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Construction Health and Safety Technician (CHST)



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Question: 1

A workstation is located equal distances away from three different machines that emit sound pressure levels of 100 dBA, 98 dBA, and 95 dBA. When employees are at this workstation, what sound pressure level are they exposed to?

- A. 293 dBA
- B. 102.9 dBA
- C. 97.7 dBA
- D. 98 dBA

Answer: B

Explanation:

When multiple noise sources are emitting simultaneous sound pressure levels, the combined sound pressure level (L_{pt}) is calculated using the following equation:

$$L_{pt} = 10 \log \sum_{i=1}^N 10^{\frac{L_{pi}}{10}}$$

Inserting all three sound pressure levels given in the problem will allow us to calculate the L_{pt} :

$$\begin{aligned} L_{pt} &= 10 \log \left(10^{\frac{100}{10}} + 10^{\frac{98}{10}} + 10^{\frac{95}{10}} \right) \\ &= 102.9 \text{ dBA} \end{aligned}$$

Question: 2

What is the difference between a safety inspection and a safety audit?

- A. Safety inspections can be performed by anyone, whereas audits are generally only performed by upper management.
- B. Safety inspections are performed during the actual job tasks, and audits are performed in a non-working environment
- C. Safety inspections focus on safety processes and procedures, and safety audits focus on the actions of people and equipment
- D. Safety inspections focus on physical safety hazards, and safety audits focus on evaluating processes and programs.

Answer: D

Explanation:

Safety inspections focus on physical safety hazards around people and equipment. Audits focus on safety systems, programs, and processes.

Question: 3

During an emergency, specific employees can be selected as emergency coordinators or emergency wardens. Which of the following assignments would NOT be automatically assigned to an emergency coordinator or warden?

- A. Determining when an emergency exists and activating procedures
- B. Coordinating with outside emergency services
- C. Assisting in the evacuation of employees
- D. Filling the incident commander position

Answer: D

Explanation:

Emergency wardens or coordinators can be authorized to help fulfill any emergency duties they are capable of and trained for, however, the incident commander position cannot be predetermined, as it is selected based on experience, training, and leadership abilities specific to the emergency.

Question: 4

OSHA 29 CFR 1910.28 and 1926.501 are fall protection standards for General Industry and Construction Industry, respectively. What is the main difference between these two standards?

- A. CFR 1910.28 calls for fall protection practices when an employee is at 4 feet above the walking/working surface, and 1926.501 calls for fall protection at 6 feet above the walking/working surface.
- B. General Industry does not require a guardrail system for material handling operations on a dock board when the exposed fall height is less than 10 feet. Construction Industry requires sidewalls to be in place during material handling on a dock board, regardless of height.
- C. CFR 1926.501 calls for fall protection at 4 feet above the walking/working surface, and 1910.28 calls for fall protection practices when an employee is at or above 6 feet off the walking/working surface.
- D. General Industry and Construction Industry standards are the same in this instance.

Answer: A

Explanation:

Fall protection standards for General Industry and Construction Industry are similar. The main difference between the two standards is the height requirement at which a fall protection system is required. General Industry (1910.28) calls for fall protection at 4 feet. Construction Industry (1926.501) requires fall protection at 6 feet. Both industries require a fall protection system to be in place when working above dangerous equipment or machinery, regardless of height. Fall protection requirements on dock boards for both industries require side walls or for the operator to be able to justify that there is no hazard related to falling from the dock board.

Question: 5

A small fire breaks out from an electrical outlet inside a portable building being used as a temporary break room and technology server room for a school district. Since the school is under construction, there is a pile of fire extinguishers along the wall. Which type of fire extinguisher should be chosen for this fire?

- A. Class A
- B. Class B
- C. Class ABC
- D. Carbon dioxide (CO₂)

Answer: C

Explanation:

ABC extinguishers can fight Class A, B, and C fires, therefore eliminating all possible flames in this situation. Class A extinguishers are used on combustibles such as wood, paper, cloth, rubber, trash, and plastics. Class B extinguishers are used for flammable liquids. CO₂ extinguishers can be used for Class B and Class C electrical fires but not Class A

Question: 6

A safety supervisor writes a violation concerning an air conditioning unit inside a small trailer on the job site that is plugged in using multiple extension cords that lead to a light plant 50 yards away. What is the correct safety recommendation for extension cord use in this situation?

- A. Move the light plant within 100 feet of the air conditioner to avoid the use of multiple extension cords.
- B. Use a power strip between the light plant and the first extension cord.
- C. No violation has actually occurred in this instance.
- D. Install an electrical distribution box near the air conditioner so the unit can be directly plugged into the power source.

Answer: D

Explanation:

Installing an electrical distribution box is the safest way to plug in the air conditioner. This allows the unit to be plugged directly into the power source. OSHA 1926.403 provides that the employer shall ensure that electrical equipment is free from recognized hazards and that certified equipment shall be used in accordance with the instructions included in the listing, labeling, and certification. Electrical cords are not to be longer than 100 feet, and multiple electrical cords cannot be plugged into each other. Power strips are not to be plugged into extension cords.

