

Book sections

Section	Page
General responsibilities	1
Accident reporting and recording	28
Emergency procedures and first aid	55
Health and welfare	78
Respiratory risks	98
Noise and vibration	119
Hazardous substances	141
Personal protective equipment	166
Electrical safety and hand held tools and equipment	188
Safety signs and signals	221
Site transport safety	245
Fire prevention and control	269
Manual handling	290
Working at height	310
Excavations and confined spaces	336
Environmental awareness and waste control	361
Supervisory	386

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General responsibilities

Question

Who is responsible for reporting any unsafe conditions on site?

- A) The site manager only
- B) The client
- C) Health and Safety Executive (HSE) inspectors
- D) Everyone on site

The correct answer is D.

General responsibilities

Question

During site induction you do not understand something the presenter says. What should you do?

- A)** Attend another site induction
- B)** Ask the presenter to explain the point again
- C)** Guess what the presenter was trying to tell you
- D)** Wait until the end then ask someone else to explain

The correct answer is B.

General responsibilities

Question

Now that work on site is moving forward, the safety rules given in your site induction seem out of date. What should you do?

- A)** Do nothing, you are not responsible for safety on site
- B)** Speak to your supervisor about your concerns
- C)** Speak to your workmates to see if they have any new rules
- D)** Make up your own safety rules to suit the changing conditions

The correct answer is B.

General responsibilities

Question

What is the most important reason for keeping your work area clean and tidy?

- A)** To prevent slips, trips and falls
- B)** So that you don't have a big clean-up at the end of the week
- C)** So that waste skips can be emptied more often
- D)** To recycle waste and help the environment

The correct answer is A.

General responsibilities

Question

The work of another contractor is affecting your safety. You should stop work and:

- A) go home
- B) speak to your supervisor
- C) speak to the contractor's supervisor
- D) speak to the contractor who is doing the job

The correct answer is B.

General responsibilities

Question

You are using some equipment. It has just been given a prohibition notice. What does this mean?

- A)** You must not use it unless your supervisor is present
- B)** You must not use it until it is made safe
- C)** You can use it as long as you take more care
- D)** Only supervisors can use it

The correct answer is B.

General responsibilities

Question

The whole site has been issued with a prohibition notice. What does this mean to you?

- A) You can carry on working because it was nothing to do with you
- B) You are not allowed to use any power tools
- C) You can finish what you are doing and then go home
- D) You must stop work because the site is unsafe

The correct answer is D.

Question

After watching you work, a Health and Safety Executive (HSE) inspector issues an improvement notice. What does this mean?

- A) You are not working fast enough
- B) You need to improve the standard of your work
- C) You are not working in a safe way
- D) All of these answers

The correct answer is C.

General responsibilities

Question

The Law (Health and Safety at Work Act) places legal duties on:

- A) employers only
- B) operatives only
- C) all people at work
- D) self-employed people only

The correct answer is C.

General responsibilities

Question

As a worker you do NOT have a legal duty to:

- A)** use all equipment safely and as instructed
- B)** write your own risk assessments
- C)** speak to your supervisor if you are worried about safety on site
- D)** report any equipment that is damaged or defective

The correct answer is B.

General responsibilities

Question

Why is the Health and Safety at Work Act important to you? Give TWO answers.

- A) It tells you which parts of the site are dangerous
- B) It must be learned before starting work
- C) It puts legal duties on your employer to provide a safe place to work
- D) It tells you how to do your job
- E) It puts legal duties on you as a worker

The correct answers are C and E.

General responsibilities

Question

Which of these is NOT your legal duty as a worker?

- A)** To look after your own health and safety
- B)** To look after the health and safety of anyone else who might be affected by your work
- C)** To write your own risk assessments
- D)** Not to interfere with anything provided for health and safety

The correct answer is C.

General responsibilities

Question

Who is responsible for managing health and safety on construction sites?

- A) The company safety officer
- B) The Health and Safety Executive (HSE)
- C) The client
- D) The site manager

The correct answer is D.

General responsibilities

Question

A risk assessment identifies:

- A)** how to report accidents
- B)** the site working hours
- C)** the hazards and safe way of doing the job
- D)** where the first-aid box is kept

The correct answer is C.

General responsibilities

Question

You will often hear the word hazard mentioned.
What does it mean?

- A)** Anything at work that could harm you
- B)** The site accident rate
- C)** A type of barrier or machine guard
- D)** All of these answers

The correct answer is A.

General responsibilities

Question

You are about to start a job. How will you know if it needs a permit to work?

- A)** Other workers will tell you
- B)** The Health and Safety Executive (HSE) will tell you
- C)** You will not be allowed to start until the permit to work has been issued
- D)** You don't need to know, as permits to work only affect managers

The correct answer is C.

General responsibilities

Question

Which THREE of the following should be included in a method statement?

- A)** The materials, tools and equipment needed
- B)** The people involved and the level of competency and training required
- C)** The directions to the site
- D)** The order and correct way the work should be done
- E)** The risks you can take

The correct answers are A, B and D.

General responsibilities

Question

You find that you cannot do a job as the method statement says you should. What do you do?

- A)** Make up your own way of doing the job
- B)** Do not start work until you have talked with your supervisor
- C)** Ask your workmates how they think you should do the job
- D)** Contact the Health and Safety Executive (HSE)

The correct answer is B.

General responsibilities

Question

A permit to work allows:

- A)** the emergency services to come on to the site after an accident
- B)** certain jobs to be carried out safely under controlled conditions
- C)** Health and Safety Executive (HSE) inspectors to visit the site
- D)** untrained people to work without supervision

The correct answer is B.

General responsibilities

Question

How would you expect to find out about site health and safety rules when you first arrive on site?

- A) During site induction
- B) In a letter sent to your home
- C) By reading your employer's health and safety policy
- D) By asking others on the site

The correct answer is A.

General responsibilities

Question

It is your employer's legal responsibility to discuss matters of health and safety with you because:

- A)** it will mean that you will never have to attend any other health and safety training
- B)** having done so, your employer will not have any legal responsibility for your health and safety
- C)** they must inform you of things that will protect your health and safety
- D)** you do not have any responsibilities for health and safety

The correct answer is C.

Question

What is a tool box talk?

- A)** A short training session on a particular safety topic
- B)** A talk that tells you where to buy tools
- C)** Your first training session when you arrive on site
- D)** A sales talk given by a tool supplier

The correct answer is A.

General responsibilities

Question

Who should attend a site induction?

- A) Cleaners
- B) Architects
- C) Construction-related workers
- D) Everyone going on to the site

The correct answer is D.

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General responsibilities

Question

During a site induction, which of the following TWO topics should be covered?

- A) The site rules
- B) Where the cheapest car park is
- C) Holiday dates
- D) The site emergency procedures
- E) Information on local amenities

The correct answers are A and D.

Question

A near miss is an incident where:

- A)** you were just too late to see what happened
- B)** someone could have been injured
- C)** someone was injured and nearly had to go to hospital
- D)** someone was injured and nearly had to take time off work

The correct answer is B.

General responsibilities

Question

You can help prevent accidents by:

- A)** reporting unsafe working conditions
- B)** becoming a first aider
- C)** knowing where the first-aid kit is kept
- D)** knowing how to get help quickly

The correct answer is A.

General responsibilities

Question

What is the MAIN reason for attending a site induction?

- A)** You will get to know other new starters
- B)** Risk assessments will be handed out
- C)** Site health and safety rules and site hazards will be explained
- D)** Permits to work will be handed out

The correct answer is C.

Question

Which TWO of the following will help you find out about the site emergency procedures and emergency telephone numbers?

- A) Guidance from the Health and Safety Executive (HSE)
- B) Reading the site notice boards
- C) Guidance from your local Job Centre Plus
- D) Attending the site induction
- E) Looking in the telephone directory

The correct answers are B and D.

Question

In an emergency you should:

- A) leave site
- B) phone home
- C) follow the site emergency procedure
- D) phone the Health and Safety Executive (HSE)

The correct answer is C.

Question

In an emergency an 'assembly point' is the:

- A) site manager's office
- B) place of the incident or accident
- C) welfare facilities
- D) specified place to gather after an evacuation

The correct answer is D.

Question

A scaffold has collapsed and you saw it happen. When you are asked about the accident, you should say:

- A)** nothing, you are not a scaffold expert
- B)** as little as possible because you don't want to get people into trouble
- C)** exactly what you saw
- D)** who you think is to blame and how they should be punished

The correct answer is C.

Question

What is the MAIN objective of carrying out an accident investigation?

- A)** To find out who is at fault
- B)** To find out the causes in order to prevent it happening again
- C)** To find out the cost of any damage that occurred
- D)** To record what injuries were sustained

The correct answer is B.

Question

You have witnessed a serious accident on your site and are to be interviewed by a Health and Safety Executive (HSE) inspector. Should you:

- A)** ask your supervisor what you should say to the inspector
- B)** not tell the inspector anything
- C)** co-operate and tell the inspector exactly what you saw
- D)** tell the inspector what your workmates have told you

The correct answer is C.

Question

When must you record an accident in the accident book?

- A)** If you are injured in any way
- B)** Only if you have to be off work
- C)** Only if you have suffered a broken bone
- D)** Only if you have to go to hospital

The correct answer is A.

Question

If someone is injured at work, who should record it in the accident book?

- A) The site manager and no-one else
- B) The injured person or someone acting for them
- C) The first aider and no-one else
- D) Someone from the Health and Safety Executive (HSE)

The correct answer is B.

Question

Which of these does NOT have to be recorded in the accident book?

- A) Your national insurance number
- B) The date and time of your accident
- C) Details of your injury
- D) Your home address

The correct answer is A.

Question

Which type of accidents should be recorded in the accident book?

- A)** Only major injuries, such as a broken arm or death of a person
- B)** Only injuries requiring hospital treatment
- C)** All accidents causing any injury
- D)** Only accidents where the injured person has to stop work

The correct answer is C.

Question

When must an accident be recorded in the site's accident book?

- A)** Only when an accident causes injury to a worker while at work
- B)** Only when a person is injured and will be off work for more than three days
- C)** Only when an accident causes damage to plant or equipment
- D)** Only when a person breaks a major bone or is concussed

The correct answer is A.

Accident reporting and recording

Question

An entry must be made in the accident book when:

- A)** an accident causes personal injury to any worker
- B)** the person has been off sick for three days
- C)** the severity of the accident may result in a compensation claim
- D)** management thinks it appropriate

The correct answer is A.

Question

Which TWO of the following items are NOT recorded in an accident book?

- A) Your national insurance number
- B) Your telephone number
- C) The date and time of the accident
- D) The injuries sustained
- E) Your home address

The correct answers are A and B.

Question

You suffer an injury at work and the details are recorded into the accident book. What **MUST** happen to this accident record?

- A)** It must be sent to the employer's insurance company at the end of the job
- B)** It must be kept in a place where anyone can read it
- C)** It must be treated as confidential under the Data Protection Act and kept for at least three years
- D)** It must be destroyed at the end of the job

The correct answer is C.

Question

Accidents causing any injury should always be recorded in the:

- A) main contractor's diary
- B) accident report book
- C) site engineer's day book
- D) subcontractor's diary

The correct answer is B.

Question

Why is it important to report all accidents?

- A)** It might stop them happening again
- B)** Some types of accident have to be reported to the Health and Safety Executive (HSE)
- C)** Details have to be entered in the accident book
- D)** All of these answers

The correct answer is D.

Question

Why is it important to report near miss incidents on site?

- A)** Because it is the law for all 'near miss' incidents
- B)** To find someone to blame
- C)** It is a requirement of the CDM Regulations
- D)** To learn from them and stop them happening again

The correct answer is D.

Question

If you have a minor accident, who should report it?

- A)** Anyone who saw the accident happen
- B)** A subcontractor
- C)** You
- D)** The Health and Safety Executive (HSE)

The correct answer is C.

Question

If your doctor says that you have Weil's disease (leptospirosis), contracted when on site, why do you need to tell your employer?

- A)** Your employer has to warn your colleagues not to go anywhere near you
- B)** Your employer will have to report it to the Health and Safety Executive (HSE)
- C)** Your work colleagues might catch it from you
- D)** The site on which you contracted it will have to be closed down

The correct answer is B.

Question

While working on site you get a small cut on one of your fingers. What should you do?

- A)** Report it at the end of the day or the end of the shift
- B)** Wash it, and if it is not a problem carrying on working
- C)** Clean it up and tell your supervisor about it later
- D)** Report it and get first aid if necessary

The correct answer is D.

Question

You receive an injury from an accident at work.
When should you report it?

- A)** At the end of the day, before you go home
- B)** Only if you had to take time off work
- C)** Immediately, or as soon as possible afterwards
- D)** The next day before you start work

The correct answer is C.

Question

You have suffered an injury caused by an accident at work and as a result you are absent for more than seven days. Which TWO of the following actions MUST be taken?

- A) The accident must be recorded in the site accident book
- B) The emergency services are called to assess the circumstances of the accident
- C) The local hospital and the benefits office must be informed
- D) Your employer should inform the Health and Safety Executive (HSE)
- E) You must pay for any first-aid equipment used to treat your injury

The correct answers are A and D.

Question

Why should you report an accident?

- A)** It helps the site find out who caused it
- B)** It is a legal requirement
- C)** So that the site manager can see who is to blame
- D)** So that your company will be held responsible

The correct answer is B.

Question

Who must you report a serious accident to?

- A) Site security
- B) The police service
- C) Your employer
- D) The ambulance service

The correct answer is C.

Question

You are involved in an incident on site that was dangerous but no-one was injured. Who must you report this 'dangerous occurrence' to?

- A) Your site supervisor or the site manager
- B) The client for the project
- C) The rest of the workforce
- D) The first aider

The correct answer is A.

Question

You have witnessed a serious accident on your site. Should you:

- A)** say nothing to anyone in case you get someone into trouble
- B)** ask your workmates what they think you should do
- C)** telephone the local hospital
- D)** tell your supervisor that you saw what happened

The correct answer is D.

Question

Your doctor tells you that you have hand-arm vibration syndrome possibly caused through work. What should you do?

- A)** Tell no-one as it's embarrassing
- B)** Inform your site supervisor or employer
- C)** Just inform your workmates
- D)** Tell no-one as this is not reportable

The correct answer is B.

Question

You will find out about emergency assembly points from:

- A)** a risk assessment
- B)** a method statement
- C)** the site induction
- D)** the permit to work

The correct answer is C.

Question

How should you be informed about what to do in an emergency? Give TWO answers.

- A) From the site induction
- B) Look in the health and safety file
- C) Ask the Health and Safety Executive (HSE)
- D) Ask the local hospital
- E) From the site notice boards

The correct answers are A and E.

Question

A first-aid box should NOT contain:

- A) bandages
- B) plasters
- C) safety pins
- D) over the counter medicines such as aspirin or painkillers

The correct answer is D.

Question

The first-aid box on site is always empty. What should you do?

- A)** Bring your own first-aid supplies into work
- B)** Find out who is taking all the first-aid supplies
- C)** Find out who looks after the first-aid box and let them know
- D)** Ignore the problem, it is always the same

The correct answer is C.

Question

Does your employer have to provide a first-aid box?

- A)** Yes, every site must have one
- B)** Only if more than 50 people work on site
- C)** Only if more than 25 people work on site
- D)** No, there is no legal duty to provide one

The correct answer is A.

Question

When would you expect eyewash bottles to be provided?

- A)** Only on demolition sites where asbestos has to be removed
- B)** Only on sites where refurbishment is being carried out
- C)** On all sites where people could get something in their eyes
- D)** On all sites where showers are needed

The correct answer is C.

Question

If you want to be a first aider, you should:

- A)** watch a first aider treating people then try it yourself
- B)** ask if you can do a first-aider's course
- C)** buy a book on first aid and start treating people
- D)** speak to your doctor about it

The correct answer is B.

