

# IICRC Health and Safety Technician (HST) certification Practice Exam (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. Materials involved in a "Class A" fire include ordinary combustible materials such as \_\_\_\_\_ and \_\_\_\_\_.**
  - A. Paper, wood**
  - B. Gasoline, oil**
  - C. Plastic, rubber**
  - D. Electronics, fabric**
- 2. True or False: Safety Data Sheets (SDS) must be kept in a location that is readily accessible to all employees.**
  - A. True**
  - B. False**
  - C. Only for specific departments**
  - D. Only during working hours**
- 3. How does stress typically affect worker safety?**
  - A. It improves decision-making skills**
  - B. It has no real impact on safety**
  - C. It can impair decision-making and increase accidents**
  - D. It promotes attentiveness to tasks**
- 4. What are some common health hazards in restoration work?**
  - A. Mold exposure**
  - B. Chemical exposure**
  - C. Noise**
  - D. All of the above**
- 5. What is one best practice for lifting heavy objects?**
  - A. Bend at the waist and twist the body**
  - B. Bend at the knees and keep the load close to the body**
  - C. Lift with the back straight and arms extended**
  - D. Ask for help only if the object feels very heavy**

**6. What must be done to a ladder placed against a roof so that it meets safety requirements?**

- A. The ladder must be extended at least 1 meter above the roof edge**
- B. The ladder must be secured to the roof**
- C. The ladder must be positioned directly against the edge**
- D. The ladder must be lowered to ground level**

**7. What indicates the need for a job hazard/safety analysis?**

- A. Routine equipment inspections**
- B. Work tasks with a history of accidents**
- C. Employee feedback on workplace safety**
- D. Regular safety training sessions**

**8. What does the term 'psychological hazard' refer to in a workplace context?**

- A. Physical dangers present in the environment**
- B. Factors that could lead to mental distress**
- C. Obstructive physical barriers**
- D. Health risks associated with equipment**

**9. Why should materials containing hazardous substances be identified?**

- A. To prevent their use in marketing campaigns**
- B. To isolate them from regular cleaning supplies**
- C. To identify risks that may affect health and safety**
- D. To reduce overall costs of cleaning**

**10. Which of the following best describes a near-miss incident?**

- A. An event that results in injury**
- B. A situation where an accident was narrowly avoided**
- C. A minor workplace infraction**
- D. A repetitive task**

## **Answers**

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

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## **Explanations**

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**1. Materials involved in a "Class A" fire include ordinary combustible materials such as \_\_\_\_\_ and \_\_\_\_\_.**

- A. Paper, wood**
- B. Gasoline, oil**
- C. Plastic, rubber**
- D. Electronics, fabric**

In the context of fire classification, a "Class A" fire pertains to those that involve ordinary combustible materials. This class specifically includes materials such as paper and wood, which are considered common fuel sources that ignite and burn easily. These types of fires are typically extinguished with water, as the heat from these materials allows for effective cooling and suppression. Class A fires are characterized by the burning of everyday items and organic materials, which are abundant in residential and commercial environments. This distinction is essential for understanding fire safety protocols, firefighting techniques, and the type of extinguishing agents that are most effective for each class of fire. The other choices describe materials that fall under different fire classifications. For example, gasoline and oil are flammable liquids classified as Class B fires, while plastics and rubber are also involved in other fire classes that may require different suppression methods. Understanding these classifications is crucial for effective fire response and safety measures.

**2. True or False: Safety Data Sheets (SDS) must be kept in a location that is readily accessible to all employees.**

- A. True**
- B. False**
- C. Only for specific departments**
- D. Only during working hours**

Safety Data Sheets (SDS) are crucial documents that provide detailed information about the properties of hazardous chemicals, including their health and environmental risks, safe handling practices, and emergency response measures. These sheets serve to inform and protect employees who may come into contact with these materials in the workplace. The requirement for SDS to be kept in a location that is readily accessible to all employees is a mandate under the Occupational Safety and Health Administration (OSHA) Hazard Communication Standard. This law emphasizes the importance of making safety information available to all workers, ensuring they have the necessary knowledge to work safely with potentially harmful substances. By having SDS available for all employees, organizations promote a culture of safety, empowering individuals to understand the risks and appropriate actions to take in case of exposure or accidents involving hazardous materials. It also assists in training and emergency preparedness, as anyone who may encounter these substances can easily access relevant safety information at any time they are present in the workplace.

