

IICRC HEALTH AND SAFETY TECHNICIAN (HST) CERTIFICATION PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://iicrchst.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. What must employers provide when employees are potentially exposed to hazardous substances?**
 - A. Face shields
 - B. Respirators
 - C. Finger protection
 - D. Protective clothing
- 2. What device stops electricity flow when current-to-ground exceeds a predetermined value?**
 - A. Circuit breaker
 - B. GFCI or RCD
 - C. Fuse
 - D. Voltage regulator
- 3. Which of the following is a main component of a health and safety program?**
 - A. Expense tracking
 - B. Policy development
 - C. Recruitment strategies
 - D. Marketing plans
- 4. Which of the following best defines 'blood' in a health and safety context?**
 - A. Only human blood
 - B. Human blood, its components, and products made from it
 - C. Blood from humans and animals
 - D. Only blood products used in medical treatments
- 5. During an emergency, if employees cannot locate a fire extinguisher because it is unmarked and lying on the floor, what safety standard has been violated?**
 - A. Fire extinguishers must be cleaned regularly
 - B. Fire extinguishers must be mounted, located, and identified
 - C. Fire extinguishers must be replaced every five years
 - D. Fire extinguishers must be of a certain color

- 6. The term sterilize refers to the use of which types of procedures to destroy all microbial life?**
- A. Physical or chemical
 - B. Biological or thermal
 - C. Mechanical or heat
 - D. Chemical or biological
- 7. Which of the following is a method of hazard communication?**
- A. Scheduling regular safety meetings
 - B. Using labels on containers to indicate potential dangers of materials
 - C. Putting up safety posters in break rooms
 - D. Conducting weekly risk assessments
- 8. What does a hazard sign for corrosives indicate?**
- A. Materials that can explode on contact with water
 - B. Substances that can cause irreversible tissue damage
 - C. Materials that may cause a fire
 - D. Substances that can be consumed without harm
- 9. What does the term "spill kit" refer to?**
- A. A collection of cleaning supplies for office spaces
 - B. A collection of materials for hazardous spill containment
 - C. A kit used for employee personal care
 - D. A toolbox for general maintenance
- 10. When a safety officer observes a worker and notes potential risks during task assembly, what process are they conducting?**
- A. Job safety evaluation
 - B. Job hazard analysis
 - C. Risk assessment
 - D. Safety compliance check

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What must employers provide when employees are potentially exposed to hazardous substances?

- A. Face shields
- B. Respirators**
- C. Finger protection
- D. Protective clothing

Employers are required to provide respirators when employees are potentially exposed to hazardous substances due to the nature of these substances and their potential health impacts. Respirators serve as a crucial form of personal protective equipment (PPE) designed to protect workers from inhaling harmful contaminants, including dust, fumes, vapors, and gases that could lead to serious respiratory issues or other health hazards. The provision of respirators is particularly important in environments where the air quality is compromised or where exposure levels exceed established occupational exposure limits. Ensuring that employees have access to proper respiratory protection aligns with regulations and safety standards aimed at minimizing health risks associated with exposure to hazardous materials. In contrast, the other options, while they may also be important protective gear in various contexts, are not specifically required in every scenario involving hazardous substances. For example, face shields and protective clothing may be relevant for certain types of exposures and specific jobs, but respirators are essential in addressing airborne hazards directly, making them the primary requirement when dealing with potentially hazardous substances.

2. What device stops electricity flow when current-to-ground exceeds a predetermined value?

- A. Circuit breaker
- B. GFCI or RCD**
- C. Fuse
- D. Voltage regulator

The correct answer is the Ground Fault Circuit Interrupter (GFCI) or Residual Current Device (RCD). This device is specifically designed to protect people from electrical shock by monitoring the current flowing through an electrical circuit. It functions by detecting any imbalance or leakage of current between the live and neutral wires, which can occur if there is a fault in the wiring or if someone comes into contact with a live wire. When a ground fault is detected, such as when the current flowing to the ground exceeds a predetermined threshold, the GFCI or RCD quickly interrupts the electrical circuit, effectively stopping the flow of electricity and reducing the risk of serious injury or death from electric shock. In contrast, a circuit breaker serves to prevent overloads and short circuits by tripping when the current exceeds a safe level but does not specifically monitor for ground faults. A fuse also interrupts the circuit but relies on melting a wire when the current exceeds a set threshold, without the advanced sensing capabilities of a GFCI or RCD. A voltage regulator, meanwhile, is designed to maintain a constant voltage level and does not protect against ground faults at all.

