

# 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

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1. The most useful tool for evaluating system safety levels at smaller scale worksites is a(n):
  - A. Risk Management Plan
  - B. Job Safety Analysis (JSA)
  - C. Incident Report Form
  - D. Safety Audit Program
  
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. What scenario is indicative of a hazardous atmospheric environment?
  - A. An oxygen concentration of 19.5 percent
  - B. A flammable gas exists at a concentration of 25 percent of its LFL
  - C. The presence of carbon monoxide at 50 ppm
  - D. An air temperature exceeding 100 degrees Fahrenheit
  
4. As a General Contractor, what should you NOT do when multiple cranes are in use on the same site?
  - A. Conduct crane inspections
  - B. Verify operator qualifications
  - C. Provide a crane safety training session
  - D. Ensure communication between crane operators
  
5. Which of the following is typically NOT a tool used by accident investigators at a worksite?
  - A. Interview questionnaires
  - B. Soil sampling equipment
  - C. Site layout diagrams
  - D. Incident reports

6. To comply with OSHA's noise exposure standards, annual hearing tests should be administered to employees working in what kind of environment?
- A. Low noise environments
  - B. Moderate noise environments
  - C. High noise environments
  - D. All noise level environments
7. Which organization sets the standards for safety glasses?
- A. NOSHA
  - B. OSHA
  - C. The American National Standards Institute
  - D. The International Safety Equipment Association
8. Which of the following is NOT considered a potential hazard for vehicles like bulldozers and forklifts?
- A. Driver fatigue
  - B. Carbon monoxide overexposure
  - C. Improper load securing
  - D. Poor visibility
9. For which type of construction task is it imperative to perform a thorough hazard analysis before beginning work?
- A. Minor repairs
  - B. Tasks involving heavy machinery
  - C. All construction tasks
  - D. Office renovations
10. At an accident scene, what is essential to do to preserve the integrity of evidence?
- A. Clear any debris immediately
  - B. Hide all potential hazards from view
  - C. Secure the scene effectively
  - D. Conduct interviews with bystanders first

## Answers

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

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## Explanations

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1. The most useful tool for evaluating system safety levels at smaller scale worksites is a(n):

- A. Risk Management Plan
- B. Job Safety Analysis (JSA)
- C. Incident Report Form
- D. Safety Audit Program

A Job Safety Analysis (JSA) is a critical tool for assessing safety levels on smaller-scale worksites. It involves breaking down a specific job into its component tasks and identifying potential hazards associated with each task. This proactive approach allows for the identification of risks before work begins, promoting safety awareness among workers. The JSA process emphasizes collaboration among workers and supervisors, facilitating communication about safety concerns. Additionally, by focusing on actual tasks performed, a JSA provides targeted insights that are particularly useful on smaller worksites where job scopes might change frequently, and familiarity with the tasks is often high. This real-time risk assessment can lead to immediate corrective actions and enhancements in safety practices, making it immensely effective for ensuring a safer work environment. In contrast, while a Risk Management Plan outlines a broader strategy to mitigate risks across an organization, it may lack the specific, task-oriented focus necessary for smaller worksites. Incident Report Forms serve to document events that have already happened, thus they are less proactive in nature and do not provide a comprehensive framework for ongoing safety evaluation. Safety Audit Programs typically offer a higher-level assessment of organizational compliance and safety culture but may not address specific tasks or activities at smaller worksites as effectively as a JSA.

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. What scenario is indicative of a hazardous atmospheric environment?

