

HS&E TEST

HEALTH , SAFETY AND ENVIRONMENT TEST PREP FOR OPERATIVES AND SPECIALISTS



CITB HS&E Test
Revision Material
(Operatives & Specialists)

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01 General Responsibilities

Learning content:

- The Health and Safety at Work etc. Act 1974 imposes legal responsibilities on employers and employees to ensure a safe working environment.
- Site induction and authorization must be given to workers and visitors before they are permitted to enter the site.
- Employers must provide workers with information about site regulations, welfare facilities and emergency procedures.
- Workers should have access to clean welfare facilities and be informed about potential risks and hazards.
- Everyone present on site must consider the safety of neighbors and the public. Employees must follow a secure work system that has been agreed upon with the employer.
- This safe work system should include information such as the work sequence and associated hazards.
- Risk assessment aims to identify and manage potential hazards and reduce risk.
- When conducting a risk assessment, the potential likelihood of a hazard occurring and the severity of the harm that could result from it are taken into account.

01 General Responsibilities

- A method statement outlines the safe and proper way to perform a task for workers.
- If a worker feels that a task is hazardous or poses a threat to their safety, they should halt the task immediately and report it to the relevant authority.

01 General Responsibilities



What is the meaning of a prohibition notice being issued for a site?

- A** Carry on with work as normal on the site
- B** Avoid using any power tools on the site
- C** Complete the job at hand and leave the site
- D** Halt all work immediately on the site due to unsafe conditions

Answer: D

01 General Responsibilities



If a Health and Safety Executive (HSE) inspector issues an improvement notice after observing your work, what does this signify?

- A** Your work speed is insufficient
- B** You need to enhance the quality of your work
- C** You are not working in a secure and safe manner
- D** Your work has improved from the previous inspection

Answer: C

01 General Responsibilities



If you witness a severe accident at your workplace and are to be interviewed by a Health and Safety Executive (HSE) inspector, what is the appropriate course of action?

- A** Consult with your supervisor to determine what information you should provide to the inspector
- B** Refuse to provide the inspector with any information and direct them to your supervisor
- C** Cooperate with the inspector and provide a detailed account of what you witnessed
- D** Ask your colleagues for guidance on what to tell the inspector

Answer: C

01 General Responsibilities



If you discover that a design detail cannot be constructed according to the plans, what are the two appropriate actions to take?

- A** Omit the detail entirely from the construction process
- B** Remain silent since rectifying the error would require additional work
- C** Modify the design detail without formal approval
- D** Report the issue to your supervisor before commencing work
- E** Construct the detail in a way that you believe is appropriate

Answer: C, D

01 General Responsibilities



What is the initial task that workers should perform upon arriving at the construction site?

- A** Inspect the work completed the previous day by walking around the site
- B** Enter the site through the most accessible route and begin working
- C** Retrieve their tools from the storage and start working
- D** Notify the site team of their presence

Answer: D

01 General Responsibilities



What are the potential consequences if a worker fails to report a near miss?

- A** The company could face significant losses due to neglect
- B** The worker could be subjected to a substantial fine
- C** The near miss could result in a severe accident in the future
- D** The site manager could be terminated immediately

Answer: C

01 General Responsibilities



What are two potential consequences for you as an employee if your employer fails to prevent accidents and ill health at work?

- A** You may have to work additional hours to earn more money
- B** You could suffer an injury that affects your health and well-being
- C** You may not receive the necessary training to continue working on the site
- D** You might be unable to work, resulting in a negative impact on your income and family life
- E** While improvements are made, you may have to deal with inadequate welfare facilities on the site

Answer: B, D

01 General Responsibilities



What are two potential outcomes that an employer may face if they fail to implement measures to prevent accidents and ill health in the workplace?

- A** They could face fines or imprisonment
- B** The environment may be negatively impacted
- C** They may need to increase their workforce
- D** They may need to alter the layout of the site to accommodate emergency vehicles
- E** They may experience lost time and financial costs due to accidents or ill health

Answer: A, E

01 General Responsibilities



What is the definition of the term “hazard”?

- A** Anything that has the potential to cause harm
- B** The rate of accidents on construction sites
- C** The probability of something occurring
- D** A type of barrier or guard for machines that can be removed

Answer: A

01 General Responsibilities



For what reason is it necessary to be familiar with the fire and emergency procedures on a site?

- A** To be aware of the fire exits and assembly points to evacuate efficiently in an emergency
- B** To comprehend the tools and equipment that can be utilized during an emergency
- C** To help an individual take time off from work during an emergency
- D** To prevent anyone from leaving the site during an emergency

Answer: A

01 General Responsibilities



Who holds the responsibility for overseeing health and safety on a construction site?

- A** Site manager
- B** Building inspector
- C** Contracts manager
- D** Health and Safety Executive (HSE)

Answer: A

01 General Responsibilities



What is the reason behind the employer's legal obligation to discuss health and safety concerns with employees?

- A** To exempt employees from any health and safety responsibilities
- B** To prevent employees from having to participate in additional health and safety training
- C** To inform employees of precautions that can safeguard their health and safety
- D** To absolve the employer of any legal responsibility for their employees' health and safety

Answer: C

01 General Responsibilities



Which one of the following topics would not typically be covered in general site rules?

- A** Personal protective equipment (PPE)
- B** Names and addresses of workers
- C** Near miss and accident reporting
- D** Site induction procedures

Answer: B

01 General Responsibilities



Where should details of an injury sustained on a construction site be recorded?

- A** In an accident book or record
- B** On the safe system of work plan
- C** On the site plan
- D** In the method of work

Answer: A

01 General Responsibilities



What is the fundamental factor that every risk assessment should identify?

- A** The employer
- B** The protocol for reporting accidents
- C** The Health and Safety Executive (HSE)
- D** The hazards that exist in the work environment

Answer: D

01 General Responsibilities



When developing a risk assessment, what factor is the severity of harm multiplied by?

- A** The number of workers on site
- B** The probability of harm occurring
- C** The cost of injury or harm
- D** The area of the construction site

Answer: B

01 General Responsibilities



What are the two subjects that should be included in a site induction?

- A** Site rules
- B** Local transportation links
- C** Holiday entitlement
- D** Site emergency procedures
- E** Local amenities

Answer: A, D

01 General Responsibilities



Which of the following options is the most likely way to discover health and safety rules upon arriving on a work site?

- A** During the induction process
- B** Via a letter mailed to your residence
- C** By reading the company's health and safety policy
- D** By seeking assistance from other coworkers

Answer: A

01 General Responsibilities



Which of the following is an accurate description of a toolbox talk?

- A** A brief training session on a specific safety topic
- B** A discussion that provides information about where to purchase tools
- C** The initial training session that occurs upon arriving at a job site
- D** A sales pitch given by a tool supplier

Answer: A

01 General Responsibilities



Why should you attend a site induction?

- A** To meet other new staff members
- B** To receive a briefing on site regulations and hazards
- C** To develop method statements for the job site
- D** To receive work permits that will be distributed

Answer: B

01 General Responsibilities



What is the appropriate course of action if the safety rules provided during your site induction appear outdated as work continues?

- A** Do nothing, as the responsibility for safety falls on the site manager
- B** Discuss your concerns with your supervisor
- C** Consult with colleagues to determine if they are aware of any new rules
- D** Create your own safety guidelines to adapt to the evolving circumstances

Answer: B

01 General Responsibilities



What is the recommended action if you do not understand something that the presenter said during a site induction?

- A** Attend another induction session
- B** Request that the presenter repeat or clarify the information
- C** Attempt to infer the meaning without asking for help
- D** Wait until the end of the presentation and then ask someone else to explain

Answer: B

01 General Responsibilities



What is the requirement for instructions that employers provide to workers?

- A** Accessibility as a downloadable document from the internet
- B** Written in a large font size
- C** Available in an audio format
- D** Presented in a format that each worker can comprehend

Answer: D

01 General Responsibilities



What is the recommended action for a worker who discovers a quicker method of working than the method statement they were given?

- A** Share this with their colleagues to allow everyone to use the new method
- B** Work more quickly in order to finish early
- C** Attempt to do more work to increase their pay
- D** Continue to adhere to the safe system of work specified for the task

Answer: D

01 General Responsibilities



Who should you inform if the work of another contractor is impacting your safety?

- A** Your supervisor
- B** The contractor
- C** Your work colleagues
- D** The supervisor of the contractor responsible for the work

Answer: A

01 General Responsibilities



If you are unable to perform a task as specified in the method statement, what should you do?

- A** Improvise a better approach and proceed with the task
- B** Refrain from starting work until you have discussed it with your supervisor
- C** Seek advice from other workers on the best way to complete the task
- D** Contact the Health and Safety Executive (HSE)

Answer: B

01 General Responsibilities



What should a worker do if their helmet is damaged?

- A** Keep using it but regularly check for further damage
- B** Cover the damaged area with a sticker
- C** Report it at the end of their shift
- D** Replace it as soon as possible

Answer: D

02 Accident Reporting and Recording

Learning content:

- Only workers who are authorized and possess the necessary skills should handle plant and machinery.
- Every individual present at the site is accountable for reporting any hazardous conditions that they come across.
- Reporting any incidents of near-misses can play a significant role in preventing their occurrence in the future.
- In the case of an accident that causes injury, it is mandatory to document it in an accident book.
- All personnel who are relevant to the incident must be included in the investigation process of both accidents and near-misses.

02 Accident Reporting and Recording



What should be done with the accident record that is recorded in the accident book after being injured at work?

- A** It should be kept in a place where it can be accessed by all workers
- B** It should be submitted to the insurance company at the conclusion of the project
- C** It should be deemed confidential under data protection laws
- D** It should be destroyed at the end of the job because of confidentiality

Answer: C

02 Accident Reporting and Recording



What should be done if a plant equipment operator is driving faster than the speed limits of the site?

- A** Warn all other site employees to be cautious
- B** Report it to a supervisor or manager
- C** Shout at the operator to slow down
- D** Wait until they stop and have a conversation with them about their driving

Answer: B

02 Accident Reporting and Recording



What action should be avoided when operating vehicles on a site to decrease the possibility of accidents?

- A** Utilizing specified turning zones
- B** Establishing a one-way system throughout the site
- C** Driving through loading and unloading areas
- D** Reversing without the assistance of a vehicle marshaller

Answer: D

02 Accident Reporting and Recording



Out of the following options, which two could lead to you being ordered off site?

- A** Losing your road users' driving licence
- B** Being under the influence of alcohol
- C** Driving downhill with a heavy load
- D** Driving without using the flashing beacon
- E** Being under the influence of drugs

Answer: B, E

02 Accident Reporting and Recording



What are the two things that must be done if you are absent from work for more than seven days due to an injury from an accident?

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

Answer: A, D

02 Accident Reporting and Recording



In case of a minor accident, who is responsible for reporting it?

- A** Anyone who saw the accident
- B** The sub-contractor
- C** You, if possible
- D** The Health and Safety Executive (HSE)

Answer: C

02 Accident Reporting and Recording



When is it important to report an accident at work in which you were injured?

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

Answer: B

02 Accident Reporting and Recording



What is the reason for reporting an accident?

- A** To identify the responsible party
- B** To comply with legal regulations
- C** To inform everyone about the event
- D** To hold the company accountable

Answer: B

02 Accident Reporting and Recording



Who is responsible for reporting a severe accident?

- A** Site security staff
- B** The police force
- C** Your employer
- D** The emergency medical service

Answer: C

02 Accident Reporting and Recording



What should you do if you witness a severe accident at work?

- A** Seek advice from a local medical professional by phone
- B** Inform your supervisor of what occurred
- C** Remain quiet to avoid creating any problems
- D** Ask your colleagues for guidance on the appropriate actions to take

Answer: B

02 Accident Reporting and Recording



Which of the following statements accurately describes a near miss?

- A** An event that occurred too quickly for you to witness
- B** An event that almost resulted in harm or damage
- C** An event where someone was injured and almost had to be admitted to the hospital
- D** An event where someone was hurt and nearly had to take time off from work

Answer: B

02 Accident Reporting and Recording



If you cut one of your fingers while working on site, what should you do?

- A** Report the injury and seek first aid if necessary
- B** Clean the wound and inform your supervisor about it later
- C** Wash the affected area and continue working if it is not severe
- D** Notify at the end of the shift or day

Answer: A

02 Accident Reporting and Recording



What is the primary purpose of conducting an accident investigation?

- A** To assign blame
- B** To identify individuals involved
- C** To determine the root cause and prevent future occurrences
- D** To keep track of insurance claim costs

Answer: C

02 Accident Reporting and Recording



You witnessed a scaffold collapse. What should you say when questioned about it?

- A** Speak as little as possible since you're not knowledgeable about scaffolds
- B** Speak as little as possible to avoid causing any issues
- C** Provide a thorough description of the event with as much detail as possible
- D** Identify who you believe is responsible and should be punished

Answer: C

02 Accident Reporting and Recording



What are the two key reasons for reporting accidents, incidents, and near-misses?

- A** To identify whom to hold accountable and make claims against
- B** To investigate how and why things went wrong
- C** To adhere to compulsory reporting requirements to the HSE
- D** To conceal the accident from supervisors
- E** To help the company avoid being prosecuted or fined.

Answer: B, C

02 Accident Reporting and Recording



When recording an accident, which two of the following details should be noted in the accident book?

- A** National insurance number of the person involved
- B** Date of the accident
- C** Hospital's location where the injured person was treated
- D** Injuries that were sustained
- E** Telephone number of the injured person

Answer: B, D

02 Accident Reporting and Recording



When an injury takes place at work, who is expected to make an entry in the accident book?

- A** The on-site first aider
- B** The contract manager appointed by the company
- C** The injured individual themselves or their representative
- D** A representative from the Health and Safety Executive (HSE)

Answer: C

02 Accident Reporting and Recording



Which information is not required to be recorded in the accident book?

- A** Details regarding the nature of the injury sustained
- B** The injured person's residential address
- C** The date and time of the accident
- D** The injured individual's national insurance number

Answer: D

02 Accident Reporting and Recording



Which of the following is the least crucial reason for recording every accident?

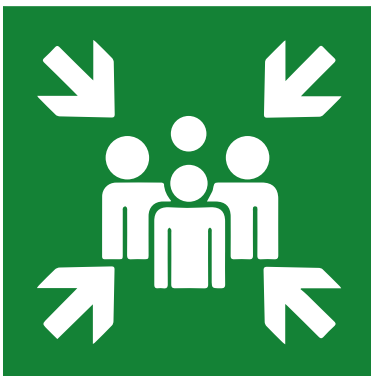
- A** To mitigate the likelihood of repeat incidents
- B** It is a mandatory requirement to include accident details in the book
- C** To ascertain fault and ensure appropriate measures are taken
- D** The obligation to report certain accidents to the Health and Safety Executive (HSE)

Answer: C

03 First Aid and Emergency Procedures

Learning content:

- It's important for all people who are trained in providing first aid to have a valid and recently updated certification for the same.
- In case of an emergency, there is a designated area known as the assembly point where people should gather.



Evacuation assembly point

- The location of the emergency assembly point must be clearly mentioned and explained during a site induction.

03 First Aid and Emergency Procedures



How should you respond in the case of an emergency at the worksite?

- A** Adhere to the emergency protocol of the site
- B** Gather your personal belongings and evacuate the site
- C** Exit the site using the closest exit and return to your residence
- D** Contact the Health and Safety Executive (HSE) for guidance

Answer: A

03 First Aid and Emergency Procedures



Which two of the following options can provide information about site emergency procedures and emergency telephone numbers?