Question

What is the first thing you should do if you find an injured person?

- A)** Tell your supervisor
- B)** Check that you are not in any danger before you check the injured person
- C)** Move the injured person to a safe place
- D)** Ask the injured person what happened

The correct answer is B.

Question

If someone falls and is knocked unconscious, you should first:

- A)** turn them over so they are lying on their back
- B)** send for medical help
- C)** slap their face to wake them up
- D)** give mouth-to-mouth resuscitation

The correct answer is B.

Question

Someone has fallen from height and has no feeling in their legs. You should:

- A)** roll them onto their back and keep their legs straight
- B)** roll them onto their side and bend their legs
- C)** ensure they stay still and don't move them until medical help arrives
- D)** raise their legs to see if any feeling comes back

The correct answer is C.

Question

Someone working in a deep manhole has collapsed. What is the first thing you should do?

- A)** Get someone to lower you into the manhole on a rope
- B)** Climb into the manhole and give mouth-to-mouth resuscitation
- C)** Go and tell your supervisor
- D)** Shout and raise the alarm as a trained rescue team will be needed

The correct answer is D.

Question

If there is an emergency while you are on site you should first:

- A) leave the site and go home
- B) phone home
- C) follow the site emergency procedure
- D) phone the Health and Safety Executive (HSE)

The correct answer is C.

Question

If someone is in contact with a live cable the best thing you can do is:

- A) phone the electricity company
- B) dial 999 and ask for an ambulance
- C) switch off the power and call for help
- D) pull them away from the cable

The correct answer is C.

Question

What does this sign mean?



- A) Safety glasses cleaning station
- B) Emergency eyewash station
- C) Warning, risk of splashing
- D) Wear eye protection

The correct answer is B.

Question

What does this sign mean?



- A) First aid
- B) Safe to cross
- C) No waiting
- D) Medicine box

The correct answer is A.

Question

If you cut your finger and it won't stop bleeding, you should:

- A)** wrap something around it and carry on working
- B)** tell your workmates
- C)** wash it clean then carry on working
- D)** find a first aider or get other medical help

The correct answer is D.

Question

What is the one thing a first aider CANNOT do for you?

- A) Give mouth-to-mouth resuscitation
- B) Stop any bleeding
- C) Give you medicines without authorisation
- D) Treat you if you are unconscious

The correct answer is C.

Question

If you think someone has a broken leg you should:

- A)** lie them on their side in the recovery position
- B)** use your belt to strap their legs together
- C)** send for the first aider or get other help
- D)** lie them on their back

The correct answer is C.

Question

If someone gets some grit in their eye, the best thing you can do is:

- A)** hold the eye open and wipe it with clean tissue paper
- B)** ask them to rub the eye until it starts to water
- C)** tell them to blink a couple of times
- D)** hold the eye open and flush it with sterilised water or eyewash

The correct answer is D.

Question

Someone gets a large splinter in their hand. It is deep under the skin and it hurts. What should you do?

- A) Use something sharp to dig it out
- B) Make sure they get first aid
- C) Tell them to ignore it and let the splinter come out on its own
- D) Try to squeeze out the splinter with your thumbs

The correct answer is B.

Question

Someone collapses with stomach pain and there is no first aider on site. What should you do first?

- A) Get them to sit down
- B) Get someone to call the emergency services
- C) Get them to lie down in the recovery position
- D) Give them some painkillers

The correct answer is B.

Question

Someone has got a nail in their foot. You are not a first aider. You must not pull out the nail because:

- A)** you will let air and bacteria get into the wound
- B)** the nail is helping to reduce the bleeding
- C)** it will prove that the casualty was not wearing safety boots
- D)** the nail is helping to keep their boot on

The correct answer is B.

Question

If someone burns their hand the best thing you can do is:

- A)** put the hand into cold water or under a cold running tap
- B)** tell them to carry on working to exercise the hand
- C)** rub barrier cream or Vaseline into the burn
- D)** wrap your handkerchief around the burn

The correct answer is A.

Question

It is your first day on site. You find that there is nowhere to wash your hands. What should you do?

- A)** Wait until you get home, then wash them
- B)** Go to a local café or pub and use the washbasin in their toilet
- C)** Speak to your supervisor about the problem
- D)** Bring your own bottle of water the next day

The correct answer is C.

Question

Look at these statements about illegal drugs in the workplace. Which one is true in relation to site work?

- A)** Users of illegal drugs are a danger to everyone on site
- B)** People who take illegal drugs work better and faster
- C)** People who take illegal drugs take fewer days off work
- D)** Taking illegal drugs is a personal choice so other people shouldn't worry about it

The correct answer is A.

Question

Your doctor has given you some medication.
Which of these questions is the most important?

- A)** Will it make me drowsy or unsafe to work?
- B)** Will I work more slowly?
- C)** Will my supervisor find out?
- D)** Will I oversleep and be late for work?

The correct answer is A.

Question

Someone goes to the pub at lunchtime and has a couple of pints of beer. What should they do next?

- A)** Drink plenty of strong coffee then go back to work
- B)** Stay away from the site for the rest of the day
- C)** Stay away for an hour and then go back to work
- D)** Eat something, wait 30 minutes and then go back to work

The correct answer is B.

Question

You should only clean very dirty hands with:

- A) soap and water
- B) thinners
- C) white spirit
- D) paraffin

The correct answer is A.

Question

If you get a hazardous substance on your hands, it can pass from your hands to your mouth when you eat. Give TWO ways to stop this.

- A)** Wear protective gloves while you are working
- B)** Wash your hands before eating
- C)** Put barrier cream on your hands before eating
- D)** Wear protective gloves then turn them inside-out before eating
- E)** Wash your work gloves then put them on again before eating

The correct answers are A and B.

Question

You can catch an infection called tetanus from contaminated land or water. How does it get into your body?

- A) Through your nose when you breathe
- B) Through an open cut in your skin
- C) Through your mouth when you eat or drink
- D) It doesn't, it only infects animals and not people

The correct answer is B.

Question

You should not use white spirit or other solvents to clean your hands because they:

- A)** strip the protective oils from the skin
- B)** remove the top layer of skin
- C)** block the pores of the skin
- D)** carry harmful bacteria that attack the skin

The correct answer is A.

Question

Direct sunlight on bare skin can cause:

- A) dermatitis
- B) rickets
- C) acne
- D) skin cancer

The correct answer is D.

Question

You should not just rely on barrier cream to protect your skin from harmful substances because:

- A)** it costs too much to use every day
- B)** many harmful substances go straight through it
- C)** it is difficult to wash off
- D)** it can irritate your skin

The correct answer is B.

Question

If you use skin barrier cream you should apply it:

- A)** before you start work
- B)** when you finish work
- C)** as part of first-aid treatment
- D)** when you can't find your gloves

The correct answer is A.

Question

Exposure to engine oil and other mineral oils can cause:

- A) skin problems
- B) heart disease
- C) breathing problems
- D) vibration white finger

The correct answer is A.

Question

You can get occupational dermatitis from:

- A)** hand-arm vibration
- B)** another person with dermatitis
- C)** some types of strong chemical
- D)** sunlight

The correct answer is C.

Question

Which of the following species of animal is the most likely carrier of Weil's disease (leptospirosis) on construction sites?

- A) Rabbits
- B) Rats
- C) Squirrels
- D) Mice

The correct answer is B.

Question

To help keep rats away, everyone on site should:

- A)** buy rat traps and put them around the site
- B)** ask the local authority to put down rat poison
- C)** throw food scraps over the fence or hoarding
- D)** only put food and drink rubbish in bins provided

The correct answer is D.

Question

You are more likely to catch Weil's disease (leptospirosis) if you:

- A)** work near wet ground, waterways or sewers
- B)** work near air-conditioning units
- C)** fix showers or baths
- D)** drink water from a standpipe

The correct answer is A.

Question

The early signs of Weil's disease (leptospirosis) can be easily confused with:

- A) dermatitis
- B) diabetes
- C) hay fever
- D) influenza (flu)

The correct answer is D.

Question

What sort of rest area should your employer provide on site?

- A)** A covered area
- B)** A covered area and some chairs
- C)** A covered area, tables and chairs, and something to heat water and food
- D)** Nothing, employers don't have to provide rest areas

The correct answer is C.

Question

What is the legal minimum that should be provided on site for washing your hands?

- A)** Nothing, there is no need to provide washing facilities
- B)** A bowl, kettle and towel
- C)** A cold water standpipe and paper towels
- D)** Hot and cold water (or warm water), soap and a way to dry your hands

The correct answer is D.

Question

The toilets on your site are always dirty or do not flush. What should you do?

- A)** Try not to use the toilets while you are at work
- B)** Tell the person in charge of the site about the problem
- C)** Try to fix the fault yourself
- D)** See if you can use the toilets in a nearby café or pub

The correct answer is B.

Respiratory risks

Question

If using on-tool extraction to control dust from a power tool it is important to check that:

- A)** the extraction unit is the correct type
- B)** the extraction filters are clear and the unit is extracting dust
- C)** you are using the power tool correctly
- D)** all of these answers

The correct answer is D.

Respiratory risks

Question

When drilling, cutting, sanding or grinding you can breathe in high levels of harmful dust. These levels are likely to be highest when working:

- A) outside on a still day
- B) outside on a windy day
- C) in a small room
- D) in a large indoor space

The correct answer is C.

Respiratory risks

Question

You have finished your work and need to sweep up the dust created. What should you do?

- A) Dampen down the area
- B) Make sure there is plenty of ventilation
- C) Put your protective mask back on
- D) All of these answers

The correct answer is D.

Respiratory risks

Question

You are using water as part of dust control and run out. Should you:

- A)** carry on as you have nearly finished
- B)** stop and refill with water
- C)** ask everyone to clear the area and then carry on
- D)** carry on but get someone to sweep up afterwards

The correct answer is B.

Respiratory risks

Question

When using power tools it is important to:

- A)** stop dust getting into the air
- B)** stand downwind of any dust
- C)** do the work quickly to limit dust exposure
- D)** only undertake the work during damp or wet weather

The correct answer is A.

Respiratory risks

Question

You have been asked to do some work that will create dust. What should you do?

- A)** You should not do the work. Dust is highly dangerous
- B)** Use equipment that will eliminate or reduce the amount of dust whilst wearing correct personal protective equipment (PPE)
- C)** Start work – no controls are needed as it's only dust
- D)** Work for short periods at a time

The correct answer is B.

Respiratory risks

Question

When using water to keep dust down when cutting you must ensure:

- A)** there is as much water as possible
- B)** the water flow is correctly adjusted
- C)** somebody stands next to you and pours water from a bottle
- D)** water is poured onto the surface to soak it, before you start cutting

The correct answer is B.

Respiratory risks

Question

You need to use a power tool to cut or grind materials. Give TWO ways to control the dust from getting into the air.

- A) Work slowly and carefully
- B) Fit a dust extractor or collector to the machine
- C) Wet cutting
- D) Keep the area clean and tidy
- E) Wear a dust mask or respirator

The correct answers are B and C.

Respiratory risks

Question

If you use a power tool to cut or grind materials, why must the dust be collected and not get into the air?

- A)** To save time and avoid having to clear up the mess
- B)** Most dust can be harmful if breathed in
- C)** The tool will go faster if the dust is collected
- D)** You do not need a machine guard if the dust is collected

The correct answer is B.

Respiratory risks

Question

Occupational asthma can stop you working again with certain substances. It is caused by:

- A) exposure to loud noise
- B) exposure to rat urine
- C) skin contact with any hazardous substance
- D) breathing in hazardous dust, fumes or vapours

The correct answer is D.

Respiratory risks

Question

There are many kinds of dust and fumes at work. Breathing them in over time can cause you to develop:

- A) occupational lung disease
- B) occupational dermatitis
- C) skin cancer
- D) sore throat

The correct answer is A.

Respiratory risks

Question

Exposure to which of the following may NOT result in lung disease?

- A) Asbestos
- B) Bird droppings
- C) Strong smells
- D) Silica dust

The correct answer is C.

Respiratory risks

Question

Pigeon droppings and nests, which can be hazardous to your health, are found in an area where you are required to work. You should:

- A)** carry on with your work carefully
- B)** stop work and seek advice
- C)** try to catch the pigeons
- D)** let them fly away before carrying on with your work

The correct answer is B.

Respiratory risks

Question

What is the biggest cause of long-term health issues in the construction industry?

- A) Loud noise
- B) Being struck by a vehicle
- C) Slipping and tripping
- D) Breathing in hazardous substances

The correct answer is D.

Respiratory risks

Question

You need special respiratory protective equipment (RPE) to handle a chemical. None has been provided. What should you do?

- A)** Get on with the job but try to work quickly
- B)** Do not start work until you have been given the correct RPE and training
- C)** Start the work but take a break now and again
- D)** Sniff the substance to see if it makes you feel ill

The correct answer is B.

Respiratory risks

Question

You have been given a dust mask to protect you against hazardous fumes. What should you do?

- A)** Do not start work until you have the correct respiratory protective equipment (RPE)
- B)** Do the job but work quickly
- C)** Start work but take a break now and again
- D)** Wear a second dust mask on top of the first one

The correct answer is A.

Respiratory risks

Question

Which of the following do you need to do to ensure that your mask works?

- A)** Check it's the correct type needed
- B)** Pass a face fit test wearing the mask
- C)** Check you are wearing it correctly
- D)** All of these answers

The correct answer is D.

Respiratory risks

Question

Generally speaking how long can you use the same disposable mask for?

- A) Five working days
- B) Until it looks too dirty to wear
- C) One day or one shift
- D) 28 days

The correct answer is C.

Respiratory risks

Question

Which of these activities does NOT create silica dust, which is harmful if breathed in?

- A)** Sawing timber and plywood
- B)** Cutting kerbs, stone, paving slabs, bricks and blocks
- C)** Breaking up concrete floors and screeds
- D)** Chasing out walls and mortar joints or sweeping up rubble

The correct answer is A.

Respiratory risks

Question

When drilling, cutting, sanding or grinding what is the best way to protect your long term health from harmful dust?

- A)** Use dust extraction or wet cut and wear light eye protection
- B)** Wear a FFP3-rated dust mask and impact goggles
- C)** Wear any disposable dust mask, hearing protection and impact goggles
- D)** Use dust extraction or wet cut, wear a FFP3-rated dust mask, hearing protection and impact goggles

The correct answer is D.

Respiratory risks

Question

The high levels of solvents in some paints and resins can cause:

- A) headaches, dizziness and sickness
- B) lung problems
- C) effects on other parts of your body
- D) all of these answers

The correct answer is D.

Noise and vibration

Question

Noise can damage your hearing. What is an early sign of this?

- A) There are no early signs
- B) Temporary deafness or ringing noise in your ears
- C) A skin rash around the ears
- D) Ear infections

The correct answer is B.

Noise and vibration

Question

After working with noisy equipment you have a 'ringing' sound in your ears. What does this mean?

- A)** Your hearing has been temporarily damaged
- B)** You have also been subjected to vibration
- C)** You are about to go down with the flu
- D)** The noise level was high but acceptable

The correct answer is A.

Noise and vibration

Question

Noise over a long time can damage your hearing. Can this damage be reversed?

- A) Yes, with time
- B) Yes, if you have an operation
- C) No, the damage is permanent
- D) Yes, if you change jobs

The correct answer is C.

Noise and vibration

Question

How can noise affect your health? Give TWO answers.

- A) Headaches
- B) Ear infections
- C) Hearing loss
- D) Waxy ears
- E) Vibration white finger

The correct answers are A and C.

Noise and vibration

Question

You think the noise at work may have damaged your hearing. What should you do?

- A)** Plug your ears with cotton wool to stop any more damage
- B)** Nothing, the damage has already been done
- C)** Go off sick
- D)** Ask your employer or doctor to arrange a hearing test

The correct answer is D.

