Practice quiz: Construction Health and Safety Technician (CHST)

5 questions. The answer key is on page 2.

Name _____ Date _____

1. **A crew installs a guardrail system along the edge of a concrete floor. Which top rail height above the walking surface fits the rule for a guardrail system?**
   A. About 30 inches, near hip height
   B. About 42 inches, give or take 3 inches
   C. About 36 inches, like a typical stair handrail
   D. About 38 inches, just under the range

2. **A worker will tie off a personal fall arrest system to a steel beam. No qualified person has designed the anchorage. What strength must the anchorage have for each worker attached?**
   A. 1,800 pounds
   B. 3,000 pounds
   C. 10,000 pounds
   D. 5,000 pounds

3. **A worker's harness and lanyard stop a fall. The worker is unhurt, and the gear looks clean. What must the employer do with the system?**
   A. Remove it from service until a competent person finds it undamaged
   B. Keep using it for today after wiping the webbing clean with a damp cloth
   C. Keep using it for travel restraint work only, never for arrest
   D. Hand it to the next shift without any further check, since it held

4. **A crew covers a hole in a floor with a sheet of plywood. Which set of conditions meets the cover rule for a hole where equipment and materials will cross?**
   A. It supports the weight of one worker, is held by gravity and is painted red
   B. It is strong enough for the crew only and is marked with a tag on the nearest wall
   C. It supports at least twice the expected load, is secured, and is marked as a cover
   D. It supports twice the load and is left unsecured so it can be moved quickly

5. **A crew will use personal fall arrest systems on a communications tower where help is slow to arrive. Which planning step does the fall protection standard require before the work starts?**
   A. Rely on a call to emergency services after any fall happens on site
   B. Provide for prompt rescue, or make sure workers can rescue themselves
   C. Assume a worker can always climb down unaided after a fall arrest event
   D. Plan rescue only if a worker has fallen before while on this same job

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Answer key

Construction Health and Safety Technician (CHST). One line of why for each answer.

1. **B** The fall protection standard sets the top edge of a guardrail at 42 inches, plus or minus 3 inches, above the walking or working level.
2. **D** Unless a qualified person designs the anchorage with a safety factor of at least two, it must support 5,000 pounds per worker attached.
3. **A** A fall arrest system that has been subjected to impact loading must be taken out of service immediately and not used again for employee protection until a competent person has inspected it and determined it is...
4. **C** A hole cover must support at least twice the weight of employees, equipment and materials that may cross it, be secured against displacement, and be marked HOLE or COVER or otherwise colored or labeled.
5. **B** Employers using personal fall arrest systems must provide for the prompt rescue of employees after a fall, or ensure that workers can rescue themselves.

Full explanations

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