CONSTRUCTION HEALTH AND SAFETY TECHNICIAN (CHST) 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. **What will be the speed of a 4-inch diameter grinding wheel operating at 12,000 rpm?**

   A. 12,000 surface feet per minute

   B. 12,566 surface feet per minute

   C. 11,000 surface feet per minute

   D. 13,000 surface feet per minute

2. **Which MARSEC level requires the "highest" security measures?**

   A. MARSEC Level 1

   B. MARSEC Level 2

   C. MARSEC Level 3

   D. MARSEC Level 4

3. **Which of the following is NOT a significant factor in determining the outcome of an electrocution event?**

   A. The amount of voltage present

   B. The duration of contact

   C. The amount of electrically resistant material present in the work boots and work gloves

   D. The path of the electrical current through the body

4. **What is considered the most important factor in preventing accidents on a job site?**

   A. Worker training

   B. Equipment maintenance

   C. Management support

   D. Safety audits

5. **Which substance is known to damage the optic nerve when a person is exposed?**

   A. Carbon Monoxide

   B. Methanol

   C. Hexane

   D. Arsenic

6. Which substance would be appropriate for extinguishing a fire caused by flammable liquids?

A. Water

B. Foam

C. Halon

D. Carbon Dioxide

7. Which of the following hazardous substances can penetrate the skin and affect the body?

A. Arsenic

B. Poison Ivy Oil

C. Lead

D. Carbon Monoxide

8. Which of the following is not commonly implemented to prevent materials-handling accidents?

A. Creating clear passageways

B. Providing training sessions

C. Using forklifts

D. Creating linear passages outside of work areas

9. What recourse do employers have if they are cited and fined by OSHA?

A. File a lawsuit

B. Appeal to OSHA and the Review Commission

C. Request a settlement hearing

D. Negotiate directly with OSHA inspectors

10. The Heinrich "incident to injury ratio" model states that for every 330 accidents, how many result in no injuries?

A. 250

B. 300

C. 350

D. 400

Answers

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

Explanations

1. What will be the speed of a 4-inch diameter grinding wheel operating at 12,000 rpm?

A. 12,000 surface feet per minute

B. 12,566 surface feet per minute

C. 11,000 surface feet per minute

D. 13,000 surface feet per minute

To determine the speed of a 4-inch diameter grinding wheel operating at 12,000 rpm in surface feet per minute (SFM), you can use the following formula: SFM = (Diameter in inches × π × RPM) / 12 Here, the diameter of the wheel is 4 inches, and π is approximately 3.14159. First, we calculate the circumference of the wheel: Circumference = Diameter × π = 4 inches × 3.14159 = 12.56636 inches. Next, to convert this measurement to feet, since there are 12 inches in a foot, we divide by 12: Circumference in feet = 12.56636 inches / 12 = 1.0472 feet. Now, we multiply the circumference in feet by the rpm: SFM = 1.0472 feet × 12,000 rpm = 12,566.4 surface feet per minute. Rounding to the nearest whole number gives us approximately 12,566 surface feet per minute. This calculation confirms that the speed of the grinding wheel is indeed 12,566 surface feet per minute, making the choice that states this value accurate. Understanding the relationship between diameter,

2. Which MARSEC level requires the "highest" security measures?

A. MARSEC Level 1

B. MARSEC Level 2

C. MARSEC Level 3

D. MARSEC Level 4

The correct answer is associated with MARSEC Level 3, which signifies a situation of heightened threat where the highest security measures must be implemented. This level is typically activated in response to an imminent threat or a significant security breach. Under these circumstances, security protocols become more stringent, requiring enhanced surveillance, increased personnel presence, and further restrictions on access to facilities and assets. At MARSEC Level 3, organizations are obligated to take proactive steps to deter potential threats and ensure the safety of personnel and facilities, reflecting a comprehensive response to elevated risks. This level is designed to ensure a robust protective environment and can involve strict compliance with security plans and coordination with law enforcement and other agencies. In contrast, MARSEC Level 1 tends to indicate normal operations and baseline security measures, while MARSEC Level 2 requires additional security due to an increased threat but does not necessitate the extreme actions mandated at Level 3. MARSEC Level 4 does not exist within the commonly recognized MARSEC system, hence it does not apply in this context.