Noise and vibration

Question

Someone near you is using noisy equipment and you have no hearing protection. What should you do?

- A)** Ask them to stop what they are doing
- B)** Carry on with your work because it is always noisy on site
- C)** Leave the area until you have the correct personal protective equipment (PPE)
- D)** Speak to the other person's supervisor

The correct answer is C.

Noise and vibration

Question

If you wear hearing protection, it will:

- A)** stop you hearing all noise
- B)** reduce damaging noise to an acceptable level
- C)** repair your hearing if it is damaged
- D)** make you hear better

The correct answer is B.

Noise and vibration

Question

If you need to wear disposable ear plugs how should you insert them so they protect your hearing from damage?

- A)** Only put them in when it starts getting very noisy
- B)** Only ever insert them half way into your ear
- C)** Roll them up and insert them as far as you can, while pulling the top of your ear up to open up the ear canal
- D)** Fold them in half and wedge them into your ear

The correct answer is C.

Noise and vibration

Question

TWO recommended ways to protect your hearing are by using:

- A) rolled tissue paper
- B) cotton wool pads over your ears
- C) ear plugs
- D) soft cloth pads over your ears
- E) ear defenders

The correct answers are C and E.

Noise and vibration

Question

As a rule of thumb noise levels may be a problem if you have to shout to be clearly heard by someone who is standing:

- A) 2 m away
- B) 4 m away
- C) 5 m away
- D) 6 m away

The correct answer is A.

Noise and vibration

Question

You need to wear ear defenders but an ear pad is missing from one of the shells. What should you do?

- A)** Leave them off and work without any hearing protection
- B)** Put them on and start working with them as they are
- C)** Do not work in noisy areas until they are replaced
- D)** Wrap your handkerchief around the shell and carry on working

The correct answer is C.

Noise and vibration

Question

If you have to work in a 'hearing protection zone', you must:

- A)** not make any noise
- B)** wear the correct hearing protection at all times
- C)** take hearing protection with you in case you need to use it
- D)** wear hearing protection if the noise gets too loud for you

The correct answer is B.

Noise and vibration

Question

Why is vibration a serious health issue?

- A) There are no early warning signs
- B) The long-term effects of vibration are not known
- C) There is no way that exposure to vibration can be prevented
- D) Vibration can cause a disabling injury that cannot be cured

The correct answer is D.

Noise and vibration

Question

What are THREE early signs of vibration white finger or hand-arm vibration syndrome (HAVS)?

- A) Temporary loss of feeling in the fingers
- B) Fingertips turn white
- C) Rash on fingers
- D) Tingling or pins and needles sensation in the fingers
- E) Blisters

The correct answers are A, B and D.

Noise and vibration

Question

Hand-arm vibration syndrome (HAVS) can cause:

- A)** skin cancer
- B)** skin irritation, like dermatitis
- C)** blisters on your hands and arms
- D)** damaged blood vessels and nerves in your fingers and hands

The correct answer is D.

Noise and vibration

Question

You have been using a vibrating tool. The end of your fingers are starting to tingle. What does this mean?

- A)** You can carry on using the tool but you must loosen your grip
- B)** You must not use this tool, or any other vibrating tool, ever again
- C)** You need to report your symptoms before they cause a problem
- D)** You can carry on using the tool but you must hold it tighter

The correct answer is C.

Noise and vibration

Question

What is vibration white finger or hand-arm vibration syndrome (HAVS)?

- A)** A mild skin rash that will go away
- B)** A serious skin condition that will not clear up
- C)** Severe frostbite
- D)** A sign that your hands and arms have or are on the way to being permanently damaged

The correct answer is D.

Noise and vibration

Question

Which of these is most likely to cause vibration white finger?

- A) Handsaw
- B) Hammer drill
- C) Hammer and chisel
- D) Battery-powered screwdriver

The correct answer is B.

Noise and vibration

Question

You are likely to suffer LESS from hand-arm vibration if you are:

- A) very cold but dry
- B) cold and wet
- C) warm and dry
- D) very wet but warm

The correct answer is C.

Noise and vibration

Question

If you need to use a vibrating tool, even for a short time, how can you help reduce the risk of hand-arm vibration?

- A) Do not grip the tool too tightly
- B) Hold the tool away from you, at arm's length
- C) Use more force
- D) Hold the tool more tightly

The correct answer is A.

Noise and vibration

Question

If you have to use a vibrating tool, what would you expect your supervisor to do?

- A)** Measure the level of vibration while you use the tool
- B)** Explain the risk assessment and the safest way and length of time each day that you can use the tool
- C)** Watch you use the tool to assess the level of vibration
- D)** Help you to make up your own safe system of work

The correct answer is B.

Noise and vibration

Question

If you have to use a vibrating tool, how can you help reduce the effects of hand-arm vibration?

- A)** Hold the tool tightly
- B)** Do the work in short spells
- C)** Do the job in one long burst
- D)** Only use one hand on the tool at a time

The correct answer is B.

Hazardous substances

Question

What equipment should you have if you are doing non-licensed work on asbestos-containing materials?

- A)** Disposable overalls ('type 5')
- B)** Suitable respiratory protective equipment (RPE) (e.g. disposable face mask with a FFP3 rating)
- C)** Laceless footwear
- D)** All of these answers

The correct answer is D.

Hazardous substances

Question

Exposure to asbestos fibres may result in which disease?

- A) Mesothelioma
- B) Asbestosis
- C) Lung cancer
- D) All of these answers

The correct answer is D.

Hazardous substances

Question

After asbestos, which of the following causes the most ill-health to construction workers?

- A) Wood and MDF dust
- B) Diesel fumes
- C) Silica dust
- D) Resin, solvent and paint vapours

The correct answer is C.

Question

Where might you come across asbestos?

- A)** In a house built between 1950 and 1990
- B)** In any building built or refurbished before the year 2000
- C)** In industrial buildings built between 1920 and 1990
- D)** Asbestos has now been removed from all buildings

The correct answer is B.

Hazardous substances

Question

How can asbestos be correctly identified?

- A) The dust gives off a strong smell
- B) By getting a sample analysed in a lab
- C) By the colour of the dust
- D) By putting a piece in water and seeing if it dissolves

The correct answer is B.

Hazardous substances

Question

What training do you need to work with or remove asbestos cement products?

- A)** General asbestos awareness training
- B)** Having a CSCS card tells me all I need to know
- C)** Training for non-licensable asbestos work
- D)** None – anyone can work with asbestos cement

The correct answer is C.

Hazardous substances

Question

If you think you have found some asbestos, the first thing you should do is:

- A)** stop work and warn others
- B)** take a sample to your supervisor
- C)** put the bits in a bin and carry on with your work
- D)** find the first aider

The correct answer is A.

Hazardous substances

Question

If you breathe in asbestos dust it can cause:

- A) aching muscles and painful joints
- B) throat infections
- C) lung diseases
- D) dizziness and headaches

The correct answer is C.

Hazardous substances

Question

This sign should be used for labelling:



- A) asbestos waste
- B) raw asbestos
- C) any product containing asbestos
- D) all of these answers

The correct answer is D.

Hazardous substances

Question

You find an unmarked container that you think might contain chemicals. What is the first thing you should do?

- A)** Smell the chemical to see what it is
- B)** Put it in a bin to get rid of it
- C)** Ensure it remains undisturbed and report it
- D)** Taste the chemical to see what it is

The correct answer is C.

Hazardous substances

Question

Cement bags have an additive to help prevent allergic dermatitis. When using a new bag what should be checked?

- A) The bag is undamaged
- B) The 'use by' date has not expired
- C) It has been stored in a dry place
- D) The contents are not hard and gone off

The correct answer is B.

Hazardous substances

Question

Why should you not kneel in wet cement, screed or concrete?

- A)** It will make your trousers wet
- B)** It is not an effective way to work
- C)** It can cause serious chemical burns to your legs
- D)** It will affect the finish

The correct answer is C.

Hazardous substances

Question

Wet cement, mortar and concrete is hazardous to your health as it causes:

- A) dizziness and headaches
- B) chemical burns and dermatitis
- C) muscle aches
- D) arc eye

The correct answer is B.

Hazardous substances

Question

Which of these will give you health and safety information about a hazardous substance?

- A) The site diary
- B) The delivery note
- C) The COSHH assessment
- D) The accident book

The correct answer is C.

Hazardous substances

Question

You need to use a hazardous substance. Who should explain the health risks and safe method of work you need to follow (the COSHH assessment) before you start?

- A)** A Health and Safety Executive (HSE) inspector
- B)** The site first aider
- C)** Your supervisor or employer
- D)** The site security people

The correct answer is C.

Hazardous substances

Question

A COSHH assessment tells you how:

- A)** to lift heavy loads and how to protect yourself
- B)** to work safely in confined spaces
- C)** a substance might harm you and how to protect yourself when you are using it
- D)** noise levels are assessed and how to protect your hearing

The correct answer is C.

Hazardous substances

Question

The safest way to use a hazardous substance is to:

- A)** get on with the job as quickly as possible
- B)** read your employer's health and safety policy
- C)** understand the COSHH assessment and follow the instructions
- D)** ask someone who has already used it

The correct answer is C.

Hazardous substances

Question

If you see either of these labels on a substance what should you do?



- A)** Do not use it as the substance is poisonous
- B)** Find out what protection you need as the substance is corrosive and can damage your skin upon contact
- C)** Wash your hands after you have used the substance
- D)** Find out what hand cleaner you will need as the substance will not wash off easily

The correct answer is B.

Hazardous substances

Question

If you see either of these labels on a substance what should you do?



- A)** Find out what protection you need as the substance is harmful and could damage your health
- B)** Use sparingly as substance is expensive
- C)** Wear gloves as the substance can burn your skin
- D)** Do not use it as the substance is poisonous

The correct answer is A.

Hazardous substances

Question

How can you tell if a product is hazardous?

- A)** By warning symbols on the container or packaging label
- B)** By the shape of the container
- C)** It will always be in a black container
- D)** It will always be in a cardboard box

The correct answer is A.

Hazardous substances

Question

The packaging of a substance has the word 'SENSITISER' on it. This means that:

- A)** you could become allergic to it and have allergic reactions
- B)** it must be mixed with water before you can use it
- C)** it is perfectly safe to use without personal protective equipment (PPE)
- D)** it should not be used under any circumstances

The correct answer is A.

Hazardous substances

Question

If you see either of these labels on a substance what should you do?



- A)** Make sure it is stored out of the reach of children
- B)** Use the substance very carefully and make sure you don't spill or splash it on yourself
- C)** Do not use it as the substance is poisonous
- D)** Find out what protection you need as the substance is toxic and in low quantities could seriously damage your health or kill you

The correct answer is D.

Hazardous substances

Question

If you see either of these labels on a substance what should you do?



- A)** Find out how to handle the substance as it is fragile
- B)** Find out how to use the substance safely as it could explode
- C)** Find out how to use the substance safely as it could catch fire easily
- D)** Do not use the substance as it could kill you

The correct answer is B.

Hazardous substances

Question

If you see either of these labels on a substance what should you do?



- A)** Dispose of the substance or contents by burning
- B)** Find out how to use the substance safely as it could explode
- C)** Find out how to use the substance safely as it is flammable (could catch fire easily)
- D)** Warm up the contents first, with heat or a naked flame

The correct answer is C.

Hazardous substances

Question

What does this warning sign mean?



- A) Substance can explode
- B) Substance will cause heartburn if swallowed
- C) Substance can glow in the dark
- D) Substance can cause long-term serious health problems

The correct answer is D.

Personal protective equipment

Question

When do you need to wear eye protection?

- A)** On very bright, sunny days
- B)** If there is a risk of eye injury and if it is the site rules
- C)** When your employer can afford it
- D)** Only if you work with chemicals

The correct answer is B.

Personal protective equipment

Question

If there is a risk of materials flying into your eyes, you should wear:

- A) tinted welding goggles
- B) laser safety glasses
- C) chemical-resistant goggles
- D) impact-resistant goggles

The correct answer is D.

Personal protective equipment

Question

What type of eye protection do you need to wear if you are using a cartridge-operated tool or compressed gas tool (nail gun)?

- A) Light eye protection or safety glasses
- B) Normal prescription glasses or sunglasses
- C) Impact-rated goggles
- D) None – they aren't needed as there is a minimal risk of injury

The correct answer is C.

Personal protective equipment

Question

You need to use a grinder, cut-off saw, cartridge tool or nail gun. What type of eye protection will you need?

- A)** Impact-resistant goggles or full face shield
- B)** Welding goggles
- C)** Reading glasses or sunglasses
- D)** Light eye protection (safety glasses)

The correct answer is A.

Personal protective equipment

Question

Safety footwear with a protective mid-sole will protect you against:

- A) twisting your ankle
- B) chemicals burning your feet
- C) nails or sharp objects puncturing the underside of your foot if you stand on them
- D) getting blisters

The correct answer is C.

Personal protective equipment

Question

When should you wear safety footwear on site?

- A)** Only when working at ground level or outside
- B)** Until the site starts to look finished
- C)** All the time
- D)** When you are working all day on site and not just visiting

The correct answer is C.

Personal protective equipment

Question

You need to handle a hazardous substance. You should wear the correct gloves to help stop:

- A) skin disease
- B) vibration white finger
- C) Raynaud's syndrome
- D) arthritis

The correct answer is A.

Personal protective equipment

Question

Do all types of glove protect hands against chemicals?

- A) Yes, all gloves are made to the same standard
- B) Only if you put barrier cream on your hands as well
- C) No, different types of glove protect against different types of hazard
- D) Only if you cover the gloves with barrier cream

The correct answer is C.

Personal protective equipment

Question

Look at these statements about using power tools while wearing gloves. Which one is false?

- A)** Anti-vibration gloves will protect you against the effects of vibration
- B)** Gloves will keep your hands warm and dry, which reduces the effects of vibration
- C)** Gloves provide a better grip so you don't need to grip too tightly, which reduces the effects of vibration
- D)** Gloves will protect you from cuts and abrasions

The correct answer is A.

Personal protective equipment

Question

You need to wear a full body harness. You have never used one before. What should you do?

- A)** Ask for expert advice and training
- B)** Ask someone already wearing a harness to show you what to do
- C)** Try to work it out for yourself
- D)** Read the instruction book

The correct answer is A.

Personal protective equipment

Question

You must wear head protection on site at all times unless you are:

- A)** self-employed
- B)** working alone
- C)** in a safe area, like the site office or canteen
- D)** working in very hot weather

The correct answer is C.

Personal protective equipment

Question

To get the maximum protection from your safety helmet you should wear it:

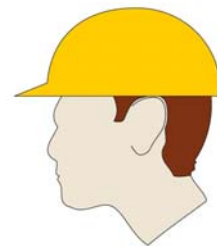
A) back to front



B) pushed back on your head



C) square on your head



D) pulled forward



The correct answer is C.

Personal protective equipment

Question

Look at these statements about wearing a safety helmet in hot weather. Which one is true?

- A)** You can drill holes in it to keep your head cool
- B)** You can wear it back-to-front if it is more comfortable that way
- C)** You must take it off during the hottest part of the day
- D)** You must wear it at all times and in the right way

The correct answer is D.

Personal protective equipment

Question

If you drop your safety helmet from height onto a hard surface, you should:

- A)** have any cracks repaired then carry on wearing it
- B)** make sure there are no cracks then carry on wearing it
- C)** work without a safety helmet until you can get a new one
- D)** stop work and get a new safety helmet

The correct answer is D.

Personal protective equipment

Question

You have been given disposable earplugs to use, but they keep falling out. What should you do?

- A)** Throw them away and work without them
- B)** Stop work until you get more suitable ones and are shown how to fit them
- C)** Put two ear plugs in each ear so they stay in place
- D)** Put rolled-up tissue paper in each ear

The correct answer is B.