- A. An oxygen concentration of 19.5 percent
- B. A flammable gas exists at a concentration of 25 percent of its LFL
- C. The presence of carbon monoxide at 50 ppm
- D. An air temperature exceeding 100 degrees Fahrenheit

The scenario that is indicative of a hazardous atmospheric environment is one where a flammable gas exists at a concentration of 25 percent of its Lower Flammable Limit (LFL). This is significant because the LFL is the minimum concentration of a gas in air required for combustion to occur. When the concentration of a flammable gas is at or above this threshold, it poses a significant risk of ignition and explosion if an ignition source is introduced. Monitoring concentrations relative to the LFL is critical in assessing potential fire hazards. Operating in environments with flammable gas concentrations approaching or exceeding the LFL means that safety protocols must be strictly enforced to mitigate fire risks and ensure worker safety. The other scenarios are less immediately indicative of a hazardous atmospheric environment. For example, an oxygen concentration of 19.5 percent is often considered just below normal levels for safe breathing but does not necessarily imply an immediate threat if proper monitoring and safety measures are in place. The presence of carbon monoxide at 50 ppm is concerning but often only poses a serious risk at higher concentrations, depending on the exposure duration and specific occupational safety thresholds. Lastly, while extreme temperatures can create hazardous conditions, simply exceeding 100 degrees Fahrenheit does not automatically qualify as a hazardous atmospheric environment in regard to air quality.

### 4. As a General Contractor, what should you NOT do when multiple cranes are in use on the same site?

- A. Conduct crane inspections
- B. Verify operator qualifications
- C. Provide a crane safety training session
- D. Ensure communication between crane operators

When multiple cranes are in use on the same site, providing a crane safety training session is still an essential practice but may not be the most immediate step to take when it comes to ensuring safety effectively on the site. The fundamental safety measures revolve around established protocols and communication between operators and designated personnel on the job site. Conducting crane inspections is critical to ensure that all equipment is functioning properly and safely, as any malfunction can create significant hazards. Verifying operator qualifications is equally important because using unqualified personnel can lead to accidents; only certified and trained operators should be allowed to operate heavy machinery. Ensuring communication between crane operators is vital, especially in scenarios where multiple cranes are working to prevent collisions and misunderstandings. In situations where multiple cranes are in use, immediate and ongoing safety protocols such as inspections and communication systems tend to take precedence over formal training sessions, which could be scheduled at a more suitable time when the cranes are not operating.

5. Which of the following is typically NOT a tool used by accident investigators at a worksite?

- A. Interview questionnaires
- B. Soil sampling equipment
- C. Site layout diagrams
- D. Incident reports

Soil sampling equipment is typically not a tool used by accident investigators at a worksite when investigating an incident. Accident investigators primarily focus on understanding the circumstances surrounding an incident, identifying contributing factors, and determining whether safety protocols were followed. Tools commonly used in this process include interview questionnaires, which help gather information from witnesses and involved parties; site layout diagrams, which provide a visual representation of the work area and can highlight hazards; and incident reports, which document the details of the incident and may include previous safety violations or trends. Soil sampling equipment, on the other hand, is specialized for environmental assessments or investigations related to soil contamination and is not directly relevant to the immediate factors leading to workplace accidents. This distinction clarifies the roles of different tools in workplace safety investigations, emphasizing their specific applications within that context.

6. To comply with OSHA's noise exposure standards, annual hearing tests should be administered to employees working in what kind of environment?

- A. Low noise environments
- B. Moderate noise environments
- C. High noise environments
- D. All noise level environments

Annual hearing tests are required for employees working in high noise environments to comply with OSHA's noise exposure standards. The rationale behind this requirement is that exposure to elevated noise levels can lead to permanent hearing loss, and regular monitoring through hearing tests helps in early detection of any hearing impairment. High noise environments are defined as those where noise levels exceed 85 decibels (dB) averaged over an 8-hour time-weighted average. In such settings, the risk of hearing damage increases significantly, making it essential to implement precautionary measures, including annual hearing assessments. These tests help to ensure that any changes in hearing ability are identified promptly, allowing for appropriate interventions, such as hearing protection or modifications in work practices to minimize noise exposure. While moderate and low noise environments may not pose the same level of risk, they typically do not require the same stringent monitoring for hearing preservation as high noise areas. Therefore, the necessity for annual hearing tests is specifically tied to working conditions that present a higher potential for noise-induced hearing loss.