Question: 7

What leading systematic risk management strategy involves identifying potential deficiencies in design processes and equipment failures and assessing the harmful outcomes to apply actions to safeguard against occurrence?

- A. Root cause analysis
- B. Job safety analysis
- C. Accident investigation
- D. Failure Mode and Effects Analysis

Answer: D

Explanation:

Failure Mode and Effects Analysis is a leading risk management strategy used to identify problems or failures in a system, analyze the potential harmful outcomes of the failures, and then apply actions to prevent occurrence.

Question: 8

Which of the following is NOT a cumulative trauma injury?

- A. Rheumatoid arthritis
- B. Carpal tunnel syndrome
- C. Tendonitis
- D. Nerve entrapment

Answer: A

Explanation:

Rheumatoid arthritis is an autoimmune disease, not a cumulative trauma disorder. Cumulative trauma injuries occur when repetitive stress on the body leads to damage to the musculoskeletal and nervous systems. Examples of cumulative trauma injuries are Raynaud's syndrome, low back pain, tendonitis, tenosynovitis, nerve entrapment, tennis elbow, and carpal tunnel syndrome.

Question: 9

What is the main objective for designating a spokesperson during a crisis management event?

- A. To ensure accurate, consistent, and timely information is delivered to the public
- B. To prevent the spread of misinformation
- C. To protect the reputation of the company involved in the crisis
- D. To intercept negative community feedback

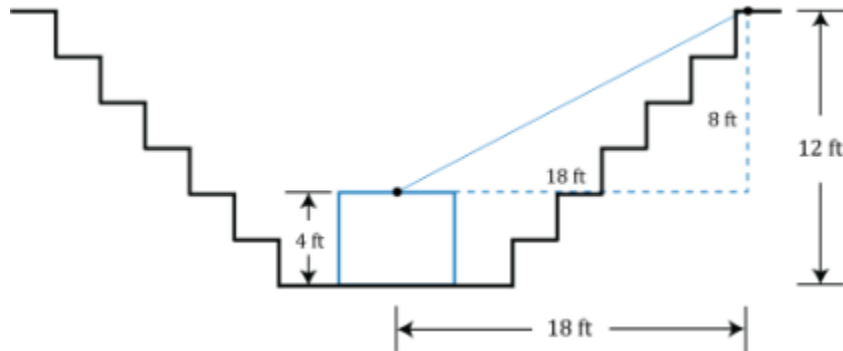
Answer: A

Explanation:

A spokesperson during a crisis management situation is responsible for all the options listed but primarily for the delivery of accurate, consistent, and timely information.

Question: 10

A gas line needs to be installed deep into the ground.



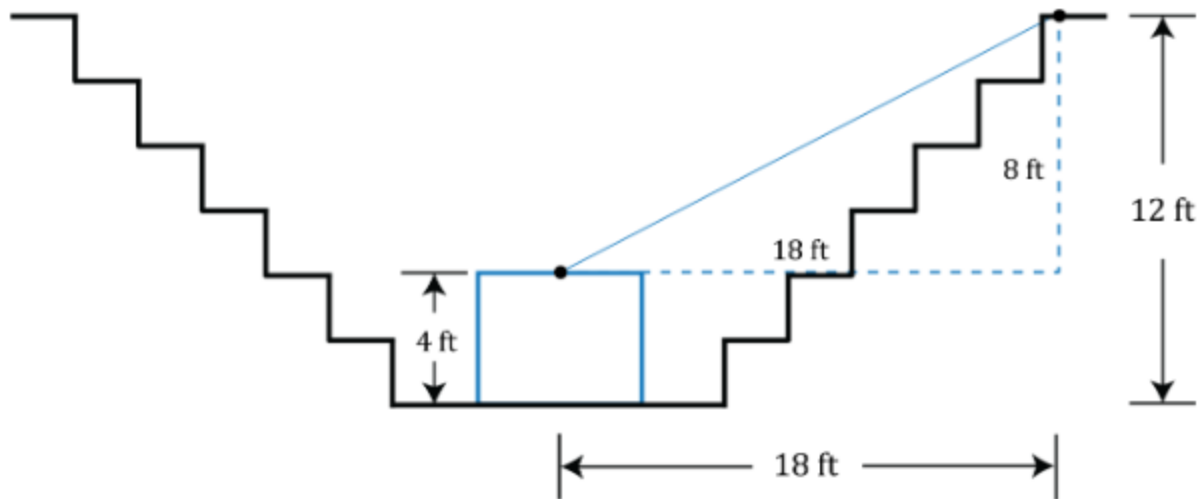
At a depth of 12 feet, the ground is made entirely of hard stone. This requires an excavator to enter the space to break it up and remove the material. The trench is sloped properly for Type C soil, and the very top of the trench is 18 feet wide (1.5 : 1). The excavator is 4 feet high before the crane arm begins and is in the middle of the trench. How long must the crane arm of the excavator be?