Personal protective equipment

Question

Your employer must supply you with personal protective equipment (PPE):

- A) twice a year
- B) if you pay for it
- C) if it is in the contract
- D) if you need to be protected

The correct answer is D.

Personal protective equipment

Question

Do you have to pay for any personal protective equipment (PPE) you need?

- A)** Yes, you must pay for all of it
- B)** Only if you need to replace lost or damaged PPE
- C)** Yes, but you only have to pay half the cost
- D)** No, your employer must pay for it

The correct answer is D.

Personal protective equipment

Question

Who should provide you with any personal protective equipment (PPE) you need, including the means to maintain it?

- A) Your employer
- B) You must buy your own
- C) Anyone on site with a budget
- D) No-one has a duty to provide it

The correct answer is A.

Personal protective equipment

Question

If your personal protective equipment (PPE) gets damaged you should:

- A)** throw it away and work without it
- B)** stop what you are doing until it is replaced
- C)** carry on wearing it but work more quickly
- D)** try to repair it

The correct answer is B.

Personal protective equipment

Question

You have to work outdoors in bad weather. Your employer should supply you with correctly fitting waterproof clothing because:

- A)** it will have the company name and logo on it
- B)** you need protecting from the weather and are less likely to get muscle strains if you are warm and dry
- C)** you are less likely to catch Weil's disease (leptospirosis) if you are warm and dry
- D)** your supervisor will be able to see you more clearly in the rain

The correct answer is B.

Personal protective equipment

Question

Look at these statements about personal protective equipment (PPE). Which one is NOT true?

- A)** You must pay for any damage or loss
- B)** You must store it correctly when you are not using it
- C)** You must report any damage or loss to your supervisor
- D)** You must use it as instructed

The correct answer is A.

Personal protective equipment

Question

You are about to start a job. How will you know if you need any extra personal protective equipment (PPE)?

- A)** By looking at your employer's health and safety policy
- B)** You will just be expected to know
- C)** From the risk assessment or method statement
- D)** A letter will be sent to your home

The correct answer is C.

Question

You need to use an extension cable. What TWO things must you do?

- A) Only uncoil the length of cable you need
- B) Uncoil the whole cable
- C) Clean the whole cable with a damp cloth
- D) Check the whole cable and connectors for damage
- E) Only check the cable you need for damage

The correct answers are B and D.

Question

You need to run an electrical cable across an area used by vehicles. What TWO things should you do?

- A)** Wrap the cable in yellow tape so that drivers can see it
- B)** Cover the cable with a protective ramp
- C)** Cover the cable with scaffold boards
- D)** Put up a sign that says 'Ramp ahead'
- E)** Run the cable at head height

The correct answers are B and D.

Question

You need to work near an electrical cable. The cable has bare wires. What should you do?

- A)** Quickly touch the cable to see if it is live
- B)** Check there are no sparks coming from the cable and then start work
- C)** Tell your supervisor and keep well away
- D)** Push the cable out of the way so that you can start work

The correct answer is C.

Question

If an extension cable has a cut in its outer cover, you should:

- A)** check the copper wires aren't showing in the cut and then use the cable
- B)** put electrical tape around the damaged part
- C)** report the fault and make sure no-one else uses the cable
- D)** put a bigger fuse in the cable plug

The correct answer is C.

Question

What is the best way to protect an extension cable while you work, as well as minimising trip hazards?

- A)** Run the cable above head height
- B)** Run the cable by the shortest route
- C)** Cover the cable with yellow tape
- D)** Cover the cable with pieces of wood

The correct answer is A.

Question

Untidy leads and extension cables are responsible for many trips and lost work time injuries. What TWO things should you do to help?

- A)** Run cables and leads above head height and over the top of doorways and walkways rather than across the floor
- B)** Tie any excess cables and leads up into the smallest coil possible
- C)** Keep cables and leads close to the wall and not in the middle of the floor or walkway
- D)** Make sure your cables go where you want them to and not worry about others
- E)** Unplug the nearest safety lighting and use these sockets instead

The correct answers are A and C.

HS&E test download for operatives and specialists

Electrical safety and hand held tools and equipment

Question

To operate a powered hand tool, you must be:

- A) over 16 years old
- B) over 18 years old
- C) trained and competent
- D) 21 years old or over

The correct answer is C.

Question

You must be fully trained before you use a cartridge-operated tool. Why?

- A) They are heavy and could cause manual handling injuries
- B) They operate like a gun and can be dangerous in inexperienced hands
- C) Using one can cause dermatitis
- D) They have exposed electrical parts

The correct answer is B.

Question

If the guard is missing from a power tool you should:

- A)** try to make another guard
- B)** use the tool but try to work quickly
- C)** not use the tool until a proper guard has been fitted
- D)** use the tool but work carefully and slowly

The correct answer is C.

Question

If you need to use a power tool with a rotating blade, you should:

- A)** remove the guard so that you can clearly see the blade
- B)** adjust the guard to expose just enough blade to let you do the job
- C)** remove the guard but wear leather gloves to protect your hands
- D)** adjust the guard to expose the maximum amount of blade

The correct answer is B.

Question

Most cutting and grinding machines have guards. What are the TWO main functions of the guard?

- A) To stop materials getting onto the blade or wheel
- B) To give you a firm handhold
- C) To balance the machine
- D) To stop fragments flying into the air
- E) To stop you coming into contact with the blade or wheel

The correct answers are D and E.

Question

If you need to use a hand tool or power tool on site it must be:

- A)** made in the UK
- B)** the right tool for the job and inspected at the start of each week
- C)** bought from a builders merchant
- D)** the right tool for the job and inspected before you use it

The correct answer is D.

Question

Before you adjust an electric hand tool you should:

- A)** switch it off but leave the plug in the socket
- B)** switch it off and remove the plug from the socket
- C)** do nothing in particular
- D)** put tape over the ON/OFF switch

The correct answer is B.

Question

If the head on your hammer comes loose you should:

- A)** stop work and get the hammer repaired or replaced
- B)** find another heavy tool to use instead of the hammer
- C)** keep using it but be aware that the head could come off at any time
- D)** tell the other people near you to keep out of the way

The correct answer is A.

Question

Do you need to inspect simple hand tools like trowels, screwdrivers, saws and hammers?

- A) No, never
- B) Yes, if they have not been used for a couple of weeks
- C) Yes, they should be checked each time you use them
- D) Only if someone else has borrowed them

The correct answer is C.

Question

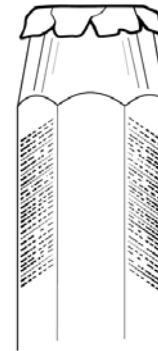
Someone near you is using a rotating laser level. What, if any, is the health hazard likely to affect you?

- A) Skin cancer
- B) None – if used correctly they are safe
- C) Gradual blindness
- D) Burning of the skin, similar to sunburn

The correct answer is B.

Question

What is the main danger if you use a chisel or bolster with a 'mushroomed' head?



- A)** It will shatter and send fragments flying into the air
- B)** It will damage the face of the hammer
- C)** The shaft of the chisel will bend when you hit it
- D)** You will have to sharpen the chisel more often

The correct answer is A.

Question

Look at these statements about power tools.
Which one is true?

- A)** Always carry the tool by its cord
- B)** Always unplug the tool by pulling its cord
- C)** Always unplug the tool when you are not using it
- D)** Always leave the tool plugged in when you check or adjust it

The correct answer is C.

Question

It is dangerous to run an abrasive wheel faster than its recommended top speed. Why?

- A) The wheel will get clogged and stop
- B) The motor could burst into flames
- C) The wheel could shatter and burst into many pieces
- D) The safety guard cannot be used

The correct answer is C.

Question

It is safe to work close to an overhead power line if:

- A) you do not touch the line for more than 30 seconds
- B) you use a wooden ladder
- C) the power is switched off
- D) it is not raining

The correct answer is C.

Question

You are using electric equipment when it cuts out. You should:

- A)** shake it to see if it will start again
- B)** pull the electric cable to see if it is loose
- C)** switch the power off and on a few times
- D)** switch off the power and look for signs of damage

The correct answer is D.

Question

Someone near you is using a disc-cutter to cut concrete blocks. What THREE immediate hazards are likely to affect you?

- A) Flying fragments
- B) Dermatitis
- C) Harmful dust in the air
- D) High noise levels
- E) Vibration white finger

The correct answers are A, C and D.

Question

You need to use an air-powered tool. Which of these is NOT a hazard?

- A) Electric shock
- B) Hard-arm vibration
- C) Airborne dust and flying fragments
- D) Leaking hoses

The correct answer is A.

HS&E test download for operatives and specialists

Electrical safety and hand held tools and equipment

Question

When do you need to check tools and equipment for damage?

- A) Each time before use
- B) Every day
- C) Once a week
- D) At least once a year

The correct answer is A.

Question

What are the TWO main areas of visual inspections you should carry out before each use of a power tool?

- A)** Check the carry case isn't broken
- B)** Check the power lead, plug and casing are in good condition
- C)** Check the manufacturer's label hasn't come off
- D)** Check switches, triggers and guards are adjusted and work correctly
- E)** Check if there is an upgraded model available

The correct answers are B and D.

Question

You should use a RCD (residual current device) with 230 volt tools because it:

- A)** lowers the voltage
- B)** quickly cuts off the power if there is a fault
- C)** makes the tool run at a safe speed
- D)** saves energy and lowers costs

The correct answer is B.

Question

How do you check if a RCD (residual current device) connected to a power tool is working?

- A) Switch the tool on and off
- B) Press the test button on the RCD (residual current device)
- C) Switch the power on and off
- D) Run the tool at top speed to see if it cuts out

The correct answer is B.

Question

You need to use a 230 volt item of equipment.
How should you protect yourself from an electric shock?

- A) Use a generator
- B) Put up safety screens around you
- C) Use a portable RCD (residual current device)
- D) Wear rubber boots and gloves

The correct answer is C.

Question

The Portable Appliance Testing (PAT) label on a power tool tells you:

- A)** when the next safety check is due
- B)** when the tool was made
- C)** who tested the tool before it left the factory
- D)** its earth-loop impedance

The correct answer is A.

Question

On building sites, the recommended safe voltage for electrical equipment is:

- A) 12 volts
- B) 24 volts
- C) 110 volts
- D) 230 volts

The correct answer is C.

Question

The colour of a 110 volt power cable and connector should be:

- A) black
- B) red
- C) blue
- D) yellow

The correct answer is D.

Question

Why should you try to use battery-powered tools rather than electrical ones?

- A) They are cheaper to run
- B) They will not give you an electric shock
- C) They will not give you hand-arm vibration
- D) They do not need to be tested or serviced

The correct answer is B.

Question

Why do building sites use a 110 volt electricity supply instead of the usual 230 volt domestic supply?

- A) It is cheaper
- B) It is less likely to kill you
- C) It moves faster along the cables
- D) It is safer for the environment

The correct answer is B.

Safety signs and signals

Question

A crane has to do a difficult lift. The signaller asks you to help, but you are not trained in plant signals. What should you do?

- A)** Politely refuse and explain you don't know how to signal
- B)** Start giving signals to the crane driver
- C)** Only help if the signaller really can't manage alone
- D)** Ask the signaller to show you what signals to use

The correct answer is A.

Safety signs and signals

Question

A truck has to tip materials into a trench. Who should give signals to the truck driver?

- A)** Anyone who is wearing a hi-vis coat
- B)** Someone standing in the trench
- C)** Someone who knows the signals
- D)** Only the person who is trained and appointed for the job

The correct answer is D.

Safety signs and signals

Question

What does this sign mean?



- A) Assemble here in the event of a fire
- B) Fire extinguishers and fire-fighting equipment kept here
- C) Parking reserved for emergency service vehicles
- D) Do not store flammable materials here

The correct answer is B.

Safety signs and signals

Question

What does this sign mean?



- A) Fire alarm call point
- B) Hot surface, do not touch
- C) Wear flameproof hand protection
- D) Emergency light switch

The correct answer is A.

Safety signs and signals

Question

What does this sign mean?



- A) Press here to sound the fire alarm
- B) Fire hose reel located here
- C) Turn key to open fire door
- D) Do not use if there is a fire

The correct answer is B.

Safety signs and signals

Question

What does this sign mean?



- A) Wear hearing protection if you want to
- B) You must wear hearing protection
- C) No personal stereos or MP3 players
- D) Caution, noisy machinery

The correct answer is B.

Safety signs and signals

Question

What does this sign mean?



- A) Safety glasses cleaning station
- B) Warning, bright lights or lasers
- C) Caution, poor lighting
- D) You must wear safety eye protection

The correct answer is D.

Safety signs and signals

Question

Blue and white signs are:



- A)** mandatory signs – meaning you **MUST** do something
- B)** prohibition signs – meaning you **MUST NOT** do something
- C)** warning signs – alerting you to hazards or danger
- D)** safe condition signs – giving you information

The correct answer is A.

Safety signs and signals

Question

What does this sign mean?



- A)** Safety boots or safety shoes must be worn
- B)** Wellington boots must be worn
- C)** Be aware of slip and trip hazards
- D)** No dirty footwear past this point

The correct answer is A.

Safety signs and signals

Question

What does this sign mean?



- A) You must carry safety gloves at all times
- B) Dispose of used safety gloves here
- C) Safety gloves do not need to be worn
- D) Safety gloves must be worn

The correct answer is D.

Safety signs and signals

Question

What does this sign mean?



- A) Wear white clothes at night
- B) Hi-vis clothing must be worn
- C) Do nothing, it only applies to managers
- D) Cover up bare arms

The correct answer is B.

Safety signs and signals

Question

What does this sign mean?



- A) Smoking is allowed
- B) Danger flammable materials present
- C) No smoking
- D) No explosives or naked flames

The correct answer is C.

Safety signs and signals

Question

What does this sign mean?



- A) No lone working
- B) No entry without a hard hat
- C) No pedestrians or entry for people on foot
- D) No entry during the day

The correct answer is C.

Safety signs and signals

Question

Round red and white signs with a diagonal line are:



- A)** mandatory signs – meaning you **MUST** do something
- B)** prohibition signs – meaning you **MUST NOT** do something
- C)** warning signs – alerting you to hazards or danger
- D)** safe condition signs – giving you information

The correct answer is B.

Safety signs and signals

Question

What does this sign mean?



- A)** Do not jump across any gaps in the scaffold
- B)** Do not work on the first lift of the scaffold
- C)** Do not access the scaffold because it is incomplete or not safe
- D)** Do not walk under the scaffold

The correct answer is C.

Safety signs and signals

Question

What does this sign mean?



- A) No running allowed
- B) There is no escape route
- C) This is a fire door
- D) Fire escape route

The correct answer is B.

Safety signs and signals

Question

What does this sign mean?



- A)** It tells you where the canteen is located
- B)** It tells you which direction to walk
- C)** It tells you where to assemble in case of an emergency
- D)** It tells you where the site induction room is located

The correct answer is C.

Safety signs and signals

Question

Green and white signs are:



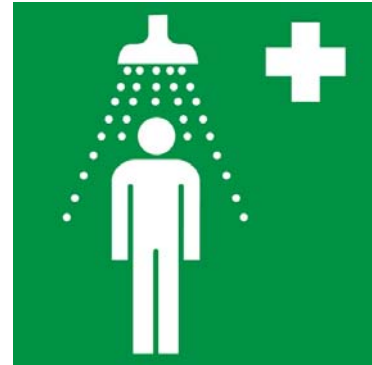
- A)** mandatory signs – meaning you **MUST** do something
- B)** prohibition signs – meaning you **MUST NOT** do something
- C)** warning signs – alerting you to hazards or danger
- D)** safe condition signs – giving you information

The correct answer is D.

Safety signs and signals

Question

What does this sign mean?



- A) Toilets and shower facilities
- B) Drying area for wet weather clothes
- C) Emergency first-aid shower
- D) Fire sprinklers above

The correct answer is C.