3. Which of the following is NOT a significant factor in determining the outcome of an electrocution event?

A. The amount of voltage present

B. The duration of contact

C. The amount of electrically resistant material present in the work boots and work gloves

D. The path of the electrical current through the body

In the context of electrocution events, the significant factors that typically influence the outcome include the amount of voltage present, the duration of contact with the electrical source, and the path that the electrical current takes through the body. While the amount of electrically resistant material in work boots and gloves can play a role in providing some protection against electrical shocks, it is not considered a primary factor in determining the severity of electrocution. Instead, higher voltage levels can create more lethal situations, prolonged contact increases the chances of severe injury or fatality, and the current's path through vital organs is critical for understanding potential harm. Thus, the presence of resistant materials, while somewhat relevant, is not as pivotal in assessing the overall outcome of an electrocution incident in comparison to those other factors.

4. What is considered the most important factor in preventing accidents on a job site?

A. Worker training

B. Equipment maintenance

C. Management support

D. Safety audits

Management support is considered the most vital factor in preventing accidents on a job site due to its overarching influence on safety culture and practices. When management demonstrates a commitment to safety, it sets a standard that permeates the entire organization. This support can take various forms, such as providing adequate resources for safety training, enforcing policies, and prioritizing safety in day-to-day operations. When management is visibly engaged in safety efforts, it encourages workers to adopt safer behaviors and protocols. Employees are more likely to participate in training and adhere to safety measures when they see their leaders prioritizing these initiatives. Furthermore, management support can lead to better communication and reporting systems, making it easier to identify potential hazards. While elements like worker training, equipment maintenance, and safety audits are important components of a safety program, they function most effectively when there is strong support from management. Without that top-level commitment, these other factors may not be given the attention or resources they need to be impactful. Thus, management support serves as the foundation upon which all other safety practices are built, ultimately driving a successful and proactive safety culture in the workplace.

5. Which substance is known to damage the optic nerve when a person is exposed?

A. Carbon Monoxide

B. Methanol

C. Hexane

D. Arsenic

Methanol is known to be particularly harmful to the optic nerve primarily due to its metabolism in the body. When ingested, methanol is converted to formaldehyde and then to formic acid, both of which are neurotoxic and can cause severe damage to the optic nerve, leading to conditions such as visual disturbances and even blindness. The specific toxicity of methanol to the optic nerve has been well documented in both clinical and experimental studies. The other substances mentioned may have different health risks associated with them. For instance, carbon monoxide affects the body's ability to transport oxygen, hexane can cause peripheral neuropathy, and arsenic is known for its toxic effects on various organ systems, but none specifically target the optic nerve in the same detrimental manner as methanol does.

6. Which substance would be appropriate for extinguishing a fire caused by flammable liquids?

A. Water

B. Foam

C. Halon

D. Carbon Dioxide

In the context of extinguishing fires caused by flammable liquids, Halon is an effective choice due to its unique properties. Halon is a clean agent that interrupts the chemical reaction occurring in the fire, making it suitable for flammable liquid fires where water, for instance, would be inappropriate or ineffective. This type of fire requires a suppression method that can effectively displace oxygen or interrupt combustion without potentially spreading the fire, which can occur if water is applied to flammable liquids. Halon's ability to act quickly without leaving residue makes it ideal for use in environments where space and equipment may be sensitive, such as in electronic or specialized industrial settings. The use of Halon is recommended because it does not conduct electricity and can be used on live electrical equipment, offering an additional layer of safety during fire suppression efforts. In contrast, although foam would work well for encapsulating and suppressing flammable liquids by forming a barrier over the liquid, it might not be as effective in certain situations as Halon. Water should generally be avoided on flammable liquid fires because it can spread the flames or sink burning liquids, leading to a larger fire. Carbon dioxide is often used for small flammable liquid fires as well, but it may not be as effective