- A** Getting guidance from the Health and Safety Executive (HSE) website
- B** Reading the site noticeboards
- C** Contacting your local job centre
- D** Participating in the site induction
- E** Checking the telephone directory

Answer: B, D

03 First Aid and Emergency Procedures



How can you be informed about emergency procedures?
Choose two options.

- A** Participating in the site induction
- B** Reviewing the health and safety file
- C** Consulting with the Health and Safety Executive (HSE)
- D** Asking the local hospital for guidance
- E** Checking the site noticeboards for instructions

Answer: A, E

03 First Aid and Emergency Procedures



In case of an emergency situation on site, what are the two recommended actions to take?

- A** Proceed to the assigned assembly point
- B** Search for other individuals who may be unaware of the proper course of action
- C** Complete the task you were working on
- D** Retrieve personal belongings from the site office
- E** Evacuate the premises through the closest exit

Answer: A, E

03 First Aid and Emergency Procedures



After a near-miss event, what data should be gathered?

- A** The contact information for the individuals involved
- B** The whereabouts of those affected at the time of the occurrence
- C** The actions being carried out during the event
- D** The expenses related to the project at the time of the event

Answer: C

03 First Aid and Emergency Procedures



What should be your first course of action after observing a severe accident at the construction site? Choose two correct answers.

- A** Call out to other employees, so they can contact emergency services
- B** Evaluate the situation and ensure it is safe to approach the injured party
- C** Provide the injured person with food and water and assist them to sit up.
- D** Document the date and time of the incident in the incident log
- E** Lift the injured person and take them to the site's office

Answer: A, B

03 First Aid and Emergency Procedures



What is the one thing that should not be included in a first-aid kit?

- A** Bandages
- B** Plasters
- C** Safety pins
- D** Tablets and medication

Answer: D

03 First Aid and Emergency Procedures



Is it mandatory for employers to provide a first-aid kit at the workplace?

- A** Yes, every site must have one
- B** Only if there are over 50 workers on-site
- C** Only if there are over 25 employees present at the site
- D** No, there is no legal obligation to provide a first-aid kit

Answer: A

03 First Aid and Emergency Procedures



What should you do if the first-aid kit at work is empty?

- A** Bring your own first-aid supplies
- B** Neglect the issue as it is always the same
- C** Figure out who is taking all the first-aid supplies
- D** Notify the individual in charge of the first-aid kit

Answer: D

03 First Aid and Emergency Procedures



Which of the following is something that a first aider is not allowed to do?

- A** Perform mouth-to-mouth resuscitation
- B** Stop any bleeding
- C** Administer medicine without permission
- D** Provide treatment if you are not breathing

Answer: C

03 First Aid and Emergency Procedures



What are the necessary features of an evacuation route?

- A** Illuminated at all times of the day
- B** Painted in a bright green hue
- C** Used as assembly points
- D** Clear and free from obstruction

Answer: D

03 First Aid and Emergency Procedures



What is the first step to be taken if you come across an injured person while working alone?

- A** Evaluate the situation - ensure your safety
- B** Notify your supervisor that someone has been hurt
- C** Shift the injured person to a secure location, then report to your supervisor
- D** Inquire about the incident from the injured person, then notify your supervisor

Answer: A

03 First Aid and Emergency Procedures



What is the first step to take if a person collapses while working in a deep inspection chamber?

- A** Enter the inspection chamber and administer first-aid
- B** Have someone lower you into the inspection chamber using a rope.
- C** Raise the alarm and remain near the inspection chamber, but do not enter
- D** Ask someone to locate your supervisor while you attempt to rescue the worker

Answer: C

03 First Aid and Emergency Procedures



What is the initial step you should take if someone becomes unconscious and you have no first aid training?

- A** Call for medical assistance
- B** Slap their face to wake them up
- C** Administer mouth-to-mouth resuscitation
- D** Turn them onto their back

Answer: A

03 First Aid and Emergency Procedures



What is the appropriate action to take if someone falls from height and loses feeling in their legs?

- A** Keep them immobile until medical assistance arrives
- B** Bend their legs and roll them onto their side
- C** Elevate their legs to check if feeling returns
- D** Keep their legs extended and roll them onto their back

Answer: A

03 First Aid and Emergency Procedures



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

- A** Ask them to sit down
- B** Give them a glass of water
- C** Call a coworker for assistance
- D** Call the emergency services

Answer: D

03 First Aid and Emergency Procedures



If you believe someone has a broken leg, what steps should you take?

- A** Position them on their back
- B** Call for the first aider or seek assistance from other sources
- C** Strap their legs together using your belt
- D** Place them in the recovery position on their side

Answer: B

03 First Aid and Emergency Procedures



If you have a cut on your finger and it continues to bleed, what should you do?

- A** Wash the wound and carry on with your work
- B** Find a first aider or seek medical help
- C** Wrap something around the wound and continue working
- D** Inform your colleagues as you may need to take a break

Answer: B

03 First Aid and Emergency Procedures



In case of an emergency on the site, what should be your first step?

- A** Depart from the site and head back home
- B** Call your home and then depart from the site
- C** Adhere to the site's emergency procedure
- D** Contact the Health and Safety Executive (HSE) via phone

Answer: C

03 First Aid and Emergency Procedures



What is the first step to take if someone is in contact with a live cable?

- A** Contact the electricity company by phone
- B** Dial 999 and request for an ambulance
- C** Disable the power and seek assistance
- D** Remove them from contact with the cable

Answer: C

04 Personal Protective Equipment

Learning content:

- It is the responsibility of the employer to supply their employees with Personal Protective Equipment (PPE) and the necessary resources to maintain it properly, without any cost to the worker.
- Utilizing PPE can aid in safeguarding workers from physical harm or illness.
- The appropriate sizing and fit of PPE should be taken into account when selecting suitable equipment.
- If PPE becomes damaged, work should be halted immediately, and the equipment should be replaced.

04 Personal Protective Equipment



In what situation is an employer obligated to provide you with Personal Protective Equipment (PPE)?

- A** Twice a year
- B** When you pay for it
- C** If it is stated in the contract
- D** When protection is needed

Answer: D

04 Personal Protective Equipment



If you have to work outdoors in inclement weather, what is the reason your employer should provide you with waterproof clothing?

- A** To keep you warm and dry, decreasing the need for breaks
- B** To safeguard you from the weather, reducing the possibility of trips and falls
- C** To keep you warm and dry, lowering the chance of contracting Weil's disease (leptospirosis)
- D** To protect you from unfavorable weather conditions, minimizing the possibility of muscle strains

Answer: D

04 Personal Protective Equipment



Which of the following statements about personal protective equipment (PPE) is false?

- A** It must be used as directed
- B** Any damage or loss must be paid for by the user
- C** It must be stored correctly when not in use
- D** Any damage or loss must be reported to a supervisor

Answer: B

04 Personal Protective Equipment



What is the correct statement regarding wearing a safety helmet in hot weather?

- A** Making modifications to keep your head cool is acceptable
- B** It is necessary to wear it properly at all times
- C** Removing it during the hottest part of the day is recommended
- D** It can be worn in a back-to-front position for comfort

Answer: B

04 Personal Protective Equipment



What type of eye protection should you wear if there is a risk of materials flying into your eyes?

- A** Tinted welding goggles
- B** Laser safety glasses
- C** Chemical-rated goggles
- D** Impact-rated goggles

Answer: D

04 Personal Protective Equipment



What type of eye protection should be worn while using a grinder or cut-off saw?

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

Answer: A

04 Personal Protective Equipment



When is it necessary to wear safety footwear on site?

- A** Only when working with heavy machinery
- B** Only when working on a construction site
- C** All the time
- D** Only when working at height

Answer: C

04 Personal Protective Equipment



Under what circumstance is head protection not required on a construction site?

- A** When working alone
- B** When self-employed
- C** In a designated safe area like the site office
- D** When the weather is hot

Answer: C

04 Personal Protective Equipment



How can you determine if you need extra personal protective equipment (PPE) when starting a new task?

- A** You will always require it
- B** By examining the risk assessment
- C** By referring to the company's website
- D** By reading your employer's health and safety policy

Answer: B

04 Personal Protective Equipment



What is the most important factor to consider when selecting personal protective equipment (PPE)?

- A** The color of the equipment
- B** The price of the equipment
- C** The durability of the equipment
- D** The nature of the hazard

Answer: D

04 Personal Protective Equipment



What are some additional measures you can take to keep warm under a hard hat during cold weather?

- A** Wearing a baseball cap
- B** Wearing a jumper with a detachable hood
- C** Wearing a woolly hat
- D** Wearing a manufacturer's attachment

Answer: D

04 Personal Protective Equipment



Why is it important to wear safety footwear with a protective mid-sole?

- A** To prevent burns from spillages
- B** To avoid blisters in wet conditions
- C** To reduce the risk of ankle twisting
- D** To protect against punctures from nails or sharp objects

Answer: D

04 Personal Protective Equipment



If you handle hazardous substances, what health condition can be prevented by wearing the right gloves?

- A** Arthritis
- B** Skin disease
- C** Vibration white finger
- D** Raynaud's syndrome

Answer: B

04 Personal Protective Equipment



What types of gloves are suitable for protecting against chemicals?

- A** Any type of glove will do
- B** Only gloves made of rubber or latex
- C** Only gloves made of neoprene or nitrile
- D** Gloves made of different materials will protect against different types of chemicals

Answer: D

04 Personal Protective Equipment



Which letters are found on personal protective equipment (PPE) that is of good quality?

A  CE

B  R

C  C

D  HSE

Answer: A

04 Personal Protective Equipment



If your disposable foam earplugs keep falling out, what should you do?

- A** Put two earplugs in each ear so that they stay in place
- B** Throw them away and work without them
- C** Stop work until you are shown how to fit them properly
- D** Put rolled-up tissue paper in each ear instead

Answer: C

04 Personal Protective Equipment



What should you do if you need to wear a full body harness for the first time?

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

Answer: D

Learning content:

- Minimizing the amount of waste produced on the construction site is the responsibility of everyone involved.
- The implementation of the site's environmental risk assessment is essential in preventing pollution on the construction site.
- Waste segregation facilitates recycling and minimizes the risk of pollution.



Waste skips

- Reusing excess materials not only conserves raw materials but also saves energy.
- Recycling construction materials helps to reduce the amount of waste that ends up in landfills.
- All workers on the construction site should take responsibility for conserving energy and water by turning off equipment, taps, and machinery when not in use.

05 Environmental Awareness and Waste Control

- To reduce energy consumption from heating or cooling systems in site accommodation, keeping windows and doors closed is a practical approach.
- Spill kits must be available at all times to clean up chemical and oil spills.
- Protected by law, bats and badgers are classified as protected species.
- Any proposed changes to listed historic buildings require permission by law.

05 Environmental Awareness and Waste Control



What is the proper way to dispose of waste concrete and washout water?

- A** Bury it on site, as it will break down over time
- B** Pour it down a drain with plenty of water
- C** Place it in a lined skip for recycling
- D** Bury it in a disposable bin liner

Answer: C

05 Environmental Awareness and Waste Control



A worker is using a liquid on site, and the container has a label indicating something about the product. What does the label mean?

- A** It is harmful to the environment
- B** It can be used to feed plants and fish
- C** It could cause a drought
- D** It will only cause death to fish



Answer: A

05 Environmental Awareness and Waste Control



From the following options, which two are common causes of water pollution on site?

- A** Fuels being stored incorrectly and too close to drains
- B** Rain water washing material out of skips into surface water drains
- C** Exhaust gases from mobile plant getting into drainage systems
- D** Smoking and e-smoking near drainage systems
- E** Walkways freezing in winter near drainage systems

Answer: A, B

05 Environmental Awareness and Waste Control



What could happen if there is a spill of one litre of oil on site?

- A** It won't cause any problems
- B** It will only be a financial loss
- C** The ground will be contaminated
- D** The air quality could be affected

Answer: C

05 Environmental Awareness and Waste Control



What are the three main reasons to save energy?

- A** To reduce fuel and energy bills on site
- B** To increase energy use on other sites
- C** To save natural resources used to generate energy
- D** To help energy companies charge more for their services
- E** To decrease the impact of climate change caused by burning fossil fuels.

Answer: A, C, E

05 Environmental Awareness and Waste Control



What are two effective ways to reduce energy consumption and harmful emissions on a worksite?

- A** Turning off plant and equipment, including generators, when they are not in use
- B** Utilizing a generator instead of mains electricity for offices and small equipment
- C** Replacing defective, non-powered hand tools
- D** Close windows and doors in offices and welfare facilities when the heating is on

Answer: A, D

05 Environmental Awareness and Waste Control



What can be a consequence of over ordering materials?

- A** Accidents
- B** Waste
- C** Danger
- D** Lower costs

Answer: B

05 Environmental Awareness and Waste Control



When disposing of waste liquid that contains oil on a construction site, which option is the best course of action?

- A** Pour it down a drain or sink in the welfare facilities
- B** Pour it slowly onto the ground and let it soak away
- C** Pour it into a sealed container and put it into a general waste skip
- D** Consult with your supervisor to determine the proper procedure for disposing of contaminated liquid

Answer: D

05 Environmental Awareness and Waste Control



Out of the following options, which two are classified as hazardous waste?

- A** Broken bricks
- B** Untreated timber off-cuts
- C** Panes of glass
- D** Fluorescent light tubes
- E** Used spill kits

Answer: D, E

05 Environmental Awareness and Waste Control



When oil leaks from machinery onto the ground, what is the proper way to clean it up?

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

Answer: D

05 Environmental Awareness and Waste Control



What are two ways to properly manage hazardous waste on a construction site?

- A** Put it in a mixed waste skip
- B** Segregate it from other waste
- C** It can be put in any skip on site
- D** Place it in the correctly labelled container
- E** Take it to the nearest Local Authority waste tip

Answer: B, D

05 Environmental Awareness and Waste Control



According to environmental law, which group(s) can be prosecuted for noncompliance?

- A** Only directors
- B** Only companies
- C** Only employees
- D** Companies and employees

Answer: D

05 Environmental Awareness and Waste Control



What should you do if you come across an oil or diesel spill on site?

- A** Walk away and continue with your work
- B** Pour water on the spill to dilute it
- C** Stop work, contain the spill, inform the supervisor and clean it up
- D** Ignore it as it will evaporate on its own

Answer: C

05 Environmental Awareness and Waste Control



Which of the following is considered as a major factor that contributes to air pollution?

- A** Fuel spillage
- B** Using diesel engines
- C** Surface run-off
- D** Excessive noise

Answer: B

05 Environmental Awareness and Waste Control



Which two actions can help minimize waste?

- A** Use recycled materials whenever possible
- B** Use new materials every day to ensure quality
- C** Leave bags of cement and plaster out in the rain, unprotected
- D** Only take what you need and return or reseal anything left over
- E** Take more materials than you need and throw away the excess

Answer: A, D

05 Environmental Awareness and Waste Control



What are the two most important reasons for segregating waste on site?

- A** To make the site look neater and more organised
- B** To reduce the cost of disposing of waste
- C** To allow the client to check what is being thrown away
- D** To ensure that wastes can be used or recycled more easily
- E** To give the labourers more work to do

Answer: B, D

05 Environmental Awareness and Waste Control



Which of the following is NOT a good practice?