Safety signs and signals

Question

What does this sign mean?



- A) Risk of electrocution
- B) Risk of static shock
- C) Live electrical appliance
- D) Risk of lightning

The correct answer is A.

Safety signs and signals

Question

What does this sign mean?



- A)** Dispose of substance or contents by burning
- B)** Warning – substance or contents are flammable (can catch fire easily)
- C)** Warning – substance or contents could explode
- D)** Warning – substance or contents are harmful

The correct answer is B.

Safety signs and signals

Question

What does this sign mean?



- A) Radioactive area
- B) Warning – explosive substance
- C) Flashing lights ahead
- D) Warning – laser beams

The correct answer is D.

Safety signs and signals

Question

Yellow and black signs are:



- A)** mandatory signs – meaning you **MUST** do something
- B)** prohibition signs – meaning you **MUST NOT** do something
- C)** warning signs – alerting you to hazards or danger
- D)** safe condition signs – giving you information

The correct answer is C.

Safety signs and signals

Question

What does this sign mean?



- A) Plant operators are wanted
- B) Industrial vehicles are moving about
- C) Manual handling is not allowed
- D) Storage area

The correct answer is B.

Site transport safety

Question

What are the TWO conditions for being able to operate plant on site?

- A) You must be trained and competent
- B) You must be authorised
- C) You must be over 21 years old
- D) You must hold a full driving licence
- E) You must hold a UK passport

The correct answers are A and B.

Site transport safety

Question

Your supervisor asks you to drive a dumper truck. You have never driven one before. What should you do?

- A)** Ask a trained driver how to operate it
- B)** Explain to your supervisor that you are not trained and therefore cannot operate it
- C)** Watch other dumpers to see how they are operated
- D)** Get on with it

The correct answer is B.

Site transport safety

Question

A lorry is in trouble as it tries to reverse into a tight space. You have not been trained as a signaller. What should you do?

- A)** Stay well out of the way
- B)** Help the driver by giving hand signals
- C)** Help the driver by jumping up into the cab
- D)** Offer to adjust the mirrors on the lorry

The correct answer is A.

Site transport safety

Question

What do you need before you can supervise any lift using a crane?

- A)** Nothing, you make it up as you go along
- B)** You must be trained and assessed as competent
- C)** Written instructions from the crane hire company
- D)** Nothing, the crane driver will tell you what to do

The correct answer is B.

Site transport safety

Question

A mobile plant operator can let people ride in or on the machine:

- A)** if they have a long way to walk
- B)** as long as the site speed limit is not exceeded
- C)** only if it is designed to carry passengers and has a designated seat
- D)** if the cab door is shut

The correct answer is C.

Site transport safety

Question

You need to walk past someone using a mobile crane. You should:

- A)** guess what the crane operator will do next and squeeze by
- B)** try to catch the attention of the crane operator
- C)** run to get past the crane quickly
- D)** take another route so that you stay clear of the crane

The correct answer is D.

Site transport safety

Question

When you walk across the site, what is the best way to avoid an accident with mobile plant?

- A)** Keep to the designated pedestrian routes
- B)** Ride on the plant
- C)** Get the attention of the driver before you get too close
- D)** Wear hi-vis clothing

The correct answer is A.

Site transport safety

Question

You need to walk past a 360° mobile crane. The crane is operating near a wall. What is the main danger?

- A)** The crane could crash into the wall
- B)** You could be crushed if you walk between the crane and the wall
- C)** Whole body vibration from the crane
- D)** High noise levels from the crane

The correct answer is B.

Site transport safety

Question

You are walking across the site. A large mobile crane reverses across your path. What should you do?

- A)** Help the driver to reverse
- B)** Start to run so that you can pass behind the reversing crane
- C)** Pass close to the front of the crane
- D)** Wait or find another way around the crane

The correct answer is D.

Site transport safety

Question

When is site transport allowed to drive along a pedestrian route?

- A)** During meal breaks
- B)** If it is the shortest route
- C)** Only if necessary and if all pedestrians are excluded
- D)** Only if the vehicle has a flashing yellow light

The correct answer is C.

Site transport safety

Question

Which of these would you NOT expect to see if site transport is well organised?

- A) Speed limits
- B) Barriers to keep pedestrians away from mobile plant and vehicles
- C) Pedestrians and mobile plant using the same routes
- D) One-way systems

The correct answer is C.

Site transport safety

Question

How would you expect a well-organised site to keep pedestrians away from traffic routes?

- A)** The site manager will direct all pedestrians away from traffic routes
- B)** The traffic routes will be shown on the Health and Safety Law poster
- C)** There will be barriers between traffic and pedestrian routes
- D)** There is no need to keep traffic and pedestrians apart

The correct answer is C.

Site transport safety

Question

A site vehicle is most likely to injure pedestrians when it is:

- A) reversing
- B) lifting materials onto scaffolds
- C) tipping into an excavation
- D) digging out footings

The correct answer is A.

Site transport safety

Question

You must not walk behind a lorry when it is reversing because:

- A)** most lorries are not fitted with mirrors
- B)** the driver is unlikely to know you are there
- C)** most lorry drivers aren't very good at reversing
- D)** you will need to run, not walk, to get past it in time

The correct answer is B.

Site transport safety

Question

The quickest way to your work area is through a contractor's vehicle compound. Which way should you go?

- A)** Around the compound if vehicles are moving
- B)** Straight through the compound if no vehicles appear to be moving
- C)** Around the compound every time
- D)** Straight through the compound if no-one is looking

The correct answer is C.

Site transport safety

Question

A fork-lift truck is blocking the way to where you want to go on site. It is lifting materials onto a scaffold. What should you do?

- A)** Only walk under the raised load if you are wearing a safety helmet
- B)** Catch the driver's attention and then walk under the raised load
- C)** Start to run so that you are not under the load for very long
- D)** Wait or go around, but never walk under a raised load

The correct answer is D.

Site transport safety

Question

You think some mobile plant is operating too close to where you have to work. What should you do first?

- A)** Stop work and speak to the plant operator
- B)** Stop work and speak to the plant operator's supervisor
- C)** Keep a good lookout for the plant and carry on working
- D)** Stop work and speak to your own supervisor

The correct answer is D.

Site transport safety

Question

If you see a dumper being driven too fast you should:

- A)** keep out of its way and report the matter
- B)** try to catch the dumper and speak to the driver
- C)** report the matter to the police
- D)** do nothing, dumpers are allowed to go above the site speed limit

The correct answer is A.

Site transport safety

Question

You see a lorry parking. It has a flat tyre. Why should you tell the driver?

- A)** The lorry will use more fuel
- B)** The lorry will need to travel at a much slower speed
- C)** The lorry could be unsafe to drive
- D)** The lorry can only carry small loads

The correct answer is C.

Site transport safety

Question

An excavator has just stopped work. Liquid is dripping and forming a small pool under the back of the machine. What could this mean?

- A)** It is normal for fluids to vent after the machine stops
- B)** The machine is hot so the diesel has expanded and overflowed
- C)** Someone put too much diesel into the machine before it started work
- D)** The machine has a leak and could be unsafe

The correct answer is D.

Site transport safety

Question

You see a mobile crane lifting a load. The load is about to hit something. What should you do?

- A)** Go and tell your supervisor
- B)** Try and warn the person supervising or banking the lift
- C)** Go and tell the crane driver
- D)** Do nothing and assume everything is under control

The correct answer is B.

Site transport safety

Question

You see a driver refuelling an excavator. Most of the diesel is spilling onto the ground. What is the first thing you should do?

- A)** Tell your supervisor the next time you see them
- B)** Tell the driver immediately
- C)** Look for a spillage kit immediately
- D)** Do nothing, the diesel will eventually seep into the ground

The correct answer is B.

Site transport safety

Question

You think a load is about to fall from a moving fork-lift truck. What should you do?

- A)** Keep clear but try to warn the driver and others in the area
- B)** Run alongside the machine and try to hold on to the load
- C)** Run and tell your supervisor
- D)** Sound the nearest fire alarm bell

The correct answer is A.

Site transport safety

Question

How would you expect to be told about the site traffic rules?

- A)** During site induction
- B)** By a Health and Safety Executive (HSE) inspector
- C)** By a note on a notice board
- D)** In a letter sent to your home

The correct answer is A.

Fire prevention and control

Question

A fire assembly point is the place where:

- A)** fire engines must go when they arrive on site
- B)** the fire extinguishers are kept
- C)** people must go when the fire alarm sounds
- D)** the fire started

The correct answer is C.

Fire prevention and control

Question

If you discover a fire, the first thing you should do is:

- A)** put your tools away
- B)** finish what you are doing, if it is safe to do so
- C)** try to put out the fire
- D)** raise the alarm

The correct answer is D.

Fire prevention and control

Question

If you hear the fire alarm, you should go to the:

- A) site canteen
- B) assembly point
- C) site office
- D) fire

The correct answer is B.

Fire prevention and control

Question

A large fire has been reported. You have not been trained to use fire extinguishers. You should:

- A)** put away all your tools and then go to the assembly point
- B)** report to the site office and then go home
- C)** go straight to the assembly point
- D)** leave work for the day

The correct answer is C.

Question

What does a hot work permit NOT tell you?

- A)** When you can start and when you must stop the hot work
- B)** How you must prevent sparks or heat travelling
- C)** Where the local fire station is located
- D)** What fire extinguisher or fire watch you need

The correct answer is C.

Fire prevention and control

Question

A hot work permit allows you to:

- A) work in hot weather
- B) carry out work that needs warm, protective clothing
- C) carry out work that could start a fire
- D) light a bonfire

The correct answer is C.

Fire prevention and control

Question

If your job needs a hot work permit, what TWO things would you expect to have to do?

- A)** Have a fire extinguisher close to the work
- B)** Check for signs of fire when you stop work
- C)** Know where all the fire extinguishers are kept on site
- D)** Write a site evacuation plan
- E)** Know how to refill fire extinguishers

The correct answers are A and B.

Fire prevention and control

Question

Look at these jobs. Which TWO are likely to need a hot work permit?

- A) Cutting steel with an angle grinder
- B) Soldering pipework in a central heating system
- C) Refuelling a diesel dump truck
- D) Replacing an empty liquefied petroleum gas cylinder with a full one
- E) Using the heaters in the drying room

The correct answers are A and B.

Fire prevention and control

Question

A fire needs heat, fuel and:

- A) oxygen
- B) carbon dioxide
- C) argon
- D) nitrogen

The correct answer is A.

Fire prevention and control

Question

When you use a carbon dioxide (CO₂) fire extinguisher, the nozzle gets:

- A) very cold
- B) very hot
- C) warm
- D) very heavy

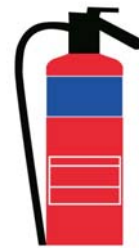
The correct answer is A.

Fire prevention and control

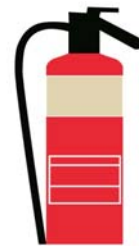
Question

Which TWO extinguishers should NOT be used on electrical fires?

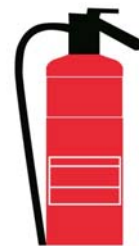
A) Dry powder (Blue colour band)



B) Foam (Cream colour band)



C) Water (Red colour band)



D) Carbon dioxide (Black colour band)

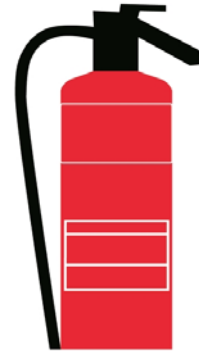


The correct answers are B and C.

Fire prevention and control

Question

A WATER fire extinguisher, identified by a red band, should ONLY be used on what type of fire?



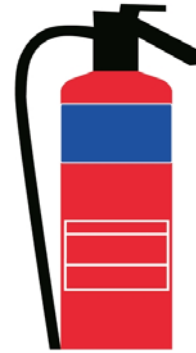
- A)** Wood, paper, textile and solid material fires
- B)** Flammable liquids (fuel, oil, varnish, paints, etc.)
- C)** Electrical fires
- D)** Metal and molten metal

The correct answer is A.

Fire prevention and control

Question

A DRY POWDER fire extinguisher, identified by a blue band, could be used on all types of fire but is BEST suited to what TWO types of fire?



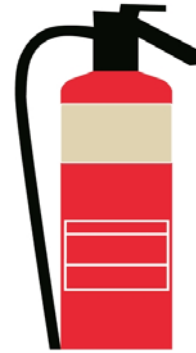
- A)** Wood, paper, textile and solid material fires
- B)** Flammable liquids (fuel, oil, varnish, paints, etc.)
- C)** Flammable gas (LPG, propane, etc.)
- D)** Metal and molten metal
- E)** Electrical fires

The correct answers are B and C.

Fire prevention and control

Question

A FOAM extinguisher, identified by a cream band, should NOT be used on what TWO types of fire?



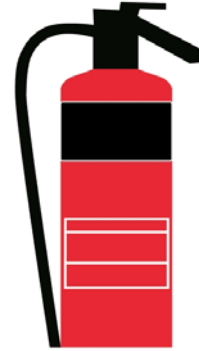
- A)** Wood, paper, textile and solid material fires
- B)** Flammable liquids (fuel, oil, varnish, paints, etc.)
- C)** Electrical fires
- D)** Metal and molten metal
- E)** Flammable gas (LPG, propane, etc.)

The correct answers are C and D.

Fire prevention and control

Question

A CARBON DIOXIDE (CO₂) extinguisher, identified by a black band, should NOT be used on what type of fire?



- A)** Wood, paper, textile and solid material fires
- B)** Flammable liquids (fuel, oil, varnish, paints, etc.)
- C)** Electrical fires
- D)** Metal and molten metal

The correct answer is D.

Fire prevention and control

Question

If you see 'frost' around the valve on a liquefied petroleum gas (LPG) cylinder, it means:

- A)** the cylinder is nearly empty
- B)** the cylinder is full
- C)** the valve is leaking
- D)** you must lay the cylinder on its side

The correct answer is C.

Fire prevention and control

Question

If there is a fire you will need to go to the site assembly point. How would you expect to find out where this is?

- A)** During a visit by the Health and Safety Executive (HSE)
- B)** During site induction
- C)** By reading your employer's health and safety policy
- D)** Your colleagues will tell you

The correct answer is B.

Fire prevention and control

Question

What is the MAIN aim of fire precautions on site?

- A)** To have measures in place to fight a fire
- B)** For the emergency services to reach a fire as quickly as possible
- C)** To ensure everyone reaches safety in the event of a fire
- D)** To prevent a fire spreading

The correct answer is C.

Fire prevention and control

Question

How can you help PREVENT a fire hazard?

- A) Store solvents and paints in the drying room
- B) Leave your clothes over a heater all night
- C) Keep your work area tidy and place waste in the bins provided
- D) Store materials and equipment along the exit routes

The correct answer is C.

Fire prevention and control

Question

You need to work in a corridor that is a fire escape route. You must see that:

- A)** your tools and equipment do not block the route
- B)** all doors into the corridor are locked
- C)** you only use spark-proof tools
- D)** you remove all fire escape signs before you start

The correct answer is A.

Fire prevention and control

Question

What are TWO common fire risks on construction sites?

- A) 230 volt power tools
- B) Poor housekeeping and build up of waste
- C) Timber racks
- D) Uncontrolled hot works
- E) 110 volt extension reels

The correct answers are B and D.

Manual handling

Question

To lift a load safely you need to think about:

- A) its size and shape
- B) its weight
- C) how to grip or hold it firmly
- D) all of these answers

The correct answer is D.

Manual handling

Question

You are using a trolley to move a heavy load a long distance and a wheel comes off. What should you do?

- A)** Carry the load the rest of the way
- B)** Ask someone to help you pull the trolley the rest of the way
- C)** Drag the trolley on your own the rest of the way
- D)** Find another way to move the load

The correct answer is D.