7. Which organization sets the standards for safety glasses?

A. NIOSH

B. OSHA

C. The American National Standards Institute

D. The International Safety Equipment Association

The American National Standards Institute (ANSI) is responsible for establishing standards that ensure the quality and performance of safety glasses and other personal protective equipment. ANSI develops consensus standards that are used across various industries, including construction, to ensure that safety equipment meets specific performance and safety criteria. In the context of safety glasses, ANSI standards outline requirements for factors such as impact resistance, optical quality, and design features, which help protect workers' eyes from hazards present in their work environments. When safety glasses are ANSI-certified, it indicates that they have undergone rigorous testing and adhere to established safety guidelines, providing assurance to users about the protection they offer. While organizations like OSHA (Occupational Safety and Health Administration) provide regulations that require the use of protective eyewear in certain situations, it is ANSI that specifically develops the criteria that such eyewear must meet. The involvement of other organizations, such as the International Safety Equipment Association, primarily focuses on advocacy and representation within the industry rather than directly setting the standards themselves.

8. Which of the following is NOT considered a potential hazard for vehicles like bulldozers and forklifts?

A. Driver fatigue

B. Carbon monoxide overexposure

C. Improper load securing

D. Poor visibility

Carbon monoxide overexposure is not typically associated with vehicles like bulldozers and forklifts when compared to the other hazards mentioned. The primary concern with these types of vehicles revolves around issues directly related to their operation, environment, and operator behavior. Driver fatigue can significantly impair a vehicle operator's alertness and decision-making ability, leading to accidents and injuries on the job site. Improper load securing is crucial for preventing loads from shifting during transport, which can cause the vehicle to tip over or lead to materials falling and causing harm. Poor visibility can also create significant risks, as operators may not be able to see obstacles, other workers, or hazards around the vehicle. While carbon monoxide exposure is a valid concern for vehicles that operate in enclosed spaces, it is more relevant for engines that run in small or poorly ventilated areas, which is less common with bulldozers and forklifts in most construction settings. Hence, this option stands out as not being a direct hazard associated with their operation.

9. For which type of construction task is it imperative to perform a thorough hazard analysis before beginning work?

- A. Minor repairs
- B. Tasks involving heavy machinery
- C. All construction tasks
- D. Office renovations

Performing a thorough hazard analysis is especially imperative for tasks involving heavy machinery due to the significant risks associated with their operation. Heavy machinery can pose various dangers, such as the potential for serious injuries from moving parts, the risk of equipment failures, and hazards related to working in proximity to these machines, including crush injuries or being struck by moving equipment. A comprehensive hazard analysis enables identification and management of specific risks prior to commencing work, ensuring that safety protocols are established, necessary protective equipment is utilized, and emergency procedures are in place. This proactive approach is crucial in mitigating incidents that could result in severe consequences for workers and others on the construction site. While a hazard analysis is beneficial for all construction tasks, the consequences of neglecting it for high-risk activities, such as those involving heavy machinery, can be particularly severe, highlighting the necessity of conducting thorough assessments before proceeding with such tasks.

10. At an accident scene, what is essential to do to preserve the integrity of evidence?

- A. Clear any debris immediately
- B. Hide all potential hazards from view
- C. Secure the scene effectively
- D. Conduct interviews with bystanders first

Securing the scene effectively is crucial to preserving the integrity of evidence at an accident site. This process involves establishing a perimeter to ensure that no unauthorized personnel can enter the area, which minimizes the risk of contamination or alteration of evidence. Properly securing the scene allows investigators to collect data systematically and prevents any potential evidence from being lost or destroyed. By maintaining control of the scene, investigators can thoroughly document the conditions before any changes occur due to weather or human interference. This is vital for creating accurate reports and understanding the sequence of events leading to the accident. Establishing a secure environment also facilitates the safe collection of evidence and the management of any witnesses, who can provide critical information. Other actions, such as clearing debris or hiding hazards, may inadvertently disturb the scene and potentially alter critical evidence. Conducting interviews with bystanders should typically occur after the scene is secured to ensure that their accounts are not influenced by any changing conditions or observations made post-incident.

## 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://chst.examzify.com>

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

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