- A** Storing materials safely
- B** Mixing all waste in one skip
- C** Refuelling carefully to avoid spills
- D** Switching off plant and equipment when it is not in use

Answer: B

05 Environmental Awareness and Waste Control



What is the recommended method for collecting waste on site?

- A** Segregated skips
- B** Bins and bays
- C** General skips
- D** Bays and buckets

Answer: A

05 Environmental Awareness and Waste Control



Which two of the following actions are prohibited towards protected species of plants and animals in England?

- A** Reporting it
- B** Photographing it
- C** Removing it
- D** Feeding it
- E** Destroying its habitat

Answer: C, E

05 Environmental Awareness and Waste Control



What is an effective way to prevent harm to protected species?

- A** Only working at night
- B** Avoiding breeding season
- C** Taking them to the site office
- D** Using manually operated machinery

Answer: B

05 Environmental Awareness and Waste Control



What is the most appropriate action if interesting old coins are found during excavation work?

- A** Stop the excavation and report the discovery to the supervisor
- B** Continue the excavation and see if any other items are found
- C** Keep the discovery a secret and keep the coins
- D** Hide the coins to avoid delaying the work of archaeologists

Answer: A

05 Environmental Awareness and Waste Control



Why is it important to preserve old buildings?

- A** Historical record
- B** Cost of living
- C** Infrastructure
- D** House prices

Answer: A

05 Environmental Awareness and Waste Control



Which of the following activities does not cause a nuisance to neighbors of a building site?

- A** Dust and fumes from the site
- B** Carefully directed site lighting
- C** Lorries and heavy plant traffic
- D** Noise and vibration from the work

Answer: B

05 Environmental Awareness and Waste Control



If you are carrying out a noisy work activity that cannot be finished within the normal working hours of your site, what is the first thing you should do?

- A** Carry on so that you can finish doing the job as soon as possible
- B** Visit the neighbors of the site to tell them what you will be doing
- C** Ensure you are wearing appropriate hearing protection before you resume work
- D** Stop work and inform site management so they can look at the impact of the activity

Answer: D

05 Environmental Awareness and Waste Control



What is the reason why heavy materials should not be stored underneath a tree?

- A** It can result in damage to the tree's branches
- B** The materials may not be protected from tree sap
- C** Mould can develop on the stored materials
- D** The soil compaction caused by the weight of the materials can damage the tree's roots

Answer: D

05 Environmental Awareness and Waste Control



Which of the following actions can help in protecting the environment?

- A** Using more paper than needed
- B** Wasting electricity
- C** Saving water and energy wherever possible
- D** Being careless about the disposal of hazardous waste

Answer: C

05 Environmental Awareness and Waste Control



Which of the following techniques is best to prevent dust on a construction site?

- A** Blanketing the entire site
- B** Using only hand tools
- C** Decreasing the use of wheel-washing
- D** Sprinkling water on the site with fine sprays

Answer: D

05 Environmental Awareness and Waste Control



When using hand-held power tools, what type of pollution is most commonly produced?

- A** Smoke
- B** Noise
- C** Water
- D** Light

Answer: B

06 Dust and Fumes (Respiratory Hazards)

Learning content:

- Dust that can harm your health is often too small to be seen with the naked eye.
- Inhaling harmful dust can lead to diseases that can shorten your life.
- Occupational lung diseases, like asthma and silicosis, can result from inhaling construction dust.
- Face-fit testing should be conducted during the initial selection of respiratory protective equipment (RPE).
- A face-fit test is necessary to ensure that your RPE fits and operates correctly.
- Wearing your RPE can help prevent you from inhaling harmful dust and fumes.
- The effectiveness of RPE depends on how well it fits the wearer's face.

06 Dust and Fumes (Respiratory Hazards)

- An on-tool extraction system is a technique used to control dust.
- Fumes can accumulate rapidly in an enclosed space.
- Carbon monoxide is a deadly gas that is both colourless and odourless.
- Flammable vapours can be easily ignited by sparks or open flames.

06 Dust and Fumes (Respiratory Hazards)



Your work assignment requires you to create dust. What precautions should you take to ensure safety?

- A** It is strongly advised that you avoid doing the work since dust can pose a severe health hazard
- B** You may proceed with the task, but it is vital to implement safety protocols since dust can cause significant harm and injury
- C** Work for brief periods and take frequent breaks to reduce the amount of dust inhaled
- D** Use specialized equipment to minimize or eliminate the amount of dust produced and always wear the correct personal protective equipment (PPE) to prevent dust exposure.

Answer: D

06 Dust and Fumes (Respiratory Hazards)



While using a petrol cut-off saw to cut concrete blocks near pedestrians, what are the two immediate hazards that can affect them?

- A** Harmful dust
- B** An electric shock
- C** Flying fragments
- D** Contact dermatitis
- E** Vibration white finger

Answer: A, C

06 Dust and Fumes (Respiratory Hazards)



What is the major contributor to long-term health problems in the construction field?

- A** Falls and slips
- B** Prolonged exposure to noise
- C** Accidents involving vehicles
- D** Breathing in harmful dust and fumes

Answer: D

06 Dust and Fumes (Respiratory Hazards)



Where is the greatest potential for exposure to dust when drilling, cutting, sanding or grinding?

- A** In a small, enclosed area
- B** In a large, open space
- C** Outdoors on a calm day
- D** Outdoors on a windy day

Answer: A

06 Dust and Fumes (Respiratory Hazards)



What is the most effective way to reduce dust exposure when using a power tool?

- A** Do the work quickly
- B** Prevent dust from getting into the air
- C** Stand upwind of any dust
- D** Use the tool during dry weather

Answer: B

06 Dust and Fumes (Respiratory Hazards)



Out of the following activities, which one does not generate harmful silica dust?

- A** Sawing timber or 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

Answer: A

06 Dust and Fumes (Respiratory Hazards)



What is the second most common cause of ill health in construction workers after asbestos exposure?

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

Answer: C

06 Dust and Fumes (Respiratory Hazards)



What is the best way to handle pigeon droppings and nests in an area where you are required to work?

- A** Stop work, do not touch anything, and seek advice
- B** Carry on with your work carefully, so you don't disturb them
- C** Try to catch the pigeons so you can move them out of the way
- D** Wait for the pigeons to fly away before carrying on with your work

Answer: A

06 Dust and Fumes (Respiratory Hazards)



What is the proper way to use water to reduce dust levels when cutting concrete with a cut-off saw?

- A** Wet the surface of the concrete before cutting
- B** Wet the surface of the concrete during the entire cutting process
- C** Wet the surface of the concrete only when you reach the halfway point of the cut
- D** Wet the surface of the concrete for the first cut only

Answer: B

06 Dust and Fumes (Respiratory Hazards)



What is the reason for spraying water on rubble before clearing it up inside a building?

- A** To prevent dust clouds
- B** To make it easier to move
- C** To create a more pleasant work environment
- D** To avoid water damage to the building

Answer: A

06 Dust and Fumes (Respiratory Hazards)



What is the recommended course of action when you come across a significant number of old bird nests and droppings in your work area?

- A** Continue working, being careful not to create too much dust
- B** Sweep them up and throw them in the trash right away
- C** Stop working and notify your supervisor to organize decontamination work
- D** Check for any live birds, then continue working

Answer: C

06 Dust and Fumes (Respiratory Hazards)



When it comes to dust, what should workers assume unless told otherwise?

- A** It is safe
- B** It is not safe
- C** It depends on the type of work being done
- D** They are not sure

Answer: B

06 Dust and Fumes (Respiratory Hazards)



Among the following, which immediate health effect is not associated with exposure to paints and resins with high levels of solvents?

- A** Headaches and sickness
- B** Dermatitis or skin problems
- C** Muscular and skeletal disorders
- D** Shortness of breath and chest tightness

Answer: C

06 Dust and Fumes (Respiratory Hazards)



When using engine driven equipment in a deep excavation, what must be in place?

- A** Alarms to detect gas
- B** Additional covers over the excavation
- C** A person to direct traffic
- D** More blocks to prevent equipment from moving

Answer: A

06 Dust and Fumes (Respiratory Hazards)



Who is permitted to enter a confined space?

- A** Competent machine operators with the appropriate license
- B** Individuals who have successfully completed an apprenticeship
- C** Only the company's site managers and supervisors
- D** Authorized, trained, and competent individuals

Answer: D

06 Dust and Fumes (Respiratory Hazards)



When working with materials that emit harmful vapours, which of the following types of personal protective equipment (PPE) can protect your lungs?

- A** Goggles
- B** Hard hat
- C** Respirator
- D** Ear defenders

Answer: C

06 Dust and Fumes (Respiratory Hazards)



What material is likely to emit harmful vapors?

- A** Dust
- B** Rubber
- C** Glue
- D** Wet concrete

Answer: C

06 Dust and Fumes (Respiratory Hazards)



Which of the following can result in occupational asthma?

- A** Using a computer for long periods of time
- B** Exposure to loud music during work breaks
- C** Breathing in hazardous chemicals or substances
- D** Drinking contaminated water at work

Answer: C

06 Dust and Fumes (Respiratory Hazards)



Which of the following exposures is not typically associated with lung disease?

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

Answer: C

06 Dust and Fumes (Respiratory Hazards)



Which of the following exposures is not typically associated with lung disease?

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

Answer: C

06 Dust and Fumes (Respiratory Hazards)



Which part of the body is affected by asbestosis, a disease caused by exposure to asbestos?

- A** Hands
- B** Lungs
- C** Feet
- D** Brain

Answer: B

06 Dust and Fumes (Respiratory Hazards)



If a construction worker has been exposed to concrete dust for an extended period, what is the most probable health issue they will experience?

- A** Migraines or headaches
- B** Blurry vision
- C** Hearing problems
- D** Difficulty in breathing

Answer: D

06 Dust and Fumes (Respiratory Hazards)



What factor can increase the likelihood of getting lung cancer?

- A** Inhaling dust
- B** Using power tools that vibrate
- C** Being exposed to sunlight
- D** Being exposed to steam

Answer: A

06 Dust and Fumes (Respiratory Hazards)



For what reason should dust be collected and not allowed to get into the air when using a power tool to cut or grind materials?

- A** Because inhaling most dust can be harmful
- B** To increase the speed of the tool
- C** To reduce the need for cleaning up
- D** Because the machine guard is not required when dust is collected

Answer: A

06 Dust and Fumes (Respiratory Hazards)



Which disease can this worker be at risk of if left unprotected?

- A** Tetanus
- B** Nasal cancer
- C** Dermatitis
- D** Skin cancer

Answer: B

06 Dust and Fumes (Respiratory Hazards)



Hydrogen Sulphide is a gas that can be given off by decomposing organic matter. Which two statements are correct about this gas?

- A** It can cause unconsciousness in a short period of time
- B** It is dangerous because it can impair the sense of smell
- C** It is a completely safe and harmless natural gas
- D** It is a bright yellow color at room temperature
- E** It can be detected using a naked flame

Answer: A, B

06 Dust and Fumes (Respiratory Hazards)



What happens when a person is repeatedly exposed to small doses of dust?

- A** It can help to build up immunity
- B** It is unavoidable and harmless
- C** Any effects will be immediately apparent
- D** The effects will build up over time

Answer: D

06 Dust and Fumes (Respiratory Hazards)



What should you do if you require special respiratory protective equipment (RPE) to handle a chemical but none has been given?

- A** Sniff the substance to check if it causes any discomfort
- B** Commence the task, but take frequent breaks to decrease exposure
- C** Do not begin the task until you have the appropriate RPE and training
- D** Get on with the job, but try to work quickly to decrease exposure

Answer: C

06 Dust and Fumes (Respiratory Hazards)



You have been given a dust mask for protection against dangerous fumes. What is the appropriate course of action?

- A** Start working without the mask but take frequent breaks
- B** Finish the job as quickly as possible while wearing the mask
- C** Wait until you have the appropriate respiratory protective equipment (RPE) before beginning work
- D** Wear an additional dust mask to increase your protection

Answer: C

06 Dust and Fumes (Respiratory Hazards)



Which two of the following are most likely to affect the seal between a worker's face and respiratory protective equipment (RPE)?

- A** Growth of beard
- B** Wearing safety goggles
- C** Artificial light
- D** The worker's height
- E** High humidity levels

Answer: A, B

06 Dust and Fumes (Respiratory Hazards)



What are the two factors that determine the appropriate type of respiratory protective equipment (RPE) to be used for a job?

- A** The worker's height and weight
- B** The type of gloves the worker is wearing
- C** The worker's preference for RPE
- D** The level and type of hazardous substance in the air
- E** The type and level of hazardous substance

Answer: D, E

06 Dust and Fumes (Respiratory Hazards)



Which two of the following filter types are commonly used in respiratory protective equipment (RPE)?

- A** Moisture filters
- B** Smell or aroma filters
- C** Sound filters
- D** Dust or particle filters
- E** Gas or vapour filters

Answer: D, E

06 Dust and Fumes (Respiratory Hazards)



In terms of respiratory protective equipment (RPE), which of the following statements is true?

- A** Employers are not required to provide RPE
- B** Employers must provide RPE, but workers must pay for it themselves
- C** Employers must provide RPE free of charge when it is needed
- D** Workers should provide their own RPE

Answer: C

06 Dust and Fumes (Respiratory Hazards)



What is the proper way to consider contaminated respiratory protective equipment (RPE) when disposing of it?

- A** As recyclable materials
- B** As normal waste products
- C** As compostable wastes
- D** As hazardous waste

Answer: D

06 Dust and Fumes (Respiratory Hazards)



Which situation is appropriate for the use of a particle filter?

- A** When there are gases in the atmosphere
- B** When there is a lack of oxygen in the atmosphere
- C** When there is dust and fiber in the air
- D** When there are vapors in the air

Answer: C

06 Dust and Fumes (Respiratory Hazards)



What is the reason for being clean shaven when using a half-mask respirator?

- A** To avoid breathing in harmful chemicals
- B** To ensure that the mask is comfortable to wear
- C** To prevent damage to the mask
- D** Facial hair can affect the seal around your face and make the mask less effective

Answer: D

06 Dust and Fumes (Respiratory Hazards)



Which of the following is an unnecessary step to verify mask efficacy?

- A** Checking that the mask is properly worn
- B** Checking that the mask type is appropriate
- C** Testing the mask's seal under water
- D** Verifying the user has passed a face-fit test while wearing the mask

Answer: C

06 Dust and Fumes (Respiratory Hazards)



What are two things that can break the seal of respiratory protective equipment (RPE)?

- A** Long hair
- B** Facial scarring
- C** Using a hearing aid
- D** Wearing a hat
- E** Facial hair

Answer: B, E

06 Dust and Fumes (Respiratory Hazards)



Which is the most important factor to consider when wearing respiratory protective equipment (RPE)?

- A** The weight of the RPE
- B** The colour of the RPE
- C** The seal of the RPE
- D** The fragrance of the RPE

Answer: C

06 Dust and Fumes (Respiratory Hazards)



If your respiratory protective equipment (RPE) is not fitting properly, what is the most likely outcome?

- A** It will not provide proper protection
- B** It will be easier to repair
- C** It will filter air more efficiently
- D** It will be less likely to get damaged

Answer: A

06 Dust and Fumes (Respiratory Hazards)



What is the recommended frequency for conducting repeat face-fit tests for respiratory protective equipment (RPE)?