Manual handling

Question

You have to move a load that might be too heavy for you. You cannot divide it into smaller parts and there is no-one to help you. What should you do?

- A)** Do not move the load until you have found a safe method
- B)** Get a fork-lift truck, even though you can't drive one
- C)** Try to lift it using the correct lifting methods
- D)** Lift and move the load quickly to avoid injury

The correct answer is A.

Manual handling

Question

You need to move a load that might be too heavy for you. What should you do?

- A)** Divide the load into smaller loads if possible
- B)** Get someone to help you
- C)** Use an aid, such as a trolley or wheelbarrow
- D)** All of these answers

The correct answer is D.

Manual handling

Question

You have to lift a heavy load. What must your employer do?

- A)** Make sure your supervisor is there to advise while you lift
- B)** Do a risk assessment of the task
- C)** Nothing, it is part of your job to lift loads
- D)** Watch you while you lift the load

The correct answer is B.

Manual handling

Question

You need to lift a load that is not heavy, but it is so big that you cannot see in front of you. What should you do?

- A)** Ask someone to help carry the load so that you can both see ahead
- B)** Get someone to walk next to you and give directions
- C)** Get someone to walk in front of you and tell others to get out of the way
- D)** Move the load on your own because it is so large that anyone in your way is sure to see it

The correct answer is A.

Manual handling

Question

Who should be involved in creating the safe system of work for your manual handling?

- A) You
- B) Your supervisor/employer
- C) You and your supervisor/employer
- D) The Health and Safety Executive (HSE)

The correct answer is C.

Manual handling

Question

You have to carry a load down a steep slope.
What should you do?

- A)** Walk backwards down the slope to improve your balance
- B)** Carry the load on your shoulder
- C)** Assess whether you can still carry the load safely
- D)** Run down the slope to finish quickly

The correct answer is C.

Manual handling

Question

Under the regulations for manual handling, all workers must:

- A)** wear back-support belts when lifting anything
- B)** make a list of all the heavy things they have to carry
- C)** lift any size of load once the risk assessment has been done
- D)** follow their employer's safe systems of work

The correct answer is D.

Manual handling

Question

You are using a wheelbarrow to move a heavy load. Is this manual handling?

- A)** No, because the wheelbarrow is carrying the load
- B)** Only if the load slips off the wheelbarrow
- C)** Yes, you are still manually handling the load
- D)** Only if the wheelbarrow has a flat tyre

The correct answer is C.

Manual handling

Question

Which part of your body is most likely to be injured if you lift heavy loads?

- A) Your knees
- B) Your back
- C) Your shoulders
- D) Your elbows

The correct answer is B.

Manual handling

Question

You have been told how to lift a heavy load, but you think there is a better way to do it. What should you do?

- A)** Ignore what you have been told and do it your way
- B)** Ask your workmates to decide which way you should do it
- C)** Discuss your idea with your supervisor
- D)** Forget your idea and do it the way you have been told

The correct answer is C.

Manual handling

Question

Your new job involves some manual handling. An old injury means that you have a weak back. What should you do?

- A)** Tell your supervisor you can lift anything
- B)** Tell your supervisor that lifting might be a problem
- C)** Try some lifting then tell your supervisor about your back
- D)** Tell your supervisor about your back if it gets injured again

The correct answer is B.

Manual handling

Question

Before you lift a heavy load you should always try to:

- A)** stand with your feet together when lifting
- B)** bend your back when lifting
- C)** carry the load away from your body, at arm's length
- D)** divide large loads into smaller loads or use lifting equipment

The correct answer is D.

Manual handling

Question

You need to lift a load from the floor. You should stand with your:

- A)** feet together, legs straight, back bent
- B)** feet together, knees bent, in a deep squatting position
- C)** feet slightly apart, one leg slightly forward, knees bent
- D)** feet wide apart, legs straight, back bent

The correct answer is C.

Manual handling

Question

If you have to twist or turn your body when you lift and place a load, it means:

- A)** the weight you can lift safely is LESS than usual
- B)** the weight you can lift safely is MORE than usual
- C)** nothing, you can lift the SAME weight as usual
- D)** you MUST wear a back brace

The correct answer is A.

Manual handling

Question

If you wear a back support belt when lifting:

- A)** you can lift any load without being injured
- B)** you can safely lift more than usual
- C)** you could face the same risk of injury as when you are not wearing one
- D)** it will crush your backbone and damage it

The correct answer is C.

Manual handling

Question

You need to move a load that is heavier on one side than the other. How should you pick it up?

- A)** With the heavy side towards you
- B)** With the heavy side away from you
- C)** With the heavy side on your strong arm
- D)** With the heavy side on your weak arm

The correct answer is A.

Manual handling

Question

You have to move a load while you are sitting, not standing. How much can you lift safely?

- A) Less than usual
- B) The usual amount
- C) Twice the usual amount
- D) Three times the usual amount

The correct answer is A.

Manual handling

Question

You need to reach above your head and lower a load to the floor. Which of these is NOT true?

- A)** It will be more difficult to keep your back straight and chin tucked in
- B)** You will put extra stress on your arms and your back
- C)** You can safely handle more weight than usual
- D)** The load will be more difficult to control

The correct answer is C.

Working at height

Question

Which type of accident kills most construction workers?

- A) Falling from height
- B) Contact with electricity
- C) Being run over by site transport
- D) Being hit by a falling object

The correct answer is A.

Working at height

Question

If you store materials on a working platform, which statement is correct?

- A)** Materials can be stored unsecured above the guard-rail height
- B)** Materials must be stored so they can't fall and the platform must be able to take their weight
- C)** Materials can be stored anywhere, even if they pose a trip hazard or block the walkway
- D)** Materials do not need to be secured if they are going to be there for less than an hour

The correct answer is B.

Working at height

Question

Working at height is:

- A) 1.2 m above the ground or higher
- B) 2 m above the ground or higher
- C) any height that would cause an injury if you fell
- D) 3 m above the ground or higher

The correct answer is C.

Working at height

Question

Which of the following is NOT true when using podium steps?

- A) The 'wheels' must be locked before you get on to them
- B) Podiums can easily topple if you over reach sideways
- C) Podiums are safe and can't topple over
- D) Podiums are work equipment and must be inspected every seven days

The correct answer is C.

Question

A ladder should not be painted because:

- A)** the paint will make it slippery to use
- B)** the paint may hide any damaged parts
- C)** the paint could damage the metal parts of the ladder
- D)** it will need regular re-painting

The correct answer is B.

Working at height

Question

How many people should be on a ladder at the same time?

- A) One
- B) Two
- C) One on each section of an extension ladder
- D) Three, if it is long enough

The correct answer is A.

Working at height

Question

You find a ladder that is damaged. What should you do?

- A)** Don't use it and make sure that others know about the damage
- B)** Don't use it and report the damage at the end of your shift
- C)** Try and mend the damage
- D)** Use the ladder if you can avoid the damaged part

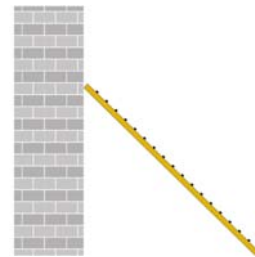
The correct answer is A.

Working at height

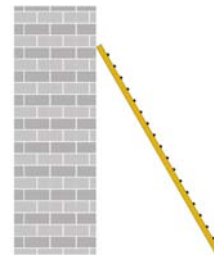
Question

When using a ladder what should the slope or angle of the ladder be?

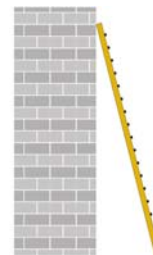
A) 45°



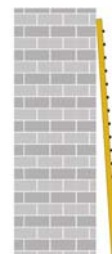
B) 60°



C) 75°



D) 85°



The correct answer is C.

Working at height

Question

Who should check a ladder before it is used?

- A) The person who is going to use it
- B) A supervisor
- C) The site safety officer
- D) The manufacturer

The correct answer is A.

Working at height

Question

What is the best way to make sure that a ladder is secure and won't slip?

- A)** Tie it at the top
- B)** Ask someone to stand with their foot on the bottom rung
- C)** Tie it at the bottom
- D)** Wedge the bottom of the ladder with blocks of wood

The correct answer is A.

Working at height

Question

When could you use a ladder as a place of work?

- A)** If it is long enough
- B)** If you can find a ladder to use
- C)** If other people do not need to use it for access
- D)** If you are doing light work for a short time

The correct answer is D.

Working at height

Question

When you climb a ladder you must:

- A)** have three points of contact with the ladder at all times
- B)** have two points of contact with the ladder at all times
- C)** use a safety harness
- D)** have two people on the ladder at all times

The correct answer is A.

Working at height

Question

You need to use a ladder to get to a scaffold platform. Which of these statements is true?

- A)** It must be tied and extend five rungs above the platform
- B)** All broken rungs must be clearly marked
- C)** It must be wedged at the bottom to stop it slipping
- D)** Two people must be on the ladder at all times

The correct answer is A.

Working at height

Question

You need to use a mobile tower scaffold. The wheel brakes do not work. What should you do?

- A)** Use some wood to wedge the wheels and stop them moving
- B)** Do not use the tower
- C)** Only use the tower if the floor is level
- D)** Get someone to hold the tower while you use it

The correct answer is B.

Working at height

Question

You need to reach the working platform of a mobile tower scaffold. What is the right way to do this?

- A)** Climb up the tower frame on the outside of the tower
- B)** Lean a ladder against the tower and climb up that
- C)** Climb up the ladder built into the tower
- D)** Climb up the outside of the diagonal bracing

The correct answer is C.

Working at height

Question

A mobile tower scaffold must NOT be used on:

- A) soft or uneven ground
- B) a paved patio
- C) an asphalt road
- D) a smooth concrete path

The correct answer is A.

Working at height

Question

When working in a mobile elevating work platform (MEWP) where should you attach your harnesses lanyard?

- A) To the control box
- B) To a point on the structure or building you are working on
- C) To the MEWP handrail
- D) To the designated anchor point within the platform or basket

The correct answer is D.

Working at height

Question

If you have to work at height over or near to deep water, which following item of personal protective equipment (PPE) must you be wearing?

- A) Wellington boots
- B) Life jacket
- C) Full face respirator
- D) Full body harness

The correct answer is B.

Working at height

Question

It is safe to cross a fragile roof if you:

- A)** walk along the line of bolts
- B)** can see fragile roof signs
- C)** don't walk on any plastic panels
- D)** use crawling boards with handrails

The correct answer is D.

Working at height

Question

You are working on a flat roof. What is the best way to stop yourself falling over the edge?

- A)** Put a large warning sign at the edge of the roof
- B)** Ask someone to watch you and shout when you get too close to the edge
- C)** Protect the edge with a guard-rail and toe-board
- D)** Use red and white tape to mark the edge

The correct answer is C.

Working at height

Question

What is the best way to stop people falling through voids, holes or fragile roof panels?

- A)** Tell everyone where the dangerous areas are
- B)** Secure in place covers that can take the weight of a person and add warning signage
- C)** Cover them with netting
- D)** Mark the areas with red and white tape

The correct answer is B.

Working at height

Question

What does this sign mean?



- A)** Load-bearing roof. OK to stand on surface but not any rooflights
- B)** Fragile roof. Take care when walking on roof surface
- C)** Fragile roof. Do not stand directly on roof but use fall protection measures
- D)** Load-bearing roof. Surface can be slippery when wet

The correct answer is C.

Working at height

Question

Who should erect, dismantle or alter a tube and fitting scaffold?

- A)** Anyone who thinks they can do it
- B)** Anyone who has the right tools
- C)** Anyone who is trained, competent and authorised
- D)** Anyone who is a project manager

The correct answer is C.

Working at height

Question

You need to stack materials on a working platform. What is the best way to stop them falling over the toe-board?

- A) Fit brick guards or netting to the edge
- B) Put a warning sign on the stack
- C) Build the stack so that it leans away from the edge
- D) Cover the stack with polythene

The correct answer is A.

Working at height

Question

A scaffold guard-rail must be removed to allow you to carry out a survey. You are not a scaffolder. Can you remove the guard-rail?

- A)** Yes, if you put it back as soon as you have finished
- B)** Yes, if you put it back before you leave site
- C)** No, only a scaffolder can remove the guard-rail but you can put it back
- D)** No, only a scaffolder can remove the guard-rail and put it back

The correct answer is D.

Working at height

Question

Tools and materials can easily fall from a scaffold platform. What is the best way to protect the people below?

- A)** Make sure they are wearing safety helmets
- B)** Tell them you will be working above them
- C)** Use brick guards to stop any items falling below
- D)** Tell the people below to stop work and clear the area

The correct answer is C.

Excavations and confined spaces

Question

What is the safest way to get into a deep excavation?

- A) Climb down a secured ladder
- B) Use the buried services as steps
- C) Climb down the shoring
- D) Go down in an excavator bucket

The correct answer is A.

Question

You are in a deep trench. A lorry backs up to the trench and the engine is left running. What should you do?

- A)** Put on ear defenders to cut out the engine noise
- B)** Ignore the problem, the lorry will soon drive away
- C)** See if there is a toxic gas meter in the trench
- D)** Get out of the trench quickly

The correct answer is D.

Question

You are in a deep trench and start to feel dizzy. What should you do?

- A)** Get out, let your head clear and then go back in again
- B)** Carry on working and hope that the feeling will go away
- C)** Make sure that you and any others get out quickly and report it
- D)** Sit down in the trench and take a rest

The correct answer is C.

Excavations and confined spaces

Question

Before work starts in a confined space, how should the air be checked?

- A)** Someone should go in and sniff the air
- B)** The air should be tested with a meter
- C)** Someone should look around to see if there is toxic gas
- D)** The air should be tested with a match to see if it stays alight

The correct answer is B.

Question

If there is sludge at the bottom of a confined space, you should:

- A)** go in and then step into the sludge to see how deep it is
- B)** throw something into the sludge to see how deep it is
- C)** put on a disposable facemask before you go in
- D)** have the correct respiratory protective equipment (RPE) and training before you go in

The correct answer is D.

Excavations and confined spaces

Question

Why is methane gas dangerous in confined spaces? Give TWO answers.

- A) It can explode
- B) It makes you hyperactive
- C) You will not be able to see because of the dense fumes
- D) It makes you dehydrated
- E) You may not have enough oxygen to breathe

The correct answers are A and E.

Excavations and confined spaces

Question

You are in a confined space. If the level of oxygen drops:

- A)** your hearing could be affected
- B)** there is a high risk of fire or explosion
- C)** you could become unconscious
- D)** you might get dehydrated

The correct answer is C.

Excavations and confined spaces

Question

You are working in a confined space when you notice the smell of bad eggs. This smell is a sign of:

- A) hydrogen sulphide
- B) oxygen
- C) methane
- D) carbon dioxide

The correct answer is A.

Excavations and confined spaces

Question

You need to walk through sludge at the bottom of a confined space. Which of these is NOT a hazard?

- A) The release of oxygen
- B) The release of toxic gases
- C) Slips and trips
- D) The release of flammable gases

The correct answer is A.

Question

What is the main reason for having a person positioned immediately outside a confined space whilst work is taking place inside it?

- A)** To supervise the work taking place inside the confined space
- B)** To check compliance with the method statement
- C)** To get the rescue plan underway in an emergency
- D)** To carry out a risk assessment for the work

The correct answer is C.

Question

You are in a confined space when the gas alarm sounds. You have no respiratory protective equipment (RPE). What should you do?

- A) Switch off the alarm
- B) Get out of the confined space quickly
- C) Carry on working but do not use electrical tools
- D) Carry on working but take plenty of breaks in the fresh air

The correct answer is B.

Question

An excavation must be supported if:

- A) it is more than 5 m deep
- B) it is more than 1.2 m deep
- C) there is a risk of the sides falling in
- D) any buried services cross the excavation

The correct answer is C.