### 3. How does stress typically affect worker safety?

- A. It improves decision-making skills**
- B. It has no real impact on safety**
- C. It can impair decision-making and increase accidents**
- D. It promotes attentiveness to tasks**

Stress can significantly impact worker safety by impairing decision-making and increasing the likelihood of accidents. When individuals experience high levels of stress, their cognitive functions can be compromised, leading to difficulties in focusing, processing information, and making sound judgments. This diminished decision-making capability can result in poor choices or oversight in safety protocols, increasing the risk of accidents. Additionally, stressed workers may also experience physical symptoms such as fatigue or tension, which can further detract from their ability to perform tasks safely. Increased stress can lead to a lack of attentiveness and heightened emotional responses, making it harder for employees to react appropriately to safety hazards. Consequently, this combination of factors can create an unsafe work environment and elevate the chances of incidents occurring on the job.

### 4. What are some common health hazards in restoration work?

- A. Mold exposure**
- B. Chemical exposure**
- C. Noise**
- D. All of the above**

In restoration work, it is crucial to recognize a variety of health hazards that workers may encounter. Mold exposure is a significant concern as mold spores can lead to respiratory problems and allergic reactions. It thrives in water-damaged areas and can quickly spread if not properly managed. Chemical exposure is another major hazard, as restoration work often involves the use of cleaning agents and disinfectants. These chemicals can pose risks to workers if inhaled or if they come into contact with skin, and they may cause both acute and chronic health effects depending on the levels of exposure and toxicity. Additionally, noise is a common health hazard in restoration environments, especially when using heavy machinery, power tools, or equipment like generators and fans. Prolonged exposure to high noise levels can lead to hearing loss and other health issues. The inclusion of all these elements underscores the importance of comprehensive training and risk management strategies in the restoration field. By recognizing that restoration workers must be vigilant about mold, chemicals, and noise, we can better prepare for and mitigate these health hazards effectively. Therefore, acknowledging all three hazards collectively demonstrates a thorough understanding of the health risks present in the restoration industry.

## 5. What is one best practice for lifting heavy objects?

- A. Bend at the waist and twist the body**
- B. Bend at the knees and keep the load close to the body**
- C. Lift with the back straight and arms extended**
- D. Ask for help only if the object feels very heavy**

Bending at the knees and keeping the load close to the body is considered a best practice for lifting heavy objects because it helps to distribute the weight more evenly across your body, particularly engaging larger muscle groups like the legs and minimizing the strain on the back. This technique allows for better control and stability while lifting, significantly reducing the risk of injury. When you bend at the knees, you maintain a more neutral spine position, which is essential for protecting your back. Keeping the load close to your body reduces the leverage effect on your back and arms, making it easier to engage your core and leg muscles to perform the lift. This method promotes safer lifting mechanics by allowing you to lift with your legs rather than your back, which is critical in preventing strains and chronic injuries.

## 6. What must be done to a ladder placed against a roof so that it meets safety requirements?

- A. The ladder must be extended at least 1 meter above the roof edge**
- B. The ladder must be secured to the roof**
- C. The ladder must be positioned directly against the edge**
- D. The ladder must be lowered to ground level**

To ensure a ladder placed against a roof meets safety requirements, it is essential that the ladder extends at least 1 meter above the roof edge. This guideline is crucial because it provides adequate handhold support for individuals climbing up and down. Having that additional height helps prevent accidents by ensuring that users can grab onto the roof securely and maintain stability as they transition between the ladder and the roof. Proper extension also reduces the risk of slipping, as it allows for a safe and controlled access point. Other options do not meet the established safety standards. Securing the ladder to the roof, while a good practice, is not a primary requirement and may not always be feasible. Positioning the ladder directly against the edge is unsafe as it increases the risk of a fall. Lowering the ladder to ground level does not fulfill the need for safe access to elevated areas. Overall, having the ladder extend above the roof edge is the most critical factor in maintaining safety for users.