- A** Regularly
- B** Occasionally
- C** When switching to a new shift pattern
- D** When starting work at a different site

Answer: A

06 Dust and Fumes (Respiratory Hazards)



By whom should respiratory protective equipment (RPE) fit tests be conducted?

- A** The worker who will use the RPE
- B** A supervisor as required by law
- C** The manager in charge of the work
- D** A competent person in compliance with regulations

Answer: D

06 Dust and Fumes (Respiratory Hazards)



When using a power tool to cut or grind materials, which two methods are most effective at controlling dust?

- A** Wet cutting
- B** Wearing a dust mask
- C** Working as fast as possible
- D** Leaving the area dirty and cluttered
- E** Installing a dust extractor or collector on the tool

Answer: A, E

06 Dust and Fumes (Respiratory Hazards)



What is the recommended step to take when using water to suppress dust while cutting?

- A** Confirm that there is ample water
- B** Ensure the water flow is appropriately regulated
- C** Add water to the surface before cutting
- D** Have someone pure water from a bottle next to you

Answer: B

06 Dust and Fumes (Respiratory Hazards)



If you're drilling, cutting, sanding, or grinding, what's the best way to safeguard your long-term health from dangerous dust?

- A** Use dust extraction or wet cutting and wear a dust mask
- B** Wear disposable RPE
- C** Wear FFP3-rated RPE
- D** Use dust extraction, wet cutting, and wear FFP3-rated RPE

Answer: D

06 Dust and Fumes (Respiratory Hazards)



During a task involving the use of water to control dust, what should you do if you run out of water?

- A** Stop work and refill the water
- B** Continue working without water
- C** Put on a higher-rated respiratory protection
- D** Ask a colleague to provide more water

Answer: A

06 Dust and Fumes (Respiratory Hazards)



Which of the following choices is expected to cause the greatest amount of dust exposure?

- A** Using power tools without extraction
- B** Using hand tools outside
- C** Working with wet or damp materials
- D** Working with dry materials
- E** Using power tools with extraction

Answer: A, D

06 Dust and Fumes (Respiratory Hazards)



What should you keep track of when working with materials that produce dust?

- A** The amount of dust produced
- B** The type of dust produced
- C** The level of exposure to the dust
- D** The amount of ventilation in the area

Answer: A

06 Dust and Fumes (Respiratory Hazards)



When using water suppression to reduce dust, which of the following activities will be the most effective?

- A** Grinding steel
- B** Cutting plywood sheets
- C** Cutting steel with a disc
- D** Chiseling concrete pneumatically

Answer: D

Learning content:

- If you are struggling to communicate due to noise on the work-site, it's essential to halt work and notify your supervisor about the issue.
- Always use the appropriate protective equipment when operating in a hearing protection zone.



- Hearing protection must be worn
- The exposure to vibrations is a severe problem that can lead to irreversible health issues.
- Hand-arm vibration syndrome (HAVS) encompasses various conditions that can cause lasting damage to the hands and forearms.

07 Noise and vibration

- The consistent use of vibrating hand-held tools and equipment is the primary cause of HAVS.
- Your employer is responsible for informing you about safe methods of usage and advising you on exposure duration when handling vibrating tools.

07 Noise and vibration



What are the two potential risks of being exposed to high levels of noise over time?

- A Improved hearing acuity
- B Higher chance of developing ear infections
- C Permanent hearing damage
- D Temporary hearing impairment
- E Nausea and dizziness

Answer: C, D

07 Noise and vibration



What are the symptoms of hearing damage caused by exposure to high levels of noise?

- A** Ear infections and frequent headaches
- B** Nausea and a rash around the ears
- C** There are no symptoms or indications related to hearing damage
- D** Difficulty in understanding conversations, particularly in noisy environments

Answer: D

07 Noise and vibration



What is the meaning of hearing a ringing sound in your ears after working with noisy equipment?

- A** The noise level was tolerable
- B** You may have also been exposed to vibration
- C** Your hearing has been damaged temporarily
- D** Your hearing protection was correctly used

Answer: C

07 Noise and vibration



What is the permanence of damage caused by long-term exposure to noise?

- A Permanent
- B Temporary
- C Reversible with medication
- D Reversible with hearing aids

Answer: A

07 Noise and vibration



If an employee is concerned that they have suffered hearing damage due to exposure to noise at work, what should they do?

- A** Carry on working as normal
- B** Wait and see if the symptoms improve
- C** Inform their supervisor and request a hearing test
- D** Wear earplugs or headphones to prevent further damage

Answer: C

07 Noise and vibration



If an employee is wearing only this specific PPE, what is the main risk they face?

- A** Skin irritation or rashes
- B** Hearing loss
- C** Eye injuries
- D** Inhaling harmful dust

Answer: B

07 Noise and vibration



If your doctor diagnoses you with hand-arm vibration syndrome (HAVS) that may have been caused by your work, what is the recommended course of action?

- A** Keep the diagnosis to yourself, as it is not contagious
- B** Inform only your colleagues at work
- C** Report the diagnosis to your employer or supervisor
- D** Do not inform anyone, as HAVS is not a reportable illness

Answer: C

07 Noise and vibration



When it comes to hand-arm vibration syndrome (HAVS), what are three initial warning signs?

- A** Appearance of a rash on the fingers
- B** Fingertips becoming white
- C** Formation of blisters on the fingers
- D** Experiencing temporary loss of feeling in the fingers
- E** Feeling a tingling or pins and needles sensation in the fingers

Answer: B, D, E

07 Noise and vibration



Which of the following tools is most associated with the development of hand-arm vibration syndrome (HAVS)?

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

Answer: B

07 Noise and vibration



What is a possible health consequence of using hand-held vibrating tools?

- A Blisters on fingers and hands
- B Skin cancer on hands and arms
- C Damage to blood vessels in fingers and hands
- D Itchy skin irritation (like dermatitis) on hands

Answer: C

07 Noise and vibration



What kind of environmental condition can reduce the risk of hand-arm vibration syndrome (HAVS)?

- A Cold but dry
- B Cold and wet
- C Warm and dry
- D Wet but warm

Answer: C

07 Noise and vibration



If you feel tingling in your fingertips while using a vibrating tool, what should you do?

- A** Tighten your grip on the tool and keep using it
- B** Loosen your grip on the tool and keep using it
- C** Report the symptoms to avoid further harm
- D** Ignore the symptoms and keep using the tool

Answer: C

07 Noise and vibration



What are two effective methods to safeguard your hearing?

- A Wearing earplugs
- B Using ear defenders
- C Using soft cloth pads
- D Inserting rolled tissue paper
- E Placing cotton wool pads over your ears

Answer: A, B

07 Noise and vibration



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- C Using soft cloth pads
- D Inserting rolled tissue paper
- E Placing cotton wool pads over your ears

Answer: A, B

07 Noise and vibration



What is the purpose of wearing hearing protection?

- A To enhance hearing
- B To heal damaged hearing
- C To completely eliminate workplace noise
- D To reduce harmful noise exposure

Answer: D

07 Noise and vibration



What is the proper way to insert disposable foam earplugs to protect your hearing?

- A** Insert them halfway into your ear canal without rolling or folding them
- B** Wedge them halfway into your ear by folding them in half and pulling your earlobe
- C** Soak them in water, squeeze them out, and insert them into your ear canal
- D** Roll them up and insert them into your ear canal while pulling the top of your ear to open up the ear canal

Answer: D

07 Noise and vibration



What is the recommended action if an ear pad is missing from one of the shells of your ear defenders?

- A** Continue working without any hearing protection
- B** Use the ear defenders as they are
- C** Avoid working in noisy areas until they are fixed
- D** Take an ear pad from another set of ear defenders

Answer: C

07 Noise and vibration



Can you identify the potential hazard of using a grinder while wearing personal protective equipment (PPE)?

- A** Risk of lung disease
- B** Risk of Weil's disease
- C** Risk of hearing damage
- D** Risk of eye injuries

Answer: C

07 Noise and vibration



When working near someone using loud equipment without hearing protection, what should you do if you have none?

- A** Inform the supervisor to stop the noisy activity
- B** Politely ask the person to stop using the equipment as it is disturbing others
- C** Continue working as normal
- D** Exit the area until you have the correct PPE

Answer: D

07 Noise and vibration



How can you minimize the risk of hand-arm vibration when using a vibrating tool?

- A** Hold the tool with a tight grip
- B** Increase the speed of the tool
- C** Hold the tool away from your body
- D** Do not grip the tool too tightly

Answer: D

07 Noise and vibration



What are some measures you can take to reduce the impact of hand-arm vibration while using vibrating tools?

- A** Finish the job quickly
- B** Use both hands on the tool at all times
- C** Quit smoking as it hinders blood flow
- D** Hold the tool with a firm but relaxed grip

Answer: C

07 Noise and vibration



What is the potential risk for this worker who regularly uses this tool?

- A** Risk of dermatitis from repetitive use
- B** Risk of Weil's disease caused by the dust
- C** Risk of hand-arm vibration from prolonged use
- D** Risk of back injury caused by using heavy equipment

Answer: C

07 Noise and vibration



When using a hammer drill for long periods of time, what are the two health issues that are more likely to occur?

- A** Carpal tunnel syndrome
- B** Vibration white finger
- C** Dehydration and heat stroke
- D** Anxiety and depression
- E** Burns and scalds

Answer: A, B

07 Noise and vibration



When using a hammer drill for long periods of time, what are the two health issues that are more likely to occur?

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- D Anxiety and depression
- E Burns and scalds

Answer: A, B

Learning content:

- Being under the influence of alcohol, drugs, or prescription medication can cause drowsiness, slowed reaction times, and impaired judgment, all of which increase the risk of workplace accidents.
- Long work hours or poorly planned shift schedules can result in fatigue, making you more prone to workplace accidents.
- Fatigue can also lead to an increase in errors in the workplace.
- Stress is the negative response people have when facing excessive pressures or demands, and it can impact anyone.
- Symptoms of stress include lack of concentration, anger, and sleep disturbances.
- Work-related stress can have detrimental effects on your mental well-being.
- If you are concerned about a colleague's mental health, it's important to approach them and initiate a conversation.
- Engaging in non-judgmental conversations and active listening can help in eradicating negative attitudes towards mental health in the workplace.

08 Health and Welfare

- If you are experiencing mental health problems, it's crucial to seek help early on.
- Discussing your mental health concerns with others can be beneficial in managing them.
- Exposure to ultraviolet radiation from the sun is a significant cause of skin cancer in the construction industry.
- Maintaining a clean and organized workspace reduces the likelihood of accidents.
- Good lighting and housekeeping practices can lower the risk of slips and falls.
- If the on-site welfare facilities are inadequate or unclean, it's important to report the problem to your supervisor.
- It's considered good practice to have access to a phone and a means of raising the alarm if you're working alone.

08 Health and Welfare



If a worker is taking medication that may affect their health and safety in the workplace, what is the appropriate action for them to take?

- A Inform their supervisor or manager
- B Increase their workload to compensate
- C Schedule an appointment with a specialist
- D Take frequent naps throughout the workday

Answer: A

08 Health and Welfare



If an employee returns to work after an illness, what is important to discuss with their employer?

- A** Any side effects or interactions of medications that could affect work safety
- B** Their future career plans and job goals
- C** The details of their recent vacation
- D** Their opinion on company policies and procedures

Answer: A

08 Health and Welfare



When taking time-dependent medication, what should shift workers do at work?

- A** Keep their medication with them at all times
- B** Inform their colleagues of their medical condition
- C** Consult with their doctor to determine when they should take their medication
- D** Coordinate with their manager to adjust their work schedule to ensure they can take their medication on time

Answer: D

08 Health and Welfare



In what manner should absence records that contain medical information about an employee be handled?

- A** Confidentially and in compliance with data protection regulations
- B** As public information, in compliance with freedom of information laws
- C** Shared with the workforce as long as they don't disclose any sensitive information
- D** Provided to the rest of the workforce to discourage others from taking time off

Answer: A

08 Health and Welfare



Which question should you prioritize asking your doctor when prescribed medication?

- A** Will it affect my safety while working with machinery or equipment?
- B** Will it affect my work productivity and income?
- C** Will it cause me to be late for work due to oversleeping?
- D** Will it cause me to fail a drug test if my employer requires one?

Answer: A

08 Health and Welfare



If you notice a coworker smelling of alcohol, what is the appropriate action to take?

- A** Report the situation to your supervisor, as they may be unsafe to work
- B** Ask the coworker if they have been drinking
- C** Tell other coworkers about the situation to spread awareness
- D** Offer the coworker some coffee to help them sober up

Answer: A

08 Health and Welfare



What are the minimum requirements for on-site handwashing facilities?

- A** A cold water standpipe and paper towels
- B** A water container, bowl and paper towels
- C** There is no need to provide washing facilities
- D** Hot and cold water, soap and a means to dry your hands

Answer: D

08 Health and Welfare



What are two ways of preventing the transfer of hazardous substances from your hands to your mouth?

- A** Wearing protective gloves while handling hazardous substances
- B** Washing your hand before eating
- C** Using a barrier cream to protect your skin from hazardous substances
- D** Rinsing your mouth with water after handling hazardous substances
- E** Using alcohol-based hand sanitizers after handling hazardous substances

Answer: A, B

08 Health and Welfare



If your hands are very dirty, what should you use to clean them?

- A** Soap and water
- B** Hand lotion
- C** Mouthwash
- D** Baby wipes

Answer: A

08 Health and Welfare



If there are no washing facilities on site, what is the appropriate action to take to maintain hand hygiene?

- A** Wait until you get home, then wash your hands
- B** Go to the local public toilets and use their washbasin
- C** Inform your supervisor or site manager about the issue and request for a solution
- D** Use hand sanitizer as a substitute for washing hands

Answer: C

08 Health and Welfare



What is the danger of using white spirit or other solvents to clean your hands?

- A** They may block the skin's pores
- B** They can strip away multiple layers of skin
- C** They can remove the skin's protective oils
- D** They can carry harmful bacteria that can damage the skin

Answer: C

08 Health and Welfare



What is the main drawback of using barrier cream as a means of protecting your skin?

- A** It is too costly for daily use
- B** It can be broken down by certain substances
- C** It is challenging to wash off thoroughly
- D** It can cause skin irritation and dermatitis

Answer: B

08 Health and Welfare



When is the best time to apply barrier cream to your skin?

- A** Before you begin working
- B** After you have finished working
- C** Throughout the day as needed
- D** Only when you notice skin irritation or dryness

Answer: A

08 Health and Welfare



What is a risk factor for developing occupational dermatitis?

- A Exposure to loud noises
- B Touching plants with thorns
- C Contact with irritant chemicals or substances
- D Standing for long periods of time

Answer: C

08 Health and Welfare



Which of the following can be caused by exposure to direct sunlight on bare skin?

- A** Dermatitis
- B** Rickets
- C** Acne
- D** Skin cancer

Answer: D

08 Health and Welfare



Which of the following measures can help outdoor workers to prevent the risk of skin cancer due to sun exposure?

- A** Using low factor tanning oil and short sleeved shirts
- B** Wearing high factor sunscreen and long sleeved clothing
- C** Applying extra moisturiser on the face and wearing short sleeved shirts
- D** Using a small amount of deodorant and vest tops

Answer: B

08 Health and Welfare



What are the potential risks of prolonged sun exposure?

- A** Premature aging of the skin
- B** Skin cancer
- C** Cataracts
- D** All of the above

Answer: B

08 Health and Welfare



What is the purpose of a high UV rate cream when it comes to protection?