Excavations and confined spaces

Question

You are working in an excavation. If you see the side supports move, you should:

- A)** keep watching to see if they move again
- B)** make sure that you and others get out quickly
- C)** do nothing as the sides move all the time
- D)** work in another part of the excavation

The correct answer is B.

Question

Guard-rails are placed around the top of an excavation to prevent:

- A) toxic gases from collecting in the bottom of the trench
- B) anyone falling into the trench and being injured
- C) the sides of the trench from collapsing
- D) rain water running off the ground at the top and into the trench

The correct answer is B.

Question

What must happen each time a shift starts work in an excavation?

- A)** Someone must go in and sniff the air to see if it is safe
- B)** A competent person must inspect the excavation
- C)** A supervisor should stay in the excavation for the first hour
- D)** A supervisor should watch from the top for the first hour

The correct answer is B.

Excavations and confined spaces

Question

Work in a confined space usually needs three safety documents – a risk assessment, a method statement and:

- A) a permit to work/enter
- B) an up-to-date staff handbook
- C) a written contract for the work
- D) a company health and safety policy

The correct answer is A.

Question

Why is it important that people are trained before they are allowed to go into a confined space?

- A)** Confined spaces never contain breathable air
- B)** The conditions inside a confined space may be harmful to health
- C)** Confined spaces are only found on house-building sites
- D)** Confined spaces always contain flammable or explosive gases

The correct answer is B.

Question

You have to work in a confined space. There is no rescue team or rescue plan. What should you do?

- A)** Assume that a rescue team or plan is not necessary and do the job
- B)** Get someone to stand at the opening with a rope
- C)** Do not enter until a rescue plan and team are in place
- D)** Carry out the job in short spells

The correct answer is C.

Question

You are working in a confined space. If the permit to work runs out before you can finish the job, you should:

- A)** carry on working until the job is finished
- B)** hand the permit over to the next shift
- C)** ask your supervisor to change the date on the permit
- D)** leave the confined space before the permit runs out

The correct answer is D.

Question

When digging, you notice the soil gives off a strange smell. What is this likely to mean?

- A)** The soil contains a lot of clay
- B)** The soil has been excavated before
- C)** The ground has been used to grow crops in the past
- D)** The ground could be contaminated

The correct answer is D.

Excavations and confined spaces

Question

The main cause of death when people have to work in a confined space is:

- A)** the presence of methane gas
- B)** inadequate emergency rescue plan and equipment in place
- C)** the disturbance of sludge
- D)** too much oxygen

The correct answer is B.

Question

When digging, you hit and damage a buried cable. What should you do?

- A)** Move the cable out of the way and carry on digging
- B)** Wait 10 seconds and then move the cable out of the way
- C)** Do not touch the cable, stop work and report it
- D)** Dig round the cable or dig somewhere else

The correct answer is C.

Question

When digging you find a run of yellow plastic marker tape. What does it mean?

- A)** There are buried human remains and you must tell your supervisor
- B)** There is a buried service and further excavation must be carried out with care
- C)** The soil is contaminated and you must wear respiratory protective equipment (RPE)
- D)** The excavation now needs side supports

The correct answer is B.

Excavations and confined spaces

Question

Which of these is the most accurate way to locate buried services?

- A) Cable plans
- B) Trial holes
- C) Survey drawings
- D) Architect drawings

The correct answer is B.

Excavations and confined spaces

Question

If you need to dig near underground services, you should only be using:

- A) a jack hammer
- B) an insulated spade or shovel
- C) a pick and fork
- D) an excavator

The correct answer is B.

Question

If you find bats on site, which of the following statements is true?

- A)** Bats are NOT a protected species so you can disturb or destroy their shelters or resting places
- B)** You can move the bats as long as you do it at night when they are out foraging
- C)** You can disturb or destroy shelters or resting places of bats if they get in the way of building work
- D)** Bats are a protected species so you cannot disturb or destroy their shelters or resting places

The correct answer is D.

Question

You discover a bird on a nest where you need to work. What should you do?

- A)** Cover it with a bucket
- B)** Move it, do your work and then put it back
- C)** Make others aware of its presence whilst you go and inform your supervisor
- D)** Scare it away

The correct answer is C.

Question

You are on site and you need to throw away some waste liquid that has oil in it. What should you do?

- A) Pour it down a drain outside the site
- B) Pour it onto the ground and let it soak away
- C) Use it to start a fire
- D) Find out how you should get rid of it from your supervisor or environmental advisor

The correct answer is D.

Question

How should you get rid of hazardous waste?

- A)** If the waste has a hazardous symbol on it, then it can be put in any skip on site
- B)** Place it in the correctly labelled container or ask your supervisor
- C)** Put it only in a mixed waste skip
- D)** Take it to the nearest local authority waste tip

The correct answer is B.

Question

Which of the following should be classed as hazardous waste?

- A) Broken ceramic tiles or bricks
- B) Polythene and shrink wrap
- C) Glass
- D) Fluorescent light tubes

The correct answer is D.

Question

Which of the following should be disposed of as hazardous waste?

- A) Softwood timber off-cuts
- B) Glass fibre insulation
- C) Part full tins of oil-based paint
- D) Damaged hard hat

The correct answer is C.

Question

You have been asked to clean up oil that has leaked from machinery onto the ground. What is the right way to do this?

- A)** Put the oily soil into the general waste skip
- B)** Put the oily soil into a separate container for collection as hazardous waste
- C)** Mix the soil up with other soil so that the oil cannot be seen
- D)** Wash the oil away with water and detergent

The correct answer is B.

Question

A member of the public complains that you are making too much dust. What TWO things should you do?

- A)** Tell them you have nearly finished
- B)** Inform your supervisor immediately
- C)** Ignore them – they are always complaining
- D)** Ask your supervisor if there is an alternative way of working, such as dampening down
- E)** Wait until it's dark and then carry on

The correct answers are B and D.

Question

There has been a spillage of hydraulic oil from plant working near a watercourse. What one action should you NOT do?

- A) Notify the site manager
- B) Use detergents to clean up the oil
- C) Contain the spillage
- D) Switch the plant off

The correct answer is B.

Question

These signs tell you that a substance can be:



- A) harmful
- B) toxic
- C) corrosive
- D) harmful to the environment

The correct answer is D.

Question

What does this sign mean?



- A)** The spill kit has been inspected and is OK
- B)** Assemble here if there is a spillage
- C)** The equipment you need to stop, contain and clean up a spill is located here
- D)** A spill happened here and has been cleaned up

The correct answer is C.

Question

When a product has either of these labels, how should you dispose of it?



- A) Put it in any skip or bin
- B) Follow specific instructions on the label or in work instructions
- C) If it is a liquid and less than one litre you can pour it down a drain
- D) Leave it somewhere for other people to deal with

The correct answer is B.

Question

Who on site needs to understand relevant environmental risks on a construction site?

- A) Only the principal contractor
- B) Only the subcontractors
- C) All people working on site
- D) Just the environmental clerk of works

The correct answer is C.

Question

Under Environmental Law, which statement is true?

- A)** Companies AND individuals can be prosecuted if they do not follow the law
- B)** It is illegal to discharge contaminated water into a watercourse
- C)** It is illegal to transport waste without a licence
- D)** All of these answers

The correct answer is D.

Question

Do you have any responsibility with regard to sustainability on site?

- A)** No, it is a matter for the site manager
- B)** No, it is a matter for the Environment Agency
- C)** Only on sites where there are rare species of plants
- D)** Yes, on every site that you go on to

The correct answer is D.

Question

Which of the following is NOT best practice from a sustainability perspective?

- A)** Saving materials, fuel, water and energy
- B)** Looking after the people working on or near the site
- C)** Protecting the environment
- D)** Sending unused and waste materials to landfill

The correct answer is D.

Question

Which of the following does NOT help sustainability on site?

- A) Leaving engines, motors and other power on when not needed
- B) Segregating waste
- C) Lift sharing or using public transport to get to work
- D) Working safely

The correct answer is A.

Question

Which of the following should you do in the interest of sustainability on site?

- A) Run plant and equipment when they are not needed
- B) Bury waste materials in the ground
- C) Comply with site instructions on handling waste materials
- D) Pour waste liquids down a drain outside the site

The correct answer is C.

Question

Which of the following is NOT part of sustainable construction?

- A) Creating a nuisance to the residents of neighbouring properties
- B) Preventing water and soil pollution
- C) Saving energy
- D) Minimising the amount of waste created in doing a job

The correct answer is A.

Question

From an environmental point of view, we should try to re-use materials because it:

- A)** saves the client money
- B)** takes lots of energy and 'raw' material to make most construction products
- C)** makes less mess on site
- D)** is a European Union Law

The correct answer is B.

Question

Which TWO actions could help minimise waste?

- A)** Re-use off-cuts (such as half bricks) as far as possible, rather than discarding them
- B)** Use new materials/packs at the beginning of each day
- C)** Leave bags of cement and plaster out in the rain, unprotected
- D)** Only take or open what you need and return or reseal anything left over
- E)** Always take much more than required - just in case you need it

The correct answers are A and D.

Question

Which of the following is good environmental practice?

- A) Over ordering materials
- B) Segregating waste into different types
- C) Leaving skips uncovered in wet weather
- D) Poor storage of materials, causing pollution

The correct answer is B.

Question

Do you have any responsibility for minimising the amount of waste created?

- A)** Only if asbestos removal is being carried out
- B)** Yes, everyone on site has a responsibility to do this
- C)** No, it is the responsibility of the Environment Agency
- D)** Only during the site clean up at the end of the project

The correct answer is B.

Question

If you have unused material left, what should you always do before you consider putting it into a skip?

- A) Make sure there is a label on it
- B) Tell your supervisor
- C) Check whether someone else can make use of it
- D) Make sure there is room in the skip

The correct answer is C.

Question

Why should different types of waste be separated on site?

- A)** They will take up less room in the skip
- B)** So the Government can charge us a fair amount of Landfill Tax
- C)** So the client can check what is being thrown away
- D)** So it can be recycled more easily

The correct answer is D.

Supervisory

Question

What is the purpose of the health and safety file on a construction project?

- A)** To assist people who have to carry out work on the structure in the future
- B)** To assist in the preparation of final accounts for the structure
- C)** To record the health and safety standards of the structure
- D)** To record the accident details

The correct answer is A.

Supervisory

Question

Where a project is notifiable under the current Construction (Design and Management) Regulations, what must be in place before construction work begins?

- A) Construction project health and safety file
- B) Construction phase health and safety plan
- C) Construction project plan
- D) Construction contract agreement

The correct answer is B.

Supervisory

Question

The current Construction (Design and Management) Regulations require a supported excavation to be inspected:

- A)** every seven days
- B)** at the start of every shift
- C)** once a month
- D)** when it is more than 2 m deep

The correct answer is B.

Supervisory

Question

Under the current Construction (Design and Management) Regulations, for how long must you keep inspection records on site?

- A) For a period of three months
- B) Not at all, the records need only be kept at company head offices
- C) Until the project is completed
- D) For a period of one month

The correct answer is C.

Supervisory

Question

Under the current Construction (Design and Management) Regulations, what document must be handed to the client upon completion of the construction phase?

- A) The safety log book
- B) The premises log book
- C) The site accident book
- D) The health and safety file

The correct answer is D.

Supervisory

Question

If your company is the principal contractor on a project that is notifiable under the current Construction (Design and Management) Regulations, you may come into contact with the CDM co-ordinator because of their legal duty to:

- A)** collect accident statistics for the Health and Safety Executive (HSE)
- B)** manage the flow of health and safety information between contractors and other parties
- C)** supervise the principal contractor's implementation of the construction phase health and safety plan
- D)** supervise or monitor construction work

The correct answer is B.

Supervisory

Question

Under the current Construction (Design and Management) Regulations, which of the following must the principal contractor ensure is specifically provided before allowing any demolition work to commence?

- A)** A construction phase safety plan
- B)** The arrangements for demolition recorded in writing
- C)** A generic risk assessment
- D)** A pre-tender health and safety plan

The correct answer is B.

Supervisory

Question

Apart from work for domestic clients, under the current Construction (Design and Management) Regulations, in which of the following situations must the Health and Safety Executive (HSE) be notified of a project?

- A)** Where the work will last more than 30 days or more than 500 person-days
- B)** Where the building and construction work will last more than 300 person-days
- C)** When the work will take place outside normal hours
- D)** Where there is more than one building to be erected

The correct answer is A.

Supervisory

Question

Under the current Construction (Design and Management) Regulations, who must develop the pre-construction information into a construction phase plan?

- A) CDM co-ordinator
- B) Designer
- C) Client
- D) Principal contractor

The correct answer is D.

Question

A COSHH assessment tells you how:

- A)** to lift heavy loads and how to protect yourself
- B)** to work safely in confined spaces
- C)** a substance might harm you and how to protect yourself when you are using it
- D)** noise levels are assessed and how to protect your hearing

The correct answer is C.

Supervisory

Question

You have to use a new material for the first time and need to carry out a COSHH assessment. What are the TWO main things you will need?

- A) Your company's safety policy
- B) The material safety data sheet
- C) The age of the people doing the work
- D) The material delivery note
- E) Details of where, who and how you will be using the product

The correct answers are B and E.

Supervisory

Question

Which piece of equipment is used with a cable avoidance tool (CAT) to detect cables?

- A) Compressor
- B) Signal generator
- C) Metal detector
- D) Gas detector

The correct answer is B.

Supervisory

Question

In the colour coding of electrical power supplies on site, what voltage does a blue plug represent?

- A) 50 volts
- B) 110 volts
- C) 240 volts
- D) 415 volts

The correct answer is C.

Supervisory

Question

On the site electrical distribution system, which colour plug indicates a 415 volt supply?

- A) Yellow
- B) Blue
- C) Black
- D) Red

The correct answer is D.

Supervisory

Question

A RCD (residual current device) must be used in conjunction with 230 volt electrical equipment because it:

- A)** lowers the voltage
- B)** quickly cuts off the power if there is a fault
- C)** makes the tool run at a safe speed
- D)** saves energy and lowers costs

The correct answer is B.

Supervisory

Question

How could a site worker check if the RCD (residual current device) through which a 230 volt hand tool is connected to the supply is working correctly?

- A) Switch the tool on and off
- B) Press the test button on the RCD unit
- C) Switch the power on and off
- D) Run the tool at top speed to see if it cuts out

The correct answer is B.

Supervisory

Question

Untidy leads and extension cables are responsible for many trips and lost work time injuries. What TWO things should you do to help?

- A)** Run cables and leads above head height and over the top of doorways and walkways rather than across the floor
- B)** Tie any excess cables and leads up into the smallest coil possible
- C)** Keep cables and leads close to the wall and not in the middle of the floor or walkway
- D)** Make sure your cables go where you want them to and not worry about others
- E)** Unplug the nearest safety lighting and use these sockets instead

The correct answers are A and C.

Supervisory

Question

When overhead electric cables cross a construction site, it is recommended that goal-post barriers should be erected parallel to the overhead cables at a distance not less than:

- A) 3 m
- B) 4 m
- C) 5 m
- D) 6 m

The correct answer is D.

Supervisory

Question

An emergency route(s) must be provided on construction sites to ensure safe passage to:

- A) the ground
- B) open air
- C) a place of safety
- D) the first-aid room

The correct answer is C.

Supervisory

Question

Which of the following is a significant hazard when excavating alongside a building or structure?

- A)** Undermining or weakening the foundations of the building
- B)** Noise and vibration affecting the occupiers of the building
- C)** Excavating too deep in soft ground
- D)** Damage to the surface finish of the building or structure

The correct answer is A.

Supervisory

Question

What danger is created by excessive oxygen in a confined space?