7. Which of the following hazardous substances can penetrate the skin and affect the body?

A. Arsenic

B. Poison Ivy Oil

C. Lead

D. Carbon Monoxide

Arsenic is a hazardous substance that can penetrate the skin and have detrimental effects on the body. When arsenic comes into contact with the skin, it can be absorbed and lead to various health issues, including skin lesions and systemic toxicity. This ability to penetrate the skin is significant because it highlights the importance of protective measures when handling materials that contain arsenic. Poison ivy oil, while it can cause a skin reaction, typically does not enter the body in a way that it affects internal organs or causes systemic issues like arsenic. Lead can cause serious health problems, but it primarily does so through ingestion or inhalation rather than direct skin absorption, and carbon monoxide poses different risks primarily through inhalation, affecting respiratory functions rather than through skin contact. This distinction makes arsenic particularly notable as a skin-penetrating toxin among the listed options.

8. Which of the following is not commonly implemented to prevent materials-handling accidents?

A. Creating clear passageways

B. Providing training sessions

C. Using forklifts

D. Creating linear passages outside of work areas

Creating linear passages outside of work areas is not commonly implemented as a preventive measure for materials-handling accidents primarily because the focus of safety protocols is typically on the working environment itself. Materials-handling safety emphasizes managing the risks within operational spaces where materials are actively moved or processed. On the other hand, creating clear passageways contributes directly to safe movement within a workspace, reducing the likelihood of collisions or obstacles that can lead to accidents. Similarly, providing training sessions is essential for educating employees on safe practices, proper handling techniques, and the correct use of equipment, which significantly lowers the chances of accidents. Using forklifts, while presented in a context that might imply risk, is part of materials handling strategies. With proper training and adherence to safety protocols, forklifts can enhance efficiency and safety when utilized correctly within designated areas. Thus, the focus on internal working conditions and procedures, rather than external pathways, explains why the creation of linear passages outside of work areas is not a commonly applied preventive measure.

9. What recourse do employers have if they are cited and fined by OSHA?

A. File a lawsuit

B. Appeal to OSHA and the Review Commission

C. Request a settlement hearing

D. Negotiate directly with OSHA inspectors

Employers cited and fined by OSHA have the right to appeal the citation and any penalties to both OSHA and the Occupational Safety and Health Review Commission. This process allows employers to formally contest the findings of OSHA about alleged violations of safety regulations. When an employer receives a citation, they can file a notice of contest to challenge the validity of the citation, the proposed penalty, or both. This appeal must be submitted within a specified timeframe. Following this notice, the employer can request a hearing before an administrative law judge at the Review Commission, which provides an avenue for employers to present evidence and arguments supporting their case. This formal appeal process is established to ensure that employers have a fair opportunity to defend themselves against citations and fines. The other options, while they may seem viable, typically do not represent the standard procedures for contesting OSHA citations. For instance, filing a lawsuit directly is not a primary recourse since there are specific administrative processes in place. Similarly, while settlement discussions can occur, the structured appeal process through OSHA and the Review Commission is the standard route for contesting citations.

10. The Heinrich "incident to injury ratio" model states that for every 330 accidents, how many result in no injuries?

A. 250

B. 300

C. 350

D. 400

The Heinrich "incident to injury ratio" model emphasizes the relationship between the number of accidents and the resulting injuries. According to this model, it is established that for every 330 workplace accidents, approximately 300 result in no injuries at all. This is significant because it highlights the disparity between near misses and actual injuries, reinforcing the importance of addressing all incidents, not just those that lead to injuries. In the context of workplace safety and prevention strategies, recognizing that 300 out of 330 accidents do not result in injuries implies that a vast majority of incidents can potentially be addressed or mitigated through proactive measures. This leads to better safety training, awareness, and ultimately reduces the likelihood of serious injuries by focusing on preventing the accidents themselves rather than only the injuries that result from them. This model serves as a valuable tool for safety professionals, guiding them in their approach to incident reporting and safety training programs to ensure that they comprehensively address safety in the workplace.

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:

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