- A To prevent dermatitis
- B To prevent Legionella
- C To prevent sunburn
- D To prevent abrasions

Answer: C

08 Health and Welfare



What is the mode of transmission for tetanus, an infection that can be contracted from contaminated soil or water?

- A Inhalation through the nose
- B Entry through an open cut on the skin
- C Ingestion through the mouth
- D Absorption through the skin's pores

Answer: B

08 Health and Welfare



When only wearing these items of PPE, what is the primary danger facing the worker?

- A** Hearing damage
- B** Eye injuries
- C** Inhalation of hazardous dust
- D** Skin cuts and scrapes

Answer: D

08 Health and Welfare



What part of the body needs protection to reduce the risk of cuts and abrasions?

- A** Bones
- B** Blood
- C** Hair
- D** Skin

Answer: D

08 Health and Welfare



Which disease can be contracted through cuts, puncture wounds, or grazes?

- A** Tetanus
- B** Dermatitis
- C** Legionella
- D** Cancer

Answer: A

08 Health and Welfare



Which two options show a worker taking appropriate measures to prevent cuts or abrasions?

- A** Carrying with no gloves
- B** Washing no gloves
- C** Scraping with gloves
- D** Scrubbing no gloves
- E** Painting with gloves

Answer: C, E

08 Health and Welfare



On construction sites, which animal is the most likely carrier of Weil's disease (leptospirosis)?

- A** Rabbits
- B** Rats
- C** Squirrels
- D** Cats

Answer: B

08 Health and Welfare



What is the reason for informing your employer if you have contracted Weil's disease (leptospirosis) on site according to your doctor's diagnosis?

- A** Your employer needs to inform your colleagues to stay away from you
- B** It is mandatory to report to the Health and Safety Executive (HSE)
- C** Your employer must take action to remove rats from the site
- D** The site on which you contracted the disease must be shut down

Answer: B

08 Health and Welfare



What is the most likely situation in which one can contract Weil's disease (leptospirosis)?

- A** Working near wet ground, waterways or sewers
- B** Working near air-conditioning units
- C** Fixing showers or baths
- D** Drinking water from a standpipe

Answer: A

08 Health and Welfare



What is another illness that may have similar early symptoms to Weil's disease (leptospirosis)?

- A** Eczema
- B** Meningitis
- C** Hay fever
- D** Influenza (flu)

Answer: D

08 Health and Welfare



When a worker is fatigued, what is the most likely effect on their work rate?

- A** They will be able to work faster due to excess energy
- B** They will work consistently with no change in their work rate
- C** They will work at the same rate but require monitoring
- D** They will work more slowly due to tiredness

Answer: D

08 Health and Welfare



What kind of work is more likely to result in fatigue?

- A** Involving new and diverse activities
- B** Involving monotonous and repetitive tasks
- C** Involving exciting and engaging activities
- D** Involving quiet and relaxing tasks

Answer: B

08 Health and Welfare



What could be a positive outcome of job satisfaction?

- A** Feeling less stressed at work
- B** Feeling isolated at work
- C** Feeling overwhelmed at work
- D** Feeling dissatisfied at work

Answer: A

08 Health and Welfare



What is a common cause of work-related stress?

- A Too much time off and lack of responsibilities
- B Fear of promotions and advancement opportunities
- C Lack of job security and potential for job loss
- D Too much work and unrealistic deadlines

Answer: C

08 Health and Welfare



Which of the following can help reduce physical stress in a job?

- A** Only offering one task to perform
- B** Making equipment easy to use
- C** Providing job rotation and task variation
- D** Decreasing pay for the same job

Answer: C

08 Health and Welfare



What can a worker do if they are experiencing symptoms of work-related stress?

- A** Speak to someone they trust, like a friend or someone independent
- B** Ignore the symptoms and continue working
- C** Keep their symptoms to themselves and not seek help
- D** Take medication to alleviate the symptoms

Answer: A

08 Health and Welfare



Which of the following is true about mental health?

- A It is always easy to diagnose
- B It can sometimes have an obvious cause
- C It is always caused by a chemical imbalance in the brain
- D It can sometimes have no obvious cause

Answer: D

08 Health and Welfare



Which of the following is accountable for ensuring workers are protected against job-related stress?

- A The union
- B The government
- C The local authority
- D The employer

Answer: D

08 Health and Welfare



What is the main goal of the organisation 'The Samaritans'?

- A** To provide emotional support for people who are struggling to cope
- B** To advocate for social and economic equality for vulnerable people
- C** To negotiate better wages and benefits for workers
- D** To provide healthcare services to underserved communities

Answer: A

08 Health and Welfare



What are common symptoms of mental health issues or stress?

- A** Loss of appetite, fatigue and tearfulness
- B** Headaches and dizziness
- C** Numbness in the fingers and toes
- D** Chest pain and shortness of breath

Answer: A

08 Health and Welfare



Which one of the following statements about mental health is true?

- A** Mental and physical health are directly linked
- B** Mental health is caused by bad luck
- C** Mental health is all about our height
- D** Mental health is all about our diet

Answer: A

08 Health and Welfare



What is true about mental health problems?

- A** People with mental health problems are likely to be violent or dangerous
- B** Mental health problems are common and affect many people
- C** Mental health problems are distinct from learning difficulties
- D** Mental health problems are common and can happen to anyone

Answer: B

08 Health and Welfare



What is one helpful tip for dealing with stress?

- A Get enough sleep
- B Drink more alcohol
- C Work through your breaks
- D Don't talk about your problems

Answer: A

08 Health and Welfare



A worker is suffering stress caused by their line manager What should they do?

- A** Get another job that will be less demanding
- B** Speak to their colleagues about it
- C** Find and follow the company procedures to address it
- D** Ignore it and hope it goes away

Answer: C

08 Health and Welfare



What is true about the symptoms of stress?

- A** They affect everyone the same way
- B** They differ from person to person
- C** They only develop suddenly
- D** They appear without any time delay

Answer: B

08 Health and Welfare



What does the charity MIND offer?

- A** Advice and support for those with mental health problems
- B** Housing for retired construction workers
- C** Assistance for those looking to increase their IQ
- D** Health and safety guidelines for workplaces

Answer: A

08 Health and Welfare



What facilities should be included in a rest area on a work site?

- A** A small room without any seating or facilities
- B** A covered area, chairs and a way to boil water and heat food
- C** A vending machine for drinks and snacks
- D** No rest area is required on a work site

Answer: B

08 Health and Welfare



What is a mandatory provision for workers on a construction site?

- A** A personal assistant
- B** Complimentary fruit basket
- C** Safe means of accessing heights
- D** Drinking water

Answer: D

08 Health and Welfare



What furniture should be provided in rest areas on site?

- A Sofas and chairs
- B Televisions and desks
- C Seating and radio
- D Seating and tables

Answer: D

08 Health and Welfare



Which of the following practices can help keep rats away from a construction site?

- A** Installing rat traps and using poison
- B** Requesting the Local Authority to provide rat poison
- C** Disposing of food waste over the fence or hoarding
- D** Putting all food and drink waste in the provided bins

Answer: D

08 Health and Welfare



Which of the following statements is true about site waste management?

- A** Waste should only be cleared at the end of the day
- B** Site waste is the sole responsibility of the site manager
- C** Construction sites are always clean and do not need waste management
- D** Waste should be cleared on a continuous basis

Answer: D

08 Health and Welfare



What action should be taken when absorption granules from a spill kit have been used on oil?

- A** Clear them up and place them in a sealed waste bag ready for specialist disposal
- B** Leave them on the oil for a few days before clearing into the general waste
- C** Clear them up straight away and put them into a general waste skip
- D** Use water to help clean up excess oil before specialist disposal

Answer: A

08 Health and Welfare



Why is it important to clean up an oil spill immediately?

- A It looks unsightly
- B It can cause an unpleasant odor
- C It could cause someone to slip
- D It could damage equipment on the site

Answer: C

08 Health and Welfare



Why is it important to keep your work area clean and tidy?

- A** To prevent accidents, such as slips, trips and falls
- B** To make it easier to find things
- C** To make the workplace look more professional
- D** To impress your colleagues

Answer: A

08 Health and Welfare



When a worker creates offcuts on site, who is responsible for removing them?

- A** The worker who created them
- B** The supervisor in charge of the worker
- C** The site manager overseeing the project
- D** The foreman responsible for the specific task

Answer: A

08 Health and Welfare



How can you prevent the ground from becoming slippery on site if it has become muddy?

- A** Add more mud to even out the surface
- B** Place warning signs in the area
- C** Place mats or carpets on the muddy surface
- D** Add gravel or other absorbent material to the surface

Answer: D

08 Health and Welfare



A work task results in cables from power tools running across a walkway. What action should be taken?

- A** Ask a colleague to stand guard at the walkway and warn people
- B** Use a sign to mark the walkway as a potential hazard
- C** Ignore the cables as they are not causing an immediate danger
- D** Re-route the cables to run along the wall or ceiling instead of the floor

Answer: D

08 Health and Welfare



What is one possible cause of fatigue?

- A Maintaining a good work/life balance
- B Sleeping well at night
- C Following a healthy diet
- D Working long hours

Answer: D

08 Health and Welfare



Which of the following is a good way to reduce fatigue among workers?

- A** Consistent start and end times
- B** Starting work early and ending late
- C** Rotating work schedules
- D** Randomizing work hours

Answer: A

08 Health and Welfare



Which of the following is a proven way to reduce fatigue at work?

- A** Skipping lunch breaks to work longer hours
- B** Drinking coffee or energy drinks throughout the day
- C** Taking regular breaks at work
- D** Increasing workload to stay productive

Answer: B

08 Health and Welfare



If a worker is feeling stressed, when is the best time for them to address the issue?

- A** When they have finished work and they are away from the workplace
- B** As soon as they realize they have symptoms of stress
- C** Only after the stress level gets so bad it causes an accident
- D** Whenever they feel comfortable discussing the issue with their supervisor or HR representative

Answer: B

08 Health and Welfare



What can a worker do to avoid becoming stressed due to an excessive workload?

- A** Have open and regular communication with their manager or employer about their workload
- B** Take on the extra work without saying anything to anyone
- C** Only do what is manageable and hope the workload reduces
- D** Quit their job and find a less stressful one

Answer: A

08 Health and Welfare



Which of the following is an indication that workers may be experiencing stress at work?

- A** Increased productivity on site
- B** Fewer accidents on site
- C** Long-term staff retention rates
- D** High staff turnover rates

Answer: D

08 Health and Welfare



Which of the following may indicate that an employee is experiencing stress?

- A** Struggling to manage their usual workload
- B** Demonstrating increased productivity
- C** Feeling unimportant at work
- D** Feeling confident in their abilities at work

Answer: A

08 Health and Welfare



Which of the following can be classified as mental health issues?

- A** Paralysis and halitosis
- B** Hand arm vibration syndrome
- C** Depression and anxiety
- D** Dermatitis, skin irritation

Answer: C

08 Health and Welfare



If a coworker reveals that they have a mental health issue, what should their colleague do?

- A** Share the information with others in the workplace
- B** Ignore the coworker and treat them poorly
- C** Be understanding and treat the coworker with respect
- D** Report the coworker to management and avoid working with them

Answer: B

08 Health and Welfare



How often might a worker with mental health issues require assistance at work?

- A** Once a day
- B** Once a week
- C** Once a month
- D** As needed or in case of an emergency

Answer: D

08 Health and Welfare



Which of the following is the main danger for lone workers?

- A Violence
- B Paranoia
- C Sleeplessness
- D Humiliation

Answer: A

08 Health and Welfare



Who has permission to operate company vehicles?

- A** Only employees who have completed a defensive driving course
- B** Only employees who hold a valid driver's license
- C** Any individual who has completed a vehicle safety course
- D** Any individual who has been employed with the company for more than six months

Answer: B

08 Health and Welfare



If a worker has a full UK driving licence but has not been trained on a specific machine, what should they do if asked to move it?

- A** Move the machine slowly and carefully to avoid accidents
- B** Refuse to move the machine without proper training
- C** Find a supervisor to provide instruction on how to move the machine
- D** Move the machine quickly to save time and meet the deadline

Answer: B

Learning content:

- Moving heavy objects with the assistance of tools like wheelbarrows is considered manual handling. Although it falls under this category, it reduces the chances of physical harm.
- To prevent injury in the workplace, it's important to use safe techniques for manual handling that protect the back.
- Prior to manual handling or lifting, employees should receive training on how to do so safely.
- T.I.L.E. is a mnemonic for Task, Individual, Load and Environment, which are factors to consider when assessing manual handling activities.

09 Manual Handling



As a new employee, you have an old back injury that might affect your ability to perform manual handling tasks. What is the best course of action?

- A** Say nothing and hope the injury doesn't cause a problem
- B** Let your supervisor know that manual handling might be difficult for you
- C** Attempt manual handling tasks, and then report back to your supervisor if you have any problems
- D** Wait until your back injury gets worse before reporting it to your supervisor

Answer: B

09 Manual Handling



You need to move a load that might be too heavy for you. There is no one to help you and you cannot divide the load into smaller parts. What should you do?

- A** Try to lift it using the correct lifting methods
- B** Lift and move the load quickly to avoid injury
- C** Do not move the load until you have a safe way of doing it
- D** Ask your supervisor for assistance with the load

Answer: C

09 Manual Handling



What should you do if you need to lift a load that is not heavy but so big you can't see in front of you?

- 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. It is so large that anyone in your way is sure to see it

Answer: A

09 Manual Handling



When carrying a load down a steep slope, what is the most important consideration?

- A** How quickly you can move the load
- B** The weight of the load
- C** Your ability to maintain your balance
- D** Whether you are using the proper lifting technique

Answer: D

09 Manual Handling



What are two potential hazards of carrying a load in cold, damp conditions?

- A** The load will be heavier and harder to carry
- B** The route you take may be obstructed by snow or ice
- C** You will need to work more slowly to avoid injury
- D** The load will feel slippery and difficult to grip
- E** Your ability to carry the load safely will be compromised

Answer: B, E

09 Manual Handling



If you have been instructed on how to lift a heavy load but believe there is a better method, what should you do?

- A** Share your alternative technique with your supervisor and seek feedback
- B** Disregard the given instructions and lift the load as you see fit
- C** Comply with the given instructions without exception
- D** Consult with your coworkers to determine the optimal strategy

Answer: A

09 Manual Handling



What does it mean if you have to twist or turn your body when you lift and place a load?

- A** You should only lift the load with the help of a partner
- B** You should avoid lifting the load on uneven surfaces
- C** You should use your leg muscles to do most of the lifting
- D** You should avoid lifting the load if possible and use machinery

Answer: C

09 Manual Handling



Which of the following is incorrect when you need to reach above your head or lower a load to the floor?

- A** The load will be harder to manage
- B** You can safely lift more weight than usual
- C** It will be harder to maintain a straight back
- D** You will exert extra pressure on your arms and back

Answer: B

09 Manual Handling



When moving a load while sitting down, what is the maximum weight you can safely lift?

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

Answer: A

09 Manual Handling



Is it necessary to wear a back support belt when lifting?

- A** Yes, it is always necessary
- B** No, it depends on the weight of the load
- C** No, it can actually be harmful
- D** Yes, it is necessary only for people with weak backs

Answer: B

09 Manual Handling



What are the three important factors to keep in mind for safe lifting of a load?

