CHST Exam — Quick Reference

Construction Health & Safety Technician · OSHA 29 CFR 1926

Fall Protection (1926.501)

Item	Requirement	Notes
Trigger height — construction	6 ft	Standard general construction
PFAS anchor strength	5,000 lb per worker	Or certified at 2× maximum arresting force
Maximum arrest force	1,800 lb	On worker's body
Free fall limit	≤ 6 ft	Unless using self-retracting lifeline
Guardrail top rail	42 in ± 3 in	Mid rail ~21 in
Clearance calc	Lanyard + deceleration + stretch + worker + margin	Verify below anchor

Scaffolding (1926.451)

Item	Requirement
Safety factor	4× intended load
Guardrails	Required at ≥ 10 ft above lower level
Plank overhang	6 in minimum / 18 in maximum past supports
Access ladder	When platform ≥ 24 in above/below a point of access
Inspection	Competent person before each shift

Excavation & Trenching (1926.650–652)

Depth	Requirement
< 5 ft	Competent person judgment
≥ 5 ft	Protective system required (slope, shore, shield)
≥ 20 ft	Engineer-designed protective system
Spoil pile	≥ 2 ft from trench edge
Ladder	Required in trench ≥ 4 ft deep; ≤ 25 ft travel to ladder

Soil Classification (App A, Subpart P)

Type	Description	Max Slope
Type A	Most stable — cohesive (clay)	¾ H : 1 V
Type B	Moderate — silt, dry rock	1 H : 1 V
Type C	Least stable — gravel, submerged, fissured	1½ H : 1 V

Electrical Safety (Subpart K & 1910.147)

- GFCI protection on all 120V 15A / 20A receptacles used by workers; or Assured Equipment Grounding Program as an alternative.
- LOTO 6 steps: prepare · notify affected employees · shut down · isolate energy · apply locks/tags · verify zero energy.
- Maintain 10 ft minimum clearance from power lines < 50 kV (cranes, Subpart CC).
- Temporary lighting must be guarded; bulbs protected from contact and breakage.

PPE Standards

PPE	Standard	Notes
Hard hat	ANSI Z89.1	Type I = top protection · Type II = top + side
Eye/face	ANSI Z87.1	Impact, splash, radiation options
Safety footwear	ASTM F2413	Impact, compression, electrical hazard ratings
Hearing	ANSI S3.19	NRR rating; derate per OSHA guidance
Gloves (cut)	ANSI/ISEA 105	Cut levels A1–A9
Respirator fit	Annual fit test + medical evaluation	Before first fit, then annually

Recordkeeping & Reporting (1904)

- OSHA 300 log, 301 incident report, 300A annual summary posted Feb 1 – Apr 30.
- Fatality: report to OSHA within 8 hours.
- In-patient hospitalization, amputation, or loss of an eye: report within 24 hours.
- Retain records for 5 years following the end of the calendar year.

HazCom / SDS (1910.1200)

- 16-section SDS required (GHS standardized format).
- Labels must include: product identifier, pictogram, signal word, hazard statements, precautionary statements, supplier info.
- Training required before a worker's first exposure and whenever new hazards are introduced.

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