3. Which of the following is a main component of a health and safety program?

- A. Expense tracking
- B. Policy development**
- C. Recruitment strategies
- D. Marketing plans

A health and safety program is fundamentally designed to ensure the well-being of employees and create a safe working environment. Policy development is a cornerstone of this program because it establishes the framework for how health and safety will be managed within an organization. Policies define the objectives, responsibilities, and procedures that will guide health and safety practices, ensuring they are consistent and effective. By developing clear policies, an organization lays the groundwork for compliance with regulations, promotes a culture of safety, and provides employees with guidelines for recognizing and managing hazards. These policies often include risk assessments, safety training requirements, emergency response plans, and reporting mechanisms, all essential for fostering a safe workplace. Expense tracking, recruitment strategies, and marketing plans, while important in other areas of a business, do not address the specific needs of a health and safety program. Therefore, they do not serve as the foundational components necessary to promote health and safety in the workplace.

4. Which of the following best defines 'blood' in a health and safety context?

- A. Only human blood
- B. Human blood, its components, and products made from it**
- C. Blood from humans and animals
- D. Only blood products used in medical treatments

In a health and safety context, 'blood' is best defined as human blood, its components, and products made from it. This definition is vital, particularly in environments where exposure to blood can occur, such as healthcare settings or during disaster response situations. Understanding this definition is crucial for implementing the proper safety protocols to handle potential biohazard materials appropriately. This includes awareness of bloodborne pathogens, which can pose significant health risks if exposure occurs. Recognizing blood not just as a fluid on its own but as encompassing components (like plasma, red blood cells, etc.) and derived products (such as clotting factors or vaccines) is essential for applying safety standards effectively. This comprehensive understanding allows workers and safety professionals to identify risks accurately and understand the need for personal protective equipment (PPE) and other safety measures when dealing with any material classified as blood in health settings.

5. During an emergency, if employees cannot locate a fire extinguisher because it is unmarked and lying on the floor, what safety standard has been violated?

- A. Fire extinguishers must be cleaned regularly
- B. Fire extinguishers must be mounted, located, and identified**
- C. Fire extinguishers must be replaced every five years
- D. Fire extinguishers must be of a certain color

The correct choice highlights the importance of proper placement and identification of fire extinguishers within a workplace. Fire safety standards require that fire extinguishers be clearly marked, easily accessible, and mounted in designated locations for quick and effective response during emergencies. If an employee is unable to find a fire extinguisher due to it being unmarked and lying on the floor, it indicates a violation of these safety standards. Proper identification and mounting are crucial in ensuring that individuals can swiftly locate and utilize fire extinguishers when every second counts in an emergency situation. The other options, while related to fire safety, do not directly address the specific issue of accessibility and identification. Regular cleaning and replacement schedules are important for maintenance, but they don't ensure that the fire extinguisher is readily available to those who need it.

6. The term sterilize refers to the use of which types of procedures to destroy all microbial life?

- A. Physical or chemical**
- B. Biological or thermal
- C. Mechanical or heat
- D. Chemical or biological

The term sterilize is defined as the process of eliminating all forms of microbial life, including bacteria, viruses, fungi, and spores. This can be achieved through various methods that either physically or chemically alter the environment to ensure complete destruction of all microorganisms. Physical procedures for sterilization often include methods such as autoclaving (using pressurized steam), dry heat sterilization, or irradiation. These techniques physically disrupt the cellular structures of microorganisms. On the other hand, chemical procedures involve the use of disinfectants and sterilants, such as ethylene oxide or hydrogen peroxide, that can effectively kill all microbial life by altering their biochemical structures. The other types of procedures mentioned in the options focus either on specific aspects of sterilization or do not cover the full range needed for comprehensive microbial destruction. Therefore, the combination of both physical and chemical approaches is essential for achieving true sterility, making this choice the most accurate representation of the broad methods available to achieve sterilization.