- A** Its weight
- B** Its size and shape
- C** What the value of it is
- D** How to grip or hold it firmly
- E** Whether the contents are insured

Answer: A, B, D

09 Manual Handling



When using manual handling lifting aids, what are the two important considerations to keep in mind?

- A** The user must hold a CSCS card
- B** The lifting aid can only be used outside
- C** The lifting aid must be designed for the task
- D** Lifting aids must not be more than six months old
- E** Users must be trained in the correct use of the lifting aid

Answer: C, E

09 Manual Handling



Which three methods can be used to move a load that might be too heavy for you?

- A** Ask someone to help you
- B** Drag the load to avoid lifting it
- C** Use an aid, such as a trolley or wheelbarrow
- D** Divide the load into smaller loads if possible
- E** Test the load's weight by picking it up for a short time

Answer: A, C, D

09 Manual Handling



What are the regulations for manual handling that apply to all workers?

- A** To wear back-support belts when lifting heavy loads
- B** To refuse any task that involves manual handling
- C** To be aware of their employer's safe systems of work
- D** To be unaware of the risks associated with manual handling

Answer: C

09 Manual Handling



When moving a load that is heavier on one side than the other, which side should you place towards you?

- A** The heavier side
- B** The lighter side
- C** The wider side
- D** The narrower side

Answer: A

09 Manual Handling



What is the most effective method for minimizing the risk of injury when moving loads on site?

- A** Request assistance from a trained individual
- B** Utilize lifting aids whenever possible
- C** Flatten the area before starting the task
- D** Remove all odd-shaped loads from the site

Answer: B

09 Manual Handling



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

- A** Carry the load for the rest of the journey
- B** Try to balance the load on the remaining wheels
- C** Find another trolley to use
- D** Ask someone to help you pull the trolley for the rest of the journey

Answer: B

09 Manual Handling



When planning the safe system of work for manual handling, who should be involved?

- A** You and your coworkers
- B** Your manager or employer
- C** Both you and your manager or employer
- D** The Occupational Safety and Health Administration (OSHA)

Answer: C

09 Manual Handling



What must your employer do if you are required to lift a heavy load?

- A** Watch you while you lift the load
- B** Provide additional lifting equipment
- C** Do nothing, lifting loads is part of your job
- D** Complete a risk assessment of the task

Answer: D

09 Manual Handling



In terms of worker health, which of the following could lead to back and musculoskeletal issues?

- A** Moving materials away from the work area
- B** Proper planning to minimize the weight of heavy objects lifted
- C** Decreasing the maximum weight that can be lifted
- D** Utilizing machinery for lifting tasks as frequently as possible

Answer: A

10 Safety signs

Learning content:

- Prohibition signs – must not do – red and white



No access
for
pedestrians



No
admittance
Authorised
personnel only



No mobiles
phone



No naked
flames



No
smoking



Not
drinkable



Do not
touch

10 Safety signs

- Mandatory signs – must do – blue and white.



Safety gloves must be worn



Safety boots or shoes must be worn



Safety harness must be worn



Safety helmet must be worn



Protective eyewear must be worn



Hearing protection must be worn



General mandatory sign

10 Safety signs

- Warning signs – yellow and black.



Slippery surface



Trip hazard



Combustible or flammable material



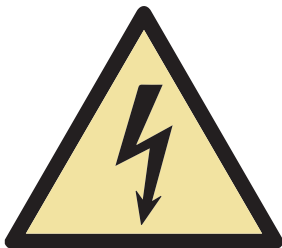
Corrosive material



Protective eyewear must be worn



Industrial vehicles operating



High voltage



General warning sign



Overhead load

10 Safety signs



Explosive material



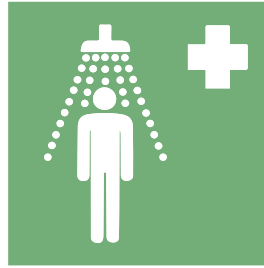
Radioactive material or ionizing radiation

10 Safety signs

- Safe condition – green and white.



Emergency eye wash



Emergency shower



Emergency assembly point



Emergency escape route



First aid

10 Safety signs

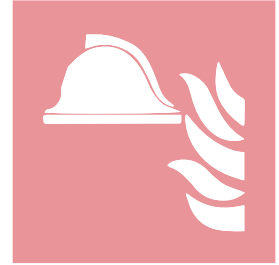
- Fire-fighting signs.



Fire
emergency
telephone



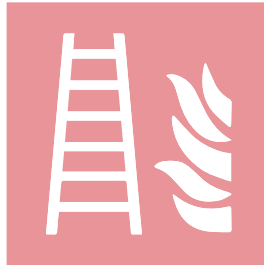
Fire
extinguisher



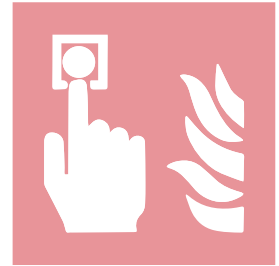
Fire fighting
equipment



Fire hose
reel



Fire ladder



Fire alarm
call point

10 Safety signs

- Globally harmonised pictograms are used to help identify hazardous substances.



Hazardous to the environment and aquatic life



Oxidising gases liquids and solids



Toxic



Contains gases under pressure



Damage to organs



Corrosive



Heating may cause an explosion



Flammable gases



Harmful skin eye or respiratory irritation

10 Safety signs



Out of the following options, which three should be marked with this symbol for identification?

- A** Asbestos waste
- B** Raw asbestos
- C** Any product that contains asbestos
- D** Plasterboard waste
- E** Recyclable waste

Answer: A, B, C

10 Safety signs



What is the correct method for disposing of a container or residue marked with a specific label or packaging sign?



- A** Place it in a bin or skip
- B** Leave it for someone else to handle
- C** If it is a liquid and less than one liter, it may be poured down a drain
- D** Follow the guidelines outlined on the label and in the work instructions

Answer: D

11 Fire Prevention and Control

Learning content:

- Before starting any work, it is important to have emergency procedures in place, which are explained during site induction, and cannot be changed without warning.
- All workers should know the emergency procedures to handle dangerous situations.
- The emergency escape routes should be free from obstructions all the time.
- When the fire alarm sounds, the fire assembly point is where people must go to gather.
- Hot-work permits allow workers to carry out work that has a risk of starting a fire under controlled conditions.
- Hot-work permits are necessary for jobs like cutting steel or soldering pipework in a heating system.
- Liquefied Petroleum Gas (LPG) is highly flammable, and it has a specific smell even though it is colorless.

11 Fire Prevention and Control

- A leaking LPG cylinder can cause a fire at a distance and can flash back to the source.
- If an LPG cylinder is leaking, switch off the supply immediately, but only if it is safe to do so.
- Fuel dispensing must be done using the correct nozzle and stored in the fuel store designated for it.
- Refuelling must only be done by authorized people and after turning off and cooling down the equipment for safety.

11 Fire Prevention and Control



From the options provided, which two factors are 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

Answer: B, D

11 Fire Prevention and Control



Besides heat, what are the other two essential components for starting a fire?

- A** Nitrogen
- B** Carbon dioxide
- C** Argon
- D** Oxygen
- E** Fuel

Answer: D, E

11 Fire Prevention and Control



What safety measures need to be considered before carrying out work in a corridor that functions as a fire escape route?

- A** Check if the tools being utilized are safe from generating sparks
- B** Verify that the doors leading to the corridor are not obstructed and can be easily accessed
- C** Ensure that the equipment and tools used will not impede the escape path
- D** Make sure that the fire escape signs remain in place and are visible

Answer: C

11 Fire Prevention and Control



If you come across a fire, what should be your immediate action?

- A** Alert others by raising the alarm
- B** Put away your tools
- C** Attempt to extinguish the fire
- D** Finish whatever you are doing

Answer: A

11 Fire Prevention and Control



What should you do if there is a large fire and you have not been trained to use fire extinguishers?

- A** Proceed immediately to the assembly point
- B** Put away your tools before heading to the assembly point
- C** Report to the site office before going home
- D** End your workday and go home

Answer: A

11 Fire Prevention and Control



What emergency procedures should be covered during site induction? Choose three answers.

- A** How to raise the alarm in case of an emergency
- B** Where to go if the fire alarm is activated
- C** What to do if someone is injured on site
- D** How to evacuate the building in case of an emergency
- E** How to avoid leaving site in case it's a false alarm

Answer: A, B, C

11 Fire Prevention and Control



What is the appropriate course of action when interacting with the designated fire warden during a fire emergency?

- A** Follow the instructions provided by the fire warden
- B** Ignore the fire warden and follow your colleagues
- C** Follow the site manager as they have more knowledge of the site
- D** Ignore both the fire warden and the site manager

Answer: A

11 Fire Prevention and Control



When working alone, what additional regulations may be required to be followed?

- A** Have two sets of personal protective equipment (PPE)
- B** Complete an extra timesheet
- C** Avoid interacting with the general public
- D** Establish consistent communication via radio or mobile phone.

Answer: D

11 Fire Prevention and Control



What are the two things you should expect to do if your job requires a hot-work permit?

- A** Write a site evacuation plan
- B** Learn how to refill fire extinguishers
- C** Watch for fire signs when you stop working
- D** Keep a fire extinguisher near the work area
- E** Know the location of all fire extinguishers on the site

Answer: C, D

11 Fire Prevention and Control



What is the most appropriate way to find out if a permit to work is required before starting a new job?

- A** Can permits be obtained from the Health and Safety Executive (HSE)?
- B** Are permits only necessary for managers working on large construction sites?
- C** Is the permit information given during the site induction before commencing any work?
- D** Will other workers provide the permit once they have completed their work?

Answer: C

11 Fire Prevention and Control



When handling a liquefied petroleum gas (LPG) cylinder, what does frost forming around the valve indicate?

- A** The cylinder is full
- B** The valve is leaking
- C** The cylinder is nearly empty
- D** You must transport the cylinder horizontally

Answer: B

11 Fire Prevention and Control



When dealing with electrical fires, which two fire extinguishers should be avoided?

- A** Dry powder (blue colour band) and carbon dioxide (black colour band)
- B** Foam (cream colour band) and water (red colour band)
- C** Carbon dioxide (black colour band) and water (red colour band)
- D** Dry powder (blue colour band) and foam (cream colour band)

Answer: B

11 Fire Prevention and Control



What is the key role of fire extinguishers?

- A** To extinguish large fires in commercial buildings
- B** To be used by firefighters during emergency operations
- C** To provide a sense of security to construction workers
- D** To handle small fires before they escalate

Answer: D

11 Fire Prevention and Control



If a worker needs to use a flammable liquid, how much should be obtained from the store?

- A** The amount needed to complete the immediate task
- B** The maximum amount allowed by safety regulations
- C** Enough to last a month, with permission from the site manager
- D** Enough to last a week to reduce the number of visits to the store

Answer: A

11 Fire Prevention and Control



If you witness a driver spilling a significant amount of diesel while refuelling an excavator, what should be your first response?

- A** Quickly inform the driver and locate the spill kit
- B** Report the issue to your supervisor when possible
- C** Look for the spill kit and then inform your supervisor
- D** Take no action, as the diesel will eventually penetrate the ground

Answer: A

11 Fire Prevention and Control



What is the recommended course of action for a worker who has accidentally spilled a large amount of petrol on their clothing while refuelling equipment?

- A** Put some other clothes on top
- B** Change their clothes immediately
- C** Do nothing, as it will evaporate quickly
- D** Use a cloth to wipe it off

Answer: B

11 Fire Prevention and Control



After spilling a large quantity of petrol when refuelling a dumper, what is the correct sequence of actions that a worker should take?

- A** Stop – Notify – Contain
- B** Stop – Contain – Notify
- C** Contain – Stop – Notify
- D** Notify – Contain – Stop

Answer: B

12 Electrical Safety, Tools and Equipment

Learning content:

- Prior to using power tools, it is crucial that workers receive adequate training and possess the necessary skills to operate them safely.
- Cartridge-powered tools function similarly to firearms and pose a significant risk if handled by inexperienced individuals.
- Guards on cutting and grinding machinery serve to prevent both airborne fragments and direct contact between the operator and the blade or wheel.
- The recommended voltage limit for construction sites is 110 volts, and connectors should be yellow in color.
- To ensure safety, Residual Current Devices (RCDs) should be installed between the plug of a 230-volt tool and the supply socket.
- RCDs operate by quickly shutting off power in case of a fault and should be tested mechanically (tripped) before each use.

12 Electrical Safety, Tools and Equipment



If you encounter an electric cable with bare wires while working in the area, what should you do?

- A** Test the cable by touching it to see if it is live
- B** Inform your supervisor and keep a safe distance from the cable
- C** Push the cable out of the way so that work can commence
- D** Verify that there are no sparks emitting from the cable before starting work

Answer: B

12 Electrical Safety, Tools and Equipment



What should you do if a lamp blows while using a generator to power lighting and you have a spare lamp?

- A** Continue working in the dark
- B** Replace the lamp without disconnecting the generator
- C** Wait for a fully qualified electrician with a NICEIC card
- D** Disconnect the lighting from the generator before replacing the lamp

Answer: D

12 Electrical Safety, Tools and Equipment



Before using a power tool, what are the two key visual inspections you should carry out?

- A** Ensure that the carry case is not broken
- B** Verify that it is marked with a security stamp
- C** Ensure that the manufacturer's label has not fallen off
- D** Check that the power cord, plug, and casing are in good condition
- E** Check the switches, triggers, and make sure the guards are adjusted and working correctly

Answer: D, E

12 Electrical Safety, Tools and Equipment



What is the recommended procedure when using a power tool with a rotating blade?

- A** Adjust the guard to expose the maximum amount of blade
- B** Remove the guard so that the blade is clearly visible
- C** Take off the guard, but wear leather gloves to safeguard your hands
- D** Adjust the guard to uncover only enough blade required to complete the job

Answer: D

12 Electrical Safety, Tools and Equipment



What should you do before making adjustments to an electric hand tool?

- A** Turn it off but leave the plug in the socket
- B** Cover the power switch with tape before adjusting
- C** Turn it off and disconnect it from the socket
- D** It's not safe to adjust an electric hand tool by yourself

Answer: C

12 Electrical Safety, Tools and Equipment



After confirming that a hand tool or power tool is appropriate for the job you have been assigned, what is the next step before using it?

- A** Check its country of origin
- B** Check the maintenance schedule
- C** Check the supplier's reputation
- D** Check that it has been inspected and is in working order

Answer: D

12 Electrical Safety, Tools and Equipment



Why is it not recommended to store batteries loosely in a tool bag?

- A** You may forget to charge them
- B** Batteries may create a short circuit and cause a fire
- C** They may emit harmful gases when confined
- D** The weight of the tool bag can lead to back injury

Answer: B

12 Electrical Safety, Tools and Equipment



When is it safe to work close to an overhead power line?

- A** If the power is switched off
- B** If you have a valid driving license
- C** If you have a first aid kit nearby
- D** If you have a permit to work on the site

Answer: A

12 Electrical Safety, Tools and Equipment



When a power tool is missing a guard, what should you do?

- A** Attempt to construct a makeshift guard
- B** Use the tool with extreme caution
- C** Use the tool but work slowly and with care
- D** Avoid using the tool until a proper guard is in place

Answer: D

12 Electrical Safety, Tools and Equipment



What should you do if the electrical equipment you are using stops working suddenly?