- A. 23 feet
- B. 20 feet
- C. 22 feet
- D. 21 feet

Answer: C

Explanation:

To solve this problem, a right triangle is created. Factoring in the excavator height of 4 feet, the height is equal to 8 feet with 18 feet of width. The formula $a^2 + b^2 = c^2$ is then used to determine the length of the excavator arm to reach the top of the trench (see image):



$$a^2 + b^2 = c^2$$

$$\sqrt{18^2 + 8^2} = c = 20 \text{ ft}$$

In addition to reaching the top of the trench, excavated material (spoils) must be placed at least 2 feet from the edge of the trench: therefore, the length of the excavator arm needed is 22 feet.

Question: 11

An employee faints during a meeting. Several coworkers are trained in CPR and first aid. The employee is placed in the recovery position and comes to within a minute. The employee states that he feels fine and can continue his day at work. What should the recommended practice be in this situation?

- A. If the employee requests to return to work, he should be allowed to return of his own will once he signs a statement.
- B. The employee should be taken to the hospital for additional observation.
- C. Before returning to work, an official incident report should be filed along with witness statements.
- D. No additional treatment or paperwork is needed since the employee was not injured.

Answer: B

Explanation:

Fainting could potentially not be medically related, but since fainting is a common symptom of heart problems, the employee should be taken to the hospital for additional observation.

Question: 12

The hazard statement on an SDS for calcium carbide states:

Hazard statement:

Reactive with water

Releases flammable gases which may ignite spontaneously

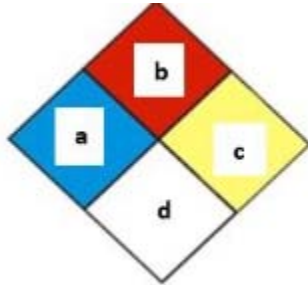
Causes skin irritation

Causes serious eye damage

May cause respiratory irritation

Toxic to aquatic life

A symbol in which diamond of the NFPA placard would communicate that a substance is hazardous or reactive with water?



A. Option A

B. Option B

C. Option C

D. Option D

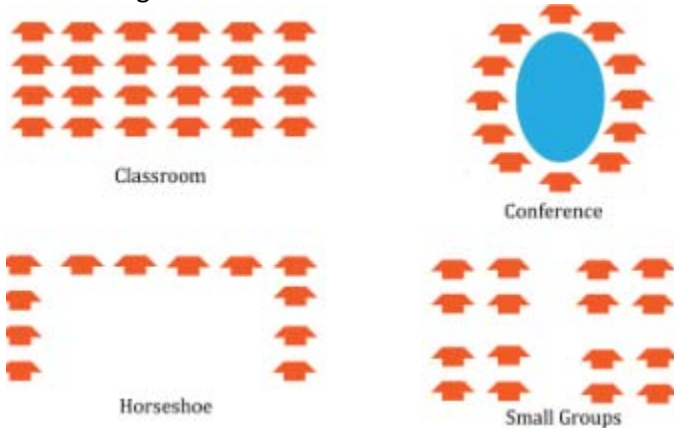
Answer: D

Explanation:

The white diamond on the NFPA placard represents special hazards from three areas: reactivity with water, oxidizer, or asphyxiant gas.

Question: 13

A trainer is preparing for a confined-space training class, and instruction on how to use a gas meter will be covered. The training will also incorporate trainee-to-trainee discussions and role-play activities. The trainer has the choice of four different classrooms to present the training, but each classroom offers a different seating arrangement. Select the seating arrangement most suitable for the scheduled activities and learning needs.



A. Classroom

- B. Conference
- C. Horseshoe
- D. Small groups

Answer: C

Explanation:

Instructional communication theory suggests that in-classroom learning is impacted by seating arrangements. Engagement, motivation, and focus can all be affected by how desks and chairs are designed and arranged. For training that involves learning to use equipment and trainer instruction, the horseshoe seating arrangement is best.

Question: 14

Hazards for a maintenance task were identified and evaluated on the risk assessment matrix below. It was determined that eye injuries from flying debris had a probability of "possible" and a severity of "critical". What is the risk ranking of this task?

		Severity			
		Negligible	Marginal	Critical	Catastrophic
Probability	Improbable	Low	Medium	Medium	High
	Possible	Low	Medium	High	Extreme
	Probable	Medium	High	High	Extreme

- A. Low
- B. Medium
- C. High
- D. Extreme

Answer: C

Explanation:

By using the risk assessment matrix, it can be determined that the probability and severity of the task align to a high-risk ranking. The recommendation is for the level of risk to be reduced for this task.

Question: 15

U S. citizen employees who live and work in the United States have a legal right to certain records under their name.

- A. inspect
- B. replace
- C. purge
- D. transfer

Answer: A

Explanation:

U.S. citizen employees who live and work in the United States have a legal right to inspect certain records under their name.

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