## 7. What indicates the need for a job hazard/safety analysis?

- A. Routine equipment inspections
- B. Work tasks with a history of accidents**
- C. Employee feedback on workplace safety
- D. Regular safety training sessions

Choosing work tasks with a history of accidents as the indicator for a job hazard/safety analysis highlights a proactive approach to workplace safety. By identifying tasks that have previously resulted in injuries or incidents, an organization can focus its efforts on reducing risks and preventing future occurrences. Conducting a job hazard analysis in these cases enables the identification of specific hazards associated with the tasks, allowing the implementation of safer practices or equipment to mitigate risks. Focusing on tasks with a documented history of accidents serves as a clear signal that existing safety measures might not be sufficient, and improvements need to be made to protect employees. This type of analysis can lead to the development of more effective safety protocols, training, and resource allocation, ultimately fostering a safer working environment. Other options, while related to safety, do not specifically indicate the immediate need for a job hazard analysis. Routine equipment inspections and regular safety training sessions serve as preventive measures rather than direct indicators of hazardous processes. Employee feedback on workplace safety is valuable for understanding safety perceptions and concerns, but it doesn't necessarily signal a specific need for a hazard analysis unless it relates to known issues or patterns of accidents.

## 8. What does the term 'psychological hazard' refer to in a workplace context?

- A. Physical dangers present in the environment
- B. Factors that could lead to mental distress**
- C. Obstructive physical barriers
- D. Health risks associated with equipment

In a workplace context, the term 'psychological hazard' specifically refers to factors that could lead to mental distress among employees. This includes a range of issues such as stress, bullying, harassment, workload pressure, and lack of support from management. Such hazards do not manifest physically but can lead to significant mental health issues, impacting employee well-being, productivity, and overall workplace morale. Understanding psychological hazards is crucial because they can be just as harmful as physical dangers. Organizations are encouraged to implement strategies for identifying, assessing, and mitigating these psychological risks to foster a healthier work environment and support their employees' mental health. This acknowledgment of mental well-being contributes to a more balanced approach to workplace safety, recognizing that health encompasses both physical and psychological aspects.

## 9. Why should materials containing hazardous substances be identified?

- A. To prevent their use in marketing campaigns**
- B. To isolate them from regular cleaning supplies**
- C. To identify risks that may affect health and safety**
- D. To reduce overall costs of cleaning**

Identifying materials containing hazardous substances is crucial for ensuring health and safety in any environment. Knowing which materials pose risks allows individuals and organizations to assess potential dangers to human health and the environment effectively. This identification process helps in implementing proper safety measures, such as appropriate handling procedures, protective equipment requirements, and emergency response protocols. Recognizing these hazardous materials helps to prevent accidents and exposure, ultimately promoting a safer workplace. The other options do not fully address the primary rationale for identifying hazardous materials. While isolating these substances from regular cleaning supplies and working towards cost reduction are important considerations, they are secondary to the fundamental need to recognize and mitigate health and safety risks associated with hazardous substances.

## 10. Which of the following best describes a near-miss incident?

- A. An event that results in injury**
- B. A situation where an accident was narrowly avoided**
- C. A minor workplace infraction**
- D. A repetitive task**

A near-miss incident is best described as a situation where an accident was narrowly avoided. This definition highlights the critical nature of such incidents; they are moments that could have resulted in harm or damage but did not, often due to chance or the intervention of a person. Recognizing and documenting near-miss incidents is crucial in health and safety practices because they serve as essential learning opportunities. Understanding these situations helps to identify hazards and implement preventive measures that can reduce the risk of actual accidents occurring in the future. Other choices do not accurately capture the essence of a near-miss. An event that results in injury would classify as an accident rather than a near-miss. A minor workplace infraction does not reflect the potential danger inherent in a near-miss incident. Lastly, a repetitive task relates to job duties rather than highlighting a safety-related event.

# 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://iicrchst.examzify.com>**

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

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