7. Which of the following is a method of hazard communication?

- A. Scheduling regular safety meetings
- B. Using labels on containers to indicate potential dangers of materials**
- C. Putting up safety posters in break rooms
- D. Conducting weekly risk assessments

Using labels on containers to indicate potential dangers of materials is a vital method of hazard communication because it provides immediate, visual warnings about the contents and their associated risks. This practice ensures that employees can quickly identify hazardous substances, understand the nature of the risks they pose, and take appropriate safety precautions when handling them. Labels typically include hazard symbols, precautionary statements, and instructions for safe handling, all of which play a crucial role in preventing accidents and ensuring a safe working environment. By being informed through clear labeling, workers are empowered to make safer choices in their daily tasks. In contrast, while scheduling regular safety meetings, putting up safety posters in break rooms, and conducting weekly risk assessments contribute to an overall safety culture and awareness, they do not serve as direct methods of communicating hazards associated with specific materials. These approaches are more generalized and may not provide the immediate and specific information that labeled containers offer.

8. What does a hazard sign for corrosives indicate?

- A. Materials that can explode on contact with water
- B. Substances that can cause irreversible tissue damage**
- C. Materials that may cause a fire
- D. Substances that can be consumed without harm

A hazard sign for corrosives indicates substances that can cause irreversible tissue damage. This type of hazard sign is critical in environments where handling harsh chemicals is routine, such as in laboratories, manufacturing, or cleaning operations. Corrosive materials can cause severe burns and tissue destruction upon contact with skin or other body tissues, making it imperative for personnel to recognize these signs and take necessary precautions, including wearing appropriate personal protective equipment. Understanding the significance of this label reinforces the importance of safety protocols in handling hazardous substances. Recognizing corrosives helps in preventing serious injuries and ensuring a safe working environment. It also emphasizes the necessity for proper storage, handling, and disposal of such materials to minimize risks to health and safety in various settings.

9. What does the term "spill kit" refer to?

- A. A collection of cleaning supplies for office spaces
- B. A collection of materials for hazardous spill containment**
- C. A kit used for employee personal care
- D. A toolbox for general maintenance

The term "spill kit" specifically refers to a collection of materials designed for hazardous spill containment. These kits are essential for promptly addressing accidental releases of materials that could pose environmental or health risks, particularly in settings where substances like chemicals, oils, or other hazardous materials are used. Spill kits typically contain a variety of absorbent materials, such as pads or booms, that can effectively soak up or contain spills. They may also include personal protective equipment (PPE) to ensure the safety of those responding to the spill, as well as disposal bags for safely collecting contaminated materials after the clean-up. Understanding the purpose and contents of a spill kit is crucial for managing safety effectively and minimizing potential harm from hazardous substances.

10. When a safety officer observes a worker and notes potential risks during task assembly, what process are they conducting?

- A. Job safety evaluation
- B. Job hazard analysis**
- C. Risk assessment
- D. Safety compliance check

The process being conducted when a safety officer observes a worker and notes potential risks during task assembly is a job hazard analysis. This involves identifying potential hazards associated with specific tasks, examining the nature of these risks, and determining how they may impact worker safety. By directly observing the worker and their surroundings, the safety officer is gathering critical information about the task's risks, enabling the organization to develop strategies for mitigation or control of these hazards. In practice, a job hazard analysis is an essential preventative measure that informs both employers and employees about the dangers present in their daily activities, ultimately leading to safer working conditions. This analysis is often carried out at the beginning of a new task or when changes in the work environment or processes occur, ensuring that potential risks are addressed proactively. Other processes like job safety evaluations, risk assessments, and safety compliance checks may relate to workplace safety but do not specifically focus on the detailed identification and analysis of hazards linked to particular tasks in the same manner as a job hazard analysis does.

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://iicrchst.examzify.com>

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

SAMPLE