- A)** Increase in breathing rate of workers
- B)** Increased flammability of combustible materials
- C)** Increased working time inside work area
- D)** False sense of security

The correct answer is B.

Supervisory

Question

When planning possible work in a confined space, what should be the first consideration?

- A)** How long the job will take
- B)** To avoid the need for operatives to enter the space
- C)** How many operatives will be required
- D)** Personal protective equipment (PPE)

The correct answer is B.

Supervisory

Question

Before planning for anyone to enter a confined space, following the principles of prevention, what should be the first consideration of the manager or supervisor?

- A)** Has the atmosphere in the confined space been tested?
- B)** Has a safe means of access and egress been established?
- C)** Is there an alternative method of doing the work?
- D)** Have all who intend to enter the confined space been properly trained?

The correct answer is C.

Supervisory

Question

When is it advisable to take precautions to prevent the fall of persons, plant or materials into an excavation?

- A)** At all times
- B)** When the excavation is 2 m or more deep
- C)** When the excavation is 1.2 m or more deep
- D)** When there is a risk from an underground cable or other service

The correct answer is A.

Question

Which of the following precautions should be taken to prevent a dumper from falling into an excavation when tipping material into it?

- A)** Dumpers kept 5 m away from the excavation
- B)** Stop blocks provided parallel to the trench appropriate to the vehicle's wheel size
- C)** Dumper drivers required to judge the distance carefully or given stop signals by another person
- D)** Cones or signage erected to indicate safe tipping point

The correct answer is B.

Supervisory

Question

Which TWO of the following factors must be considered when providing first-aid facilities on site?

- A)** The cost of first-aid equipment
- B)** The hazards, risks and nature of the work carried out
- C)** The number of people expected to be on site at any one time
- D)** The difficulty in finding time to purchase the necessary equipment
- E)** The space in the site office to store the necessary equipment

The correct answers are B and C.

Supervisory

Question

The minimum level of first-aid cover required at any workplace is an appointed person. Which of the following would you expect the appointed person to carry out?

- A)** Provide MOST of the care normally carried out by a first aider
- B)** Provide ALL of the care normally provided by a first aider
- C)** Contact the emergency services and direct them to the scene of an accident
- D)** Only apply splints to broken bones

The correct answer is C.

Supervisory

Question

The monitoring and controlling of health and safety procedures can be either proactive or reactive. Proactive monitoring means:

- A)** ensuring that staff always do the work that they have been instructed to do safely
- B)** deciding how to prevent accidents similar to those that have already occurred
- C)** looking at the work to be done, what could go wrong and how it could be done safely
- D)** checking that all staff read and understand all health and safety notices

The correct answer is C.

Supervisory

Question

Why may a young person be more at risk of having accidents?

- A)** Legislation does not apply to anyone under 18 years of age
- B)** They are usually left to work alone to gain experience
- C)** They have less experience and may not recognise danger or understand fully what could go wrong
- D)** There is no legal duty to provide them with personal protective equipment (PPE)

The correct answer is C.

Supervisory

Question

How should cylinders containing liquefied petroleum gas (LPG) be stored on site?

- A)** In a locked cellar with clear warning signs
- B)** In a locked, external compound at least 3 m from any oxygen cylinders
- C)** Within a secure storage container
- D)** Covered by a tarpaulin to shield the compressed cylinder from sunlight

The correct answer is B.

Supervisory

Question

Where should liquefied petroleum gas (LPG) cylinders be positioned when supplying an appliance in a site cabin?

- A)** Inside the site cabin in a locked cupboard
- B)** Under the cabin
- C)** Inside the cabin next to the appliance
- D)** Outside the cabin

The correct answer is D.

Supervisory

Question

Welding is about to start on your site. What should be used to protect passers-by from getting arc eye?

- A) Warning signs
- B) Screens
- C) Personal protective equipment (PPE)
- D) Nothing

The correct answer is B.

Supervisory

Question

When setting up a fuel storage tank on site, a spillage bund must have a minimum capacity of the contents of the tank, plus:

- A) 10% (110% of the total content)**
- B) 30% (130% of the total content)**
- C) 50% (150% of the total content)**
- D) 75% (175% of the total content)**

The correct answer is A.

Supervisory

Question

If there is a fatal accident or a reportable dangerous occurrence on site, when must the Health and Safety Executive (HSE) be informed?

- A) Immediately
- B) Within five days
- C) Within seven days
- D) Within 10 days

The correct answer is A.

Supervisory

Question

If a prohibition notice is issued by an inspector of the Health and Safety Executive (HSE) or local authority:

- A)** work can continue, provided that a risk assessment is carried out
- B)** the work that is subject to the notice must cease
- C)** the work can continue if extra safety precautions are taken
- D)** the work in hand can be completed, but no new works started

The correct answer is B.

Supervisory

Question

Who should you inform if someone reports to you that they have work-related hand-arm vibration syndrome?

- A)** The Health and Safety Executive (HSE)
- B)** The local health authority
- C)** Their doctor
- D)** The nearest hospital

The correct answer is A.

Supervisory

Question

An employer has to prepare a written health and safety policy if:

- A)** they employ five people or more
- B)** they employ three people or more
- C)** they employ a safety officer
- D)** the work is going to last more than 30 days

The correct answer is A.

Supervisory

Question

The significant findings of risk assessments must be recorded when more than a certain number of people are employed. How many?

- A) Three or more
- B) Five or more
- C) Six or more
- D) Seven or more

The correct answer is B.

Supervisory

Question

Before allowing a lifting operation to be carried out, you must ensure that the sequence of operations to enable a lift to be carried out safely is confirmed in:

- A) the crane hire contract
- B) an approved lifting plan or method statement
- C) a lifting operation tool box talk
- D) a risk assessment

The correct answer is B.

Supervisory

Question

What does the term 'lower exposure action value' mean when referring to noise?

- A)** The average background noise level
- B)** The noise level at which the worker can request hearing protection
- C)** The level of noise which must not be exceeded on the site boundary which causes noise nuisance
- D)** The noise level at which the worker must wear hearing protection

The correct answer is B.

Supervisory

Question

At what decibel (dBA) level does it become mandatory for an employer to establish hearing protection zones?

- A) 80 dBA
- B) 85 dBA
- C) 90 dBA
- D) 95 dBA

The correct answer is B.

Supervisory

Question

At what minimum noise level must you provide hearing protection to workers if they ask for it?

- A) 80 decibels
- B) 85 decibels
- C) 87 decibels
- D) 90 decibels

The correct answer is A.

Supervisory

Question

The significance of a weekly or daily personal noise exposure of 87 decibels (dBA) is that:

- A)** it is the lower action value and no action is necessary
- B)** it is the upper action value and hearing protection must be issued
- C)** it is the peak sound pressure and all work must stop
- D)** it is the exposure limit value and must not be exceeded

The correct answer is D.

Supervisory

Question

In considering what measures to take to protect people against risks to their health and safety, personal protective equipment (PPE) should always be regarded as:

- A)** the first line of defence
- B)** the only practical measure
- C)** the best way to tackle the job
- D)** the last resort

The correct answer is D.

Supervisory

Question

In deciding what control measures to take, following a risk assessment that has revealed a risk, what measure should you always consider first?

- A)** Make sure personal protective equipment (PPE) is available
- B)** Adapt the work to the individual
- C)** Give priority to measures that protect the whole workforce
- D)** Avoid the risk altogether if possible

The correct answer is D.

Supervisory

Question

Why is it important that hazards are identified?

- A)** They have the potential to cause injury or damage
- B)** They must all be eliminated before work can start
- C)** They must all be notified to the Health and Safety Executive (HSE)
- D)** So tool box talks can be given on the hazards

The correct answer is A.

Supervisory

Question

In the context of a risk assessment, what does the term 'risk' mean?

- A)** Something with the potential to cause injury
- B)** An unsafe act or condition
- C)** The likelihood or chance that a hazard could actually cause harm or damage
- D)** Any work activity that can be described as dangerous

The correct answer is C.

Supervisory

Question

What must a subcontractor provide you with in relation to a worker who is 17 years old?

- A)** A mentor or 'buddy' to stay with them at all times
- B)** Health and Safety Executive (HSE) permission for the 17-year-old to be on site
- C)** The legal guardian's permission for the 17-year-old to be on site
- D)** A risk assessment addressing the issue of young persons

The correct answer is D.

Supervisory

Question

The number of people who may be carried in a passenger hoist on site must be:

- A)** displayed on a legible notice in the site welfare area
- B)** displayed on a legible notice within the cage of the hoist
- C)** explained in the site induction
- D)** explained to the hoist operator

The correct answer is B.

Supervisory

Question

From a safety point of view, which of the following should be considered first when deciding on the number and location of access and egress points to a site?

- A) Off road parking for cars and vans
- B) Access for the emergency services
- C) Access for heavy vehicles
- D) Site security

The correct answer is B.

Supervisory

Question

How should access be controlled, if people are working in a riser shaft?

- A) By a site security operative
- B) By those who are working in it
- C) By the main contractor
- D) By a permit to work system

The correct answer is D.

Supervisory

Question

What is the purpose of using a 'permit to work' system?

- A)** To ensure that the job is being carried out properly
- B)** To ensure that the job is carried out by the easiest method
- C)** To enable tools and equipment to be properly checked before work starts
- D)** To establish a safe system of work

The correct answer is D.

Supervisory

Question

Employers must prevent exposure of their workers to substances hazardous to health, where this is reasonably practicable. If it is not reasonably practicable, which of the following should be considered first?

- A)** What instruction, training and supervision to provide
- B)** What health surveillance arrangements will be needed
- C)** How to minimise risk and control exposure
- D)** How to monitor the exposure of workers in the workplace

The correct answer is C.

Supervisory

Question

If a scaffold is not complete, which of the following actions should be taken by the site manager?

- A)** Make sure the scaffolders complete the scaffold
- B)** Tell all operatives not to use the scaffold
- C)** Use the scaffold with care and display a warning notice
- D)** Prevent access to the scaffold by unauthorised people and add warning signage and barriers where required

The correct answer is D.

Supervisory

Question

Following a scaffold inspection under the Work at Height Regulations, how soon must a report be given to the person on whose behalf the inspection was made?

- A) Within two hours
- B) Within six hours
- C) Within 12 hours
- D) Within 24 hours

The correct answer is D.

Supervisory

Question

On a scaffold the minimum height of the main guard-rail must be:

- A) 875 mm
- B) 910 mm
- C) 950 mm
- D) 1,000 mm

The correct answer is C.

Supervisory

Question

On a scaffold the unprotected gap between any guard-rail, toe-board, barrier or other similar means of protection should NOT exceed:

- A) 400 mm
- B) 470 mm
- C) 500 mm
- D) 600 mm

The correct answer is B.

Supervisory

Question

What is the best way for a supervisor or manager to make sure that the operatives doing a job have fully understood a method statement?

- A)** Put the method statement in a labelled spring-binder in the office
- B)** Explain the method statement to those doing the job and test their understanding
- C)** Make sure that those doing the job have read the method statement
- D)** Display the method statement on a notice board in the office

The correct answer is B.

Question

What is your LEAST reliable source of information when assessing the level of vibration from a powered, percussive hand tool?

- A)** In-use vibration measurement of the tool
- B)** Vibration figures taken from the tool manufacturer's handbook
- C)** Your own judgement based upon observation or experience
- D)** Vibration data from the Health and Safety Executive's (HSE) master list

The correct answer is C.

Supervisory

Question

You will find the details of the welfare facilities that must be provided on site in which regulations?

- A)** The Construction (Health, Safety and Welfare) Regulations
- B)** The Construction (Design and Management) Regulations
- C)** The Management of Health and Safety at Work Regulations
- D)** The Workplace (Health, Safety and Welfare) Regulations

The correct answer is B.

Supervisory

Question

What is regarded as the last resort in the hierarchy of control for operatives' safety when working at height?

- A) Safety harness**
- B) Mobile elevating work platform (MEWP)**
- C) Mobile tower scaffold**
- D) Access tower scaffold**

The correct answer is A.

Question

Which of the following is a fall-arrest system?

- A) Guard-rail and toe-board
- B) Scaffold towers
- C) Mobile elevating work platform (MEWP)
- D) Safety harness and lanyard

The correct answer is D.

Supervisory

Question

Under the requirements of the Work at Height Regulations, the minimum width of a working platform must be:

- A)** suitable and sufficient for the job in hand
- B)** two scaffold boards wide
- C)** three scaffold boards wide
- D)** four scaffold boards wide

The correct answer is A.

Supervisory

Question

The Work at Height Regulations require a working platform to be inspected by a competent person:

- A) after an accident
- B) every day
- C) fortnightly
- D) before first use and then every seven days afterwards

The correct answer is D.

Supervisory

Question

For a ladder, what is the maximum vertical height that may be climbed before an intermediate landing place is required?

- A) 7.5 m
- B) 8 m
- C) 8.5 m
- D) 9 m

The correct answer is D.

Supervisory

Question

The advantage of using safety nets rather than harness and lanyard is that:

- A)** safety nets do not need inspecting
- B)** workers' lanyards can get entangled with other workers' lanyards
- C)** safety nets provide collective fall protection
- D)** safety nets can be rigged by anyone

The correct answer is C.

Supervisory

Question

What should you do if you notice that operatives working above a safety net are dropping off-cuts of material and other debris into the net?

- A)** Nothing, as at least it is all collecting in one place
- B)** Ensure that the net is cleared of debris weekly
- C)** Have the net cleared and ensure it is not allowed to happen again
- D)** Ensure that the net is cleared of debris daily

The correct answer is C.

Supervisory

Question

What should be included in a safety method statement for working at height? Give THREE answers.

- A)** The cost of the job and time it will take
- B)** The sequence of operations and the equipment to be used
- C)** How much insurance cover will be required
- D)** How falls are to be prevented
- E)** Who will supervise the job on site

The correct answers are B, D and E.

Supervisory

Question

When putting people to work above public areas, your first consideration should be to:

- A)** minimise the number of people below at any one time
- B)** prevent complaints from the public
- C)** let the public know what you are doing
- D)** prevent anything falling on to people below

The correct answer is D.

Supervisory

Question

A competent person must routinely inspect a working platform:

- A)** after it is erected and at intervals not exceeding seven days
- B)** only after it has been erected
- C)** after it is erected and then at monthly intervals
- D)** after it is erected and then at intervals not exceeding 10 days

The correct answer is A.

Supervisory

Question

Ideally, a safety net should be rigged:

- A)** immediately below where you are working
- B)** 2 m below where you are working
- C)** 6 m below where you are working
- D)** at any height below the working position

The correct answer is A.

Supervisory

Question

What is the MAIN danger of leaving someone who has fallen suspended in a harness for too long?

- A)** The anchorage point may fail
- B)** They may try to climb back up the structure and fall again
- C)** They may suffer severe trauma or even death
- D)** It is a distraction for other workers

The correct answer is C.

Supervisory

Question

Edge protection must be designed to:

- A)** allow persons to work both sides
- B)** secure tools and materials close to the edge
- C)** warn people where the edge of the roof is
- D)** prevent people and materials falling

The correct answer is D.

Supervisory

Question

When should guard-rails be fitted to a working platform?

- A) If it is possible to fall 2 m
- B) At any height if a fall could result in an injury
- C) If it is possible to fall 3 m
- D) Only if materials are being stored on the working platform

The correct answer is B.

Supervisory

Question

The Beaufort Scale is important when working at height externally because it measures the:

- A) ratio of sloping ground to height
- B) load-bearing capacity of a flat roof
- C) wind speed
- D) load-bearing capacity of a scaffold

The correct answer is C.

Supervisory

Question

A design feature of some airbags used for fall arrest is a controlled leak rate. If you are using these, the inflation pump must:

- A)** be electrically powered
- B)** be switched off from time to time to avoid over-inflation
- C)** run all the time while work is carried out at height
- D)** be switched off when the airbags are full

The correct answer is C.