- A** Try shaking it to see if it will start again
- B** Pull on the electrical cable to see if it is loose
- C** Switch the power on and off a few times
- D** Turn off the power and check for signs of damage

Answer: D

12 Electrical Safety, Tools and Equipment



Which of the following is a reason to use a residual current device (RCD) with 230 volt tools?

- A** To save money on energy bills
- B** To regulate the voltage of the tool
- C** To increase the speed of the tool
- D** To quickly disconnect power in case of a fault

Answer: D

12 Electrical Safety, Tools and Equipment



What is the method used to check the functionality of a residual current device (RCD) connected to a power tool?

- A** Turn the tool off and on
- B** Press the test button on the RCD
- C** Inspect the plug and cable
- D** Run the tool for a few minutes to see if it overheats

Answer: B

12 Electrical Safety, Tools and Equipment



How can you protect yourself from electric shock when using a 230 volt tool?

- A** Wear protective boots and gloves
- B** Install safety screens around the work area
- C** Regularly service the generator
- D** Use a portable residual current device (RCD)

Answer: D

12 Electrical Safety, Tools and Equipment



What is the advantage of using battery-powered tools over 110 volt tools in a construction environment?

- A** They are more cost-effective
- B** They produce less noise
- C** They offer greater power output
- D** They are considered safer

Answer: D

12 Electrical Safety, Tools and Equipment



What is the main benefit of using battery-powered tools instead of electric ones?

- A** They are less expensive to operate
- B** They reduce the risk of hand-arm vibration
- C** They do not require testing or servicing
- D** They reduce the risk of serious electric shock

Answer: D

12 Electrical Safety, Tools and Equipment



What is the reason for building sites to use a 110 volt electricity supply instead of a 230 volt one?

- A** It is more cost-effective
- B** It is less dangerous to human life
- C** It is more environmentally friendly
- D** It transmits power faster along the cables

Answer: B

12 Electrical Safety, Tools and Equipment



To prevent tripping or injuries caused by messy extension cables and leads, what two steps should you take?

- A** Run cables and leads above head height and over doorways and walkways.
- B** Tie excess cables and leads into small coils.
- C** Keep trailing cables and leads close to the wall.
- D** Ensure that the cables you use have not been used before.
- E** Use only thinner 230-volt extension cables

Answer: A, C

12 Electrical Safety, Tools and Equipment



To ensure safety when running an electrical cable across an area used by vehicles, what two things should you do?

- A** Use highly visible yellow tape to wrap the cable
- B** Cover the cable with a protective ramp
- C** Cover the cable with scaffold boards
- D** Put up a sign that says “Cable ahead”
- E** Position the cable at a safe height above the ground

Answer: B, D

12 Electrical Safety, Tools and Equipment



What two things should you do if you need to use an extension cable?

- A** Uncoil the whole cable
- B** Clean the cable with a damp cloth
- C** Only uncoil the length of cable you need
- D** Check the whole cable and connectors for damage
- E** Only use extension cables that are rated for outdoor use

Answer: A, D

12 Electrical Safety, Tools and Equipment



What can you do to safeguard an extension cable and prevent tripping accidents?

- A** Position the cable above head level
- B** Choose the most direct path for the cable
- C** Cover the cable with yellow tape
- D** Use wooden boards to cover the cable

Answer: A

12 Electrical Safety, Tools and Equipment



If an extension cable has a cut in its outer cover, what action should you take?

- A** Replace the cable
- B** Use electrical tape to cover the damaged part
- C** Report the fault and stop using the cable
- D** Check the copper wires aren't showing in the cut and cover the area with electrical tape

Answer: C

12 Electrical Safety, Tools and Equipment



In case the head on your hammer becomes loose, what should be your first course of action?

- A** Cease working and take the hammer for repair or replacement
- B** Try to find an alternate heavy tool to use instead of the hammer
- C** Inform your colleagues to keep away from the vicinity
- D** Use the hammer with care, but keep in mind that the head can come off at any time

Answer: A

12 Electrical Safety, Tools and Equipment



Which of the following equipment would not need Portable Appliance Testing (PAT)?

- A** 110 volt transformer
- B** Hammer and cold chisel
- C** 110 volt extension lead
- D** Plug-in breaker

Answer: B

12 Electrical Safety, Tools and Equipment



Do simple hand tools like trowels, screwdrivers, saws and hammers need to be inspected?

- A** No, there is no need to inspect such tools
- B** Inspection is only necessary if someone else has borrowed the tools
- C** Yes, the tools should be inspected every time they are used
- D** Inspection is only necessary if the tools have not been used for a few weeks

Answer: C

12 Electrical Safety, Tools and Equipment



What is the main danger that arises when working with a chisel or bolster that has a mushroomed head?

- A** It may shatter and release dangerous fragments into the air
- B** You have an increased likelihood of accidentally striking your hand with the chisel head
- C** The hammer may slip off the tool's head during use
- D** The chisel may become bent, leading to a loss of effectiveness

Answer: A

12 Electrical Safety, Tools and Equipment



When is it necessary to inspect tools and equipment for damage?

- A** Before every use
- B** Daily
- C** Weekly
- D** Annually

Answer: A

12 Electrical Safety, Tools and Equipment



What information is included on a portable appliance testing (PAT) label found on a power tool?

- A** The tool's manufacturing date
- B** The date of the tool's last inspection
- C** The tool's power consumption rate
- D** The identity of the original purchaser of the tool

Answer: B

12 Electrical Safety, Tools and Equipment



Which equipment listed below does not need to undergo portable appliance testing (PAT)?

- A** 110 volt transformer
- B** Battery-powered rechargeable drill
- C** 110 volt extension lead
- D** Plug-in portable halogen light

Answer: B

12 Electrical Safety, Tools and Equipment



You have a cable avoidance tool to detect power cables before digging, but you haven't been trained to use it. What should you do?

- A** Read the manual before starting work
- B** Ask a colleague to demonstrate how to use the tool
- C** Inform your supervisor that you haven't been trained on the tool
- D** Dig the hole without using the cable avoidance tool

Answer: C

12 Electrical Safety, Tools and Equipment



What are the three most probable hazards that can impact you while using an air-powered tool?

- A** Radiation exposure
- B** The risk of being struck by a poorly secured hose
- C** Electric shock
- D** Hand-arm vibration
- E** Airborne dust and flying fragments

Answer: B, D, E

12 Electrical Safety, Tools and Equipment



What are the three primary hazards that could affect you immediately if someone close to you is using a petrol cut-off saw to cut concrete blocks?

- A** Flying fragments
- B** Contact dermatitis
- C** Harmful dust in the air
- D** High noise levels
- E** Vibration white finger

Answer: A, C, D

12 Electrical Safety, Tools and Equipment



If a prohibition notice is issued for the equipment you are currently using, what is its significance?

- 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 until further notice

Answer: B

12 Electrical Safety, Tools and Equipment



What are the two true statements about power tools?

- A** You should always carry the tool by its cord
- B** A power tool should be unplugged by pulling its cord
- C** You must be trained and competent to use any power tool
- D** You should always unplug the tool when you are not using it
- E** Power tools should always be left plugged in when you check or adjust them

Answer: C, D

12 Electrical Safety, Tools and Equipment



What is the danger of running an abrasive wheel faster than its recommended maximum speed?

- A** The abrasive wheel may wear out faster
- B** The motor may overheat
- C** The wheel could shatter into many pieces
- D** The safety guard may not be able to protect you

Answer: C

13 Site Transport and Lifting Operations

Learning Content

- Construction site accidents resulting from people being hit by moving machinery are frequent and can lead to injuries and fatalities.
- During your site induction, you should receive information on traffic rules and regulations that apply to the construction site.
- On well-organized construction sites, there will be designated paths for pedestrians and vehicles, to ensure they do not collide.
- On-site vehicle marshals must be present to control and supervise vehicle movements and ensure that they are safe.
- Operating or signaling machinery on a construction site requires training, competence, and authorization.
- To minimize the risk of accidents, loading and storage areas on the construction site should be placed far from major pedestrian routes.
- The risk of vehicle overturning increases with poor ground conditions, excessive speed, and uneven distribution of loads.
- Overturning is one of the most common accidents associated with dumpers.

13 Site Transport and Lifting Operations



You are walking on a construction site and suddenly a large mobile crane starts reversing across your path. What is the safest thing to do?

- A** Help the driver to reverse the crane
- B** Cross close to the front of the crane
- C** Wait or find another way around the crane
- D** Quickly run behind the reversing crane

Answer: C

13 Site Transport and Lifting Operations



What is the recommended course of action if you need to pass by someone operating a mobile crane?

- A** Run past the crane quickly
- B** Try to make eye contact with the crane operator
- C** Take a different route to avoid the crane
- D** Assume the crane operator can see you and walk past

Answer: C

13 Site Transport and Lifting Operations



In what situation is a site vehicle most likely to cause harm to pedestrians?

- A** While reversing
- B** While delivering materials
- C** While transporting personnel
- D** While parked on-site

Answer: A

13 Site Transport and Lifting Operations



Why is it dangerous to walk behind a lorry while it is reversing?

- A** The lorry may not have adequate rear visibility
- B** The driver may not be aware of your presence
- C** The lorry's reversing alarm may be malfunctioning
- D** The lorry may emit toxic fumes that can harm you

Answer: B

13 Site Transport and Lifting Operations



You need to reach your work area as quickly as possible but there is a contractor's vehicle compound in the way. What should you do?

- A** Avoid the compound if there are any vehicles moving
- B** Walk straight through the compound if there are no moving vehicles
- C** Always walk around the compound
- D** Walk straight through the compound if nobody is present

Answer: C

13 Site Transport and Lifting Operations



In what circumstance is site transport permitted to drive along a pedestrian route?

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

Answer: C

13 Site Transport and Lifting Operations



To avoid accidents with mobile plant while walking across the site, what should you do?

- A** Use the designated pedestrian routes
- B** Ride on the mobile plant
- C** Make sure the driver sees you before getting close
- D** Wear high-visibility clothing

Answer: A

13 Site Transport and Lifting Operations



What is the main hazard when walking past a 360° mobile crane operating near a wall?

- A** The crane could collide with the wall
- B** Risk of being crushed if walking between the crane and the wall
- C** Whole-body vibration caused by the crane
- D** High noise levels from the crane causing hearing damage

Answer: B

13 Site Transport and Lifting Operations



You need to pass through a site, but a forklift truck is lifting materials onto a scaffold, blocking the route. What is the recommended action to take?

- A** Wait or find an alternate route, and never walk under a raised load
- B** Quickly pass under the load while the forklift is lifting
- C** Wave to the forklift truck driver and walk under the raised load
- D** Walk under the raised load only if you are wearing a safety helmet

Answer: A

13 Site Transport and Lifting Operations



If a worker sees mobile plant using a pedestrian route, what should they do?

- A** Assume the driver is aware of the situation and take no action.
- B** Notify their supervisor about the incident.
- C** Wait until the end of the day to speak to the operator.
- D** Be cautious when in that area.

Answer: B

13 Site Transport and Lifting Operations



What is true when workers are walking near moving plant?

- A** Hi-vis clothing is the best way to protect the workers
- B** The operator will be able to see the workers due to the plant's safety features
- C** Workers should stay on designated pedestrian routes at all times
- D** Moving around in a group is safer than walking alone

Answer: C

13 Site Transport and Lifting Operations



Which symbol indicates that pedestrians are not allowed to access the area?

A



B



C



D



Answer: D

13 Site Transport and Lifting Operations



What is the safest situation for a worker to speak to someone operating mobile plant?

- A** The operator knows the worker is there and the plant has stopped operating
- B** The worker is wearing high-visibility clothing and the plant is moving slowly
- C** The worker is in a group and the operator can see them
- D** The worker is wearing personal protective equipment (PPE) and the plant is moving slowly

Answer: A

13 Site Transport and Lifting Operations



When it comes to the movement of plant and machinery on a construction site, what is the main hazard?

- A** Pedestrians being crushed by moving machinery
- B** Structural damage to buildings from machinery vibration
- C** Noise pollution causing hearing damage to workers
- D** Risk of electrocution from faulty equipment

Answer: A

13 Site Transport and Lifting Operations



Can you explain the meaning of this sign?



- A** It is only for pedestrians
- B** Pedestrians are not allowed here
- C** Vehicles are coming from both sides of the road
- D** Drive slowly

Answer: B

13 Site Transport and Lifting Operations



When operating plant or machinery on site, what should the operator be aware of?

- A** Driving with the hand-brake on
- B** The location of vending machines on site
- C** Other operators working in the area
- D** Only driving when there is no one else around

Answer: C

13 Site Transport and Lifting Operations



When materials are being tipped into excavations by vehicles, what safety precaution can be taken?

- A** Deploy stop blocks
- B** Install additional mirrors
- C** Add flashing lights
- D** Blow a whistle

Answer: A

13 Site Transport and Lifting Operations



Why is it recommended to turn off engines when leaving a site vehicle? Select two answers.

- A** It prevents unauthorized personnel from stealing the vehicle
- B** It reduces fuel consumption and saves construction budget
- C** The noise of the engine can disturb and distract other workers on site
- D** There is a risk of accidentally engaging the vehicle's controls while entering or exiting
- E** Site vehicles can run constantly without needing to turn off the engine

Answer: B, D

13 Site Transport and Lifting Operations



In situations where there are blind spots while operating plant and work needs to continue, what should be done?

- A** Use the mirrors that are already on the plant
- B** Ask for the installation of CCTV cameras on the plant
- C** Use a vehicle marshal to manage the situation
- D** Work with a slinger to ensure safety

Answer: C

13 Site Transport and Lifting Operations



Your supervisor wants you to drive a dumper truck, but you have no experience in operating one. What should you do?

- A** Ask a trained dumper truck driver how to safely operate the vehicle
- B** Observe other dumper truck drivers to learn how to operate the vehicle
- C** Operate the dumper truck only in an open area to avoid accidents
- D** Explain to your supervisor that you are not trained to operate a dumper truck and cannot do so

Answer: D

13 Site Transport and Lifting Operations



When reversing a vehicle, which of the following control measures is recognized?

- A** Turning off the site radio
- B** Using a vehicle marshal
- C** Turning on all the vehicle lights
- D** Standing on the back to direct it

Answer: B

13 Site Transport and Lifting Operations



If you notice that a load is at risk of falling from a moving forklift 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

Answer: A

13 Site Transport and Lifting Operations



What are the conditions under which passengers can be allowed in a mobile plant machine?

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

Answer: D

13 Site Transport and Lifting Operations



If you observe that a parked lorry has a flat tire, what is the best reason for telling the driver?

- A** It will affect the lorry's speed limit
- B** The load capacity of the lorry will be reduced
- C** Driving the lorry with a flat tire is unsafe
- D** The driver will need to refuel the lorry more often

Answer: C

13 Site Transport and Lifting Operations



You come across an excavator that has just stopped work, and there is a small pool of liquid forming under the back of the machine. What could be the reason for this?

- A** It is a normal process of the machine to release fluids after stopping work.
- B** The diesel has expanded due to the machine's high temperature and is now overflowing.
- C** There is an overfill of diesel in the machine.
- D** There is a leak in the machine which could make it unsafe.

Answer: D

13 Site Transport and Lifting Operations



You notice a mobile crane lifting a load, but it appears to be heading towards an obstacle. What should you do?

