator forms a proper seal against the face of the user, allowing it to function correctly and offering the intended level of protection. During fit-testing, various methods can be employed, including qualitative and quantitative tests, to determine if the respirator adequately fits the individual's face. A proper fit is essential because even a slight gap can significantly reduce the respirator's effectiveness, potentially exposing the wearer to harmful airborne contaminants. In contrast, the other types of personal protective equipment mentioned do not require fit-testing in the same way. Hearing protection, hard hats, and gloves do not need to achieve a tight seal against the body or face to provide their protective features. Therefore, fit-testing is exclusively pertinent to respirators in the context of personal protective equipment.

8. Which construction schedule provides the best opportunity for a CHST to detect changes that could lead to safety issues?

A. Long-term project schedule

B. Short interval production schedule

C. Weekly task list

D. Daily checklist

A short interval production schedule offers the best opportunity for a Construction Health and Safety Technician (CHST) to detect changes that could lead to safety issues primarily because it focuses on the immediate and ongoing activities on a construction site. This type of schedule typically outlines specific tasks and their timelines in a shorter time frame, usually spanning days or weeks. By concentrating on these shorter intervals, a CHST can regularly assess the effectiveness of safety measures, identify potential hazards that may arise from changes in work conditions, and proactively address any safety concerns before they escalate. The frequency of reviews and the immediacy of monitoring allow for real-time adjustments to safety protocols, ensuring that the workforce remains informed about any shifts that could pose risks. In contrast, a long-term project schedule is broader and doesn't provide the same level of detailed oversight on day-to-day operations. A weekly task list, while it offers more detail than a long-term schedule, may not be as effective for immediate detection of changes, as it still provides a longer view of progress. A daily checklist is useful for ensuring that specific safety measures are in place, but it may not capture the bigger picture of ongoing project dynamics and changes that are better monitored through shorter intervals. Therefore, the short interval production schedule stands

9. What is an important aspect of a safety audit?

A. Documenting all employee grievances

B. Identifying areas where safety can be improved

C. Producing extensive reports for external regulatory bodies

D. Analyzing stock and inventory levels

Identifying areas where safety can be improved is a crucial aspect of a safety audit because the primary purpose of an audit is to assess the effectiveness of the current safety management system and practices in place. By pinpointing specific areas that may pose risks or do not comply with safety regulations, organizations can take proactive steps to enhance their safety protocols, ensure a healthier workplace, and prevent accidents. Through this process, safety audits often involve evaluating existing safety measures, conducting inspections, reviewing incident reports, and engaging with employees about their safety concerns. The outcomes lead to the development of recommendations and solutions that help create a safer working environment. While other options listed may be relevant to various operational assessments, they do not specifically focus on the primary aim of a safety audit, which is to enhance safety performance and compliance in the workplace.

10. Which of the following depicts an accurate statement regarding the nature of inspection audits?

A. The goal is to ensure compliance with safety regulations

B. The objective is to evaluate training effectiveness

C. The goal is to ensure that specific tasks are completed at a predefined frequency

D. The objective is to assess employee satisfaction

The goal of inspection audits is indeed to ensure that specific tasks are completed at a predefined frequency. This means that during the auditing process, inspectors check if routine safety inspections and procedures are carried out as scheduled. Consistently performing these inspections is crucial for identifying potential hazards and ensuring that safety measures are upheld within the workplace, which helps in maintaining a safe working environment. By focusing on task completion at set intervals, inspection audits provide a structured approach to safety management, enabling organizations to stay proactive in hazard identification and risk mitigation. This systematic method is essential for compliance with safety regulations, as it prevents potential breaches before they occur.

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://chst.examzify.com

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