- A** Immediately inform the crane operator
- B** Wait and observe to see if the operator notices the danger
- C** Report the issue to your supervisor
- D** Move away from the area and let the crane operator handle the situation

Answer: A

13 Site Transport and Lifting Operations



Which of the following is required before supervising a crane lift?

- A** A mobile phone to communicate with the crane operator
- B** Completion of full training and assessment of competency
- C** Written instructions from the crane rental company
- D** No requirement, the crane operator will provide all necessary information

Answer: B

13 Site Transport and Lifting Operations



What is a reliable method to confirm that a slinger or signaller has received proper training and is capable of performing the role?

- A** Trusting their verbal assurances
- B** Requesting documented proof of training and competence
- C** Having them make a solemn declaration
- D** Making a verbal agreement

Answer: B

13 Site Transport and Lifting Operations



To help keep signallers safe, what action should be taken?

- A** Provide yearly eye tests to ensure good vision
- B** Provide body cameras to capture incidents
- C** Provide gloves for hand signals
- D** Provide hi-vis clothing to increase visibility

Answer: D

13 Site Transport and Lifting Operations



When is it necessary for a driver to immediately stop their vehicle?

- A** If the fuel tank is nearly empty
- B** If the vehicle's flashing beacon has stopped working
- C** If the vehicle marshal cannot be seen
- D** If the driver is traveling in a one-way system

Answer: C

13 Site Transport and Lifting Operations



In order to ensure safety, who should signallers be in contact with at all times?

- A** The machine operator
- B** The site manager
- C** Their supervisor
- D** Pedestrians

Answer: A

13 Site Transport and Lifting Operations



What is the most crucial information a vehicle marshaller needs to know before directing a vehicle?

- A** The relevant safety procedures and how to signal the vehicles
- B** The type of materials being delivered to the site
- C** The name and address of the driver for security reasons
- D** The weight and dimensions of the vehicle and its load to ensure it can safely access the designated area

Answer: A

13 Site Transport and Lifting Operations



How should earth moving vehicles be parked to reduce the risk of overturning and accidents when not in use?

- A** With their buckets and blades raised in the air
- B** With their buckets and blades facing the same way
- C** With their buckets and blades lowered to the ground
- D** With the buckets and blades facing opposite directions

Answer: C

13 Site Transport and Lifting Operations



Which safety feature is necessary for vehicles operating in areas with a significant risk of overturning?

- A** Extra strength brakes
- B** Roll-over protective structures (ROPS)
- C** Heavy duty graded tyres
- D** A winch and pulley system

Answer: B

13 Site Transport and Lifting Operations



When should rear tipping lorries not be used for tipping operations to prevent over-turning?

- A** When on firm, level ground
- B** On uneven or sloping ground
- C** When a competent signaller is supervising
- D** During redistribution of the load

Answer: B

14 Working at Height

Learning Content

- Working at height refers to any task performed at a height where a person could potentially fall and sustain injuries.
- Falls from height are the leading cause of fatalities among construction workers each year.
- Whenever possible, work at height should be avoided.
- Prior to use, all equipment used for working at height should undergo thorough inspection.
- Employers are responsible for providing their workers with sufficient information, instructions, and equipment to ensure they can perform their tasks safely.
- If individuals are working at height, there should be a rescue plan in place.
- If individuals feel unsafe performing a task at height, they should immediately stop work and report it to their supervisor.

14 Working at Height

- Working on the back of a lorry during loading or unloading activities is considered working at height.
- Workers being struck by falling objects is a major cause of injury on construction sites.
- Workers should not attempt to erect, alter, or dismantle a mobile access tower unless they have received proper training and authorization.
- Before moving a mobile access tower, ensure that there are no people, tools, or equipment on it.
- Only trained and authorized persons should perform the erection, alteration, inspection, and dismantling of scaffolding.
- Personal fall-arrest equipment is designed to minimize the consequences of a fall and only protect the individual worker.
- Unless a competent person confirms otherwise, all roofs should be treated as fragile.
- For all work performed on fragile roofs, safe access and a safe working platform must be provided.

14 Working at Height



When it comes to loading and unloading vehicles, what type of ground is recommended?

- A** Ground that is sloping upwards
- B** Level ground
- C** Ground that is sloping downwards
- D** Uneven ground

Answer: B

14 Working at Height



What is the primary objective of implementing a one-way system in a loading or unloading area?

- A** To avoid the need for reversing
- B** To permit higher speed limits
- C** To lower speed limits
- D** To intensify the necessity for reversing

Answer: A

14 Working at Height



During which process on a site can accidents occur due to materials falling from vehicles?

- A** Refuelling
- B** Repainting
- C** Cleaning
- D** Unloading

Answer: D

14 Working at Height



If you find a damaged ladder, what is the appropriate action to take?

- A** Do not use it and inform others of the damage
- B** Do not use it and report the damage at the end of your shift
- C** Attempt to repair the damage before using it
- D** Use it as long as the damage can be avoided.

Answer: A

14 Working at Height



What angle should a leaning ladder be used at?

- A** 45 degree
- B** 75 degree
- C** 65 degree
- D** 85 degree

Answer: B

14 Working at Height



When can ladders be used for work as per the Work at Height Regulations?

- A** For high-risk work for long periods of time
- B** Never on site
- C** For low-risk work for a short period of time
- D** When other people don't need to use it for access

Answer: C

14 Working at Height



Who should inspect a ladder before using it?

- A** The site supervisor
- B** The manufacturer
- C** The safety officer
- D** The user of the ladder

Answer: D

14 Working at Height



When using a ladder, how can you make sure that it is secure and does not slip?

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

Answer: A

14 Working at Height



When climbing a ladder, what is the correct method?

- A** By securing it with ropes
- B** Only using the ladder when wearing a hard hat
- C** Having two points of contact with the ladder at all times
- D** Having three points of contact with the ladder at all times

Answer: D

14 Working at Height



What is the maximum number of people allowed on a ladder simultaneously?

- A** One person only
- B** Two persons at most
- C** Three persons, provided the ladder is long enough
- D** One person per section of an extension ladder

Answer: A

14 Working at Height



Which of the following is not accurate when using podium steps?

- A** Podium steps are secure and cannot fall over
- B** Podium steps need to be inspected prior to use
- C** Podium step wheels should be locked before climbing
- D** Overreaching sideways does not pose a risk of toppling podium steps

Answer: A

14 Working at Height



Which of the following statements regarding using a ladder to reach a scaffold platform is correct?

- A** All broken rungs must be clearly identified
- B** Two people must be on the ladder at all times
- C** The ladder must be wedged at the base to prevent slipping
- D** The ladder must be secured and extend at least 1 meter above the platform

Answer: D

14 Working at Height



If the brakes on a mobile access tower are not operational, what should you do?

- A** Use wooden wedges to secure the wheels and prevent them from moving
- B** Do not use the tower
- C** Only use the tower on level flooring
- D** Have someone hold the tower while you use it

Answer: B

14 Working at Height



What is the correct method for accessing the working platform of a mobile access tower?

- A** Climb the ladder integrated into the tower
- B** Climb the outside of the diagonal bracing
- C** Lean a ladder against the tower and climb up it
- D** Climb the outside of the tower frame

Answer: A

14 Working at Height



Which surface is unsuitable for using a mobile access tower?

- A** Soft or uneven ground
- B** A paved patio
- C** An asphalt road
- D** A smooth concrete path

Answer: A

14 Working at Height



Which is the safest method for accessing a mobile access tower?

- A** Climbing the ladder inside the tower
- B** Climbing the outside of the tower frame
- C** Climbing a ladder outside the tower
- D** Climbing a rope on the outside of the tower

Answer: A

14 Working at Height



Which of the following is correct regarding the wheels of a mobile access tower?

- A** The wheels must be locked at all times
- B** The wheels must be locked when the tower is in use
- C** The wheels must be locked when the tower is being moved
- D** The wheels must be locked only at the end of the day

Answer: B

14 Working at Height



Which one of the following is a safe way of moving a mobile access tower?

- A** Using a forklift to lift and move the tower
- B** Pushing the tower from the top to the desired location
- C** Using a crane to move the tower to a new location
- D** Using manual effort to push the tower from the base to the desired location

Answer: D

14 Working at Height



When working near overhead electric cables during the assembly of a mobile access tower, which statement is true?

- A** It is safe to assume that the cables are dead if the work will take less than 30 minutes
- B** The cables must be treated as live until it is confirmed that they are dead
- C** The insulation on the mobile access tower will protect workers from electric shock
- D** Personal protective equipment (PPE) is not necessary if the cables are assumed to be dead.

Answer: B

14 Working at Height



What is the recommended personal protective equipment (PPE) to wear when working at height in a mobile elevating work platform (MEWP) over or near deep water?

- A** High-visibility vest
- B** Life jacket
- C** Steel-toed boots
- D** Face shield

Answer: B

14 Working at Height



When working in a mobile elevating work platform (MEWP), where should the harness lanyard be attached?

- A** The control box
- B** The MEWP handrail
- C** A nearby structure or building
- D** A designated anchor point within the platform or basket

Answer: D

14 Working at Height



A worker has been assigned to operate a mobile elevating work platform (MEWP) without any prior training. What should they do in this situation?

- A** Try to complete the task as quickly as possible.
- B** Ask a coworker for help with operating the MEWP.
- C** Report the lack of training to their supervisor.
- D** Wait until someone with proper training is available.

Answer: C

14 Working at Height



When working with a mobile elevating work platform (MEWP), which surface should be avoided?

- A** A level and stable concrete surface
- B** A flat and solid timber surface
- C** A gravel surface
- D** An uneven or sloped surface

Answer: D

14 Working at Height



When working in a boom type mobile elevating work platform (MEWP), what should a worker's harness be secured with?

- A** A fall-arrest lanyard attached to the basket
- B** A fall-restraint lanyard attached to the control box
- C** A work-restraint lanyard attached to the handrail
- D** A work-restraint lanyard attached to the structure being worked on

Answer: A

14 Working at Height



What is the appropriate action for a worker to take if a mobile elevating work platform (MEWP) does not allow safe access to the place of work?

- A** Try to lean over the edge of the basket to reach the work area
- B** Use a rope or chain to suspend themselves from the MEWP
- C** Request additional safety gear to reach the work area
- D** Inform a supervisor that a larger MEWP is needed

Answer: D

14 Working at Height



If you have to use access equipment that you haven't received training on, what should you do?

- A** Carry out the task if it seems straightforward
- B** Utilize a ladder in place of the equipment
- C** Stop the work and communicate with your supervisor
- D** Try to use the equipment by following instructions from co-workers

Answer: C

14 Working at Height



If you are working on a flat roof, what is the most appropriate safety measure to prevent falling over the edge?

- A** Using red and white tape to mark the edge
- B** Placing a large warning sign at the edge of the roof
- C** Installing a guard-rail and a toe-board along the edge
- D** Having someone watch you and shout when you get too close to the edge

Answer: C

14 Working at Height



When it comes to pre-use checks on equipment used for working at height, who is responsible for completing them?

- A** The employer
- B** The worker who will use the equipment
- C** The supervisor in charge of the work
- D** The safety officer

Answer: B

14 Working at Height



Of the following options, which two are true regarding working on a roof?

- A** It's safe to attempt to walk near underlying roof supports
- B** Wired glass roof panels are fragile and should be treated with care
- C** Identifying fragile roof surfaces can be straightforward
- D** Fall protection is necessary when working on roofs
- E** Asbestos and fiber-cement roof sheets are usually not fragile

Answer: B, D

14 Working at Height



What does the following sign mean?



- A** Fragile roof
- B** Deep water
- C** Safety boots must be worn
- D** No running

Answer: A

14 Working at Height



Which method would be considered the safest for repairing a fragile roof?

- A** Workers use a mobile elevating working platform (MEWP) from underneath
- B** Workers walk on the roof as close as possible to underlying supports
- C** Workers work on the roof wearing safety boots and helmets
- D** Workers use ladders and ropes for anchoring from underneath

Answer: A

14 Working at Height



What is the correct course of action when a person has fallen and is hanging in a fall-arrest harness?

- A** Wait for the person to rescue themselves
- B** No need to call for rescue or medical services
- C** They can stay suspended in the harness for a prolonged time
- D** The person must be rescued immediately

Answer: D

14 Working at Height



Which one of the following statements is true of checking ladders for defects?

- A** Ladders should be checked every year for defects
- B** Ladders only need to be checked if they have been dropped or damaged
- C** Workers using the ladder should check for defects before each use
- D** Defective ladders should be discarded and not repaired

Answer: C

14 Working at Height



A worker is working above a busy sidewalk on a scaffold. How can people below be protected?

- A** Have workers wear brightly colored vests
- B** Place cones around the scaffold
- C** Put up a sign warning of the overhead work
- D** Use a debris net or catch platform to protect people below

Answer: D

14 Working at Height



A worker needs to remove a protective cover from a deep service hole on a work site. When is it safe to do so?

- A** When everyone else has left the site and the worker is wearing a safety helmet
- B** When the worker has been authorized to remove the cover and is protected from falling while it is off
- C** When the worker has informed a few people on site of their intentions and is wearing high-visibility clothing
- D** When the worker has placed a safety barrier around the hole to keep others away

Answer: B

14 Working at Height



What is the recommended time limit for a worker to remain stationary on a step ladder?

- A** Less than 30 minutes
- B** Less than one hour
- C** Less than 90 minutes
- D** Less than two hours

Answer: A

14 Working at Height



What is the correct way to store materials on a working platform?

- A** Keep materials unsecured but above guard-rail height
- B** Materials do not need to be secured if they are going to be there for less than an hour
- C** Store materials anywhere, even if they pose a trip hazard or block the walkway
- D** Store materials securely to prevent them from falling and ensure the platform can support their weight

Answer: D

14 Working at Height



Which option provides the best solution to prevent people from being hit by falling tools and materials when working above them?

- A** Make sure they are wearing safety helmets
- B** Communicate with them that you will be working above and display signs
- C** Block off people from the area beneath the working site with fencing and signs
- D** Only allow authorized personnel below the working area.

Answer: C

14 Working at Height



What is the recommended method to prevent materials from falling over the toe-board when stacking on a working platform?

- A** Install brick guards or netting on the edge
- B** Display a warning sign on the stack
- C** Build the stack with a tilt away from the edge
- D** Cover the stack with polythene

Answer: A

14 Working at Height



What may be necessary to prevent the public from being at risk of falling materials during work?

- A** Pavement closure or diversion
- B** Giving the public hard hats
- C** Making pedestrians use the road
- D** Giving the public hi-vis clothing

Answer: A

14 Working at Height



What is a potential outcome of being hit by a falling object?

- A** Losing one's job
- B** Sustaining injuries
- C** Earning a promotion
- D** Receiving financial compensation

Answer: B

14 Working at Height



Which type of personal protective equipment (PPE) is required to be worn on a construction site where falling objects are a hazard?"

- A** Protective goggles
- B** Hard hat
- C** Hi-vis clothing
- D** A safety harness

Answer: B

14 Working at Height



Under what conditions can you safely walk on a fragile roof?

- A** If you have a clear view of fragile roof signs
- B** Only if you avoid stepping on plastic panels
- C** When you can use crawling boards with handrails
- D** At any time, as long as you follow the line of the bolts

Answer: C

14 Working at Height



What should be done when a material is applied to a roof that may conceal fragile surfaces?

- A** Install barriers around the fragile areas and mark them as dangerous
- B** Do nothing, as the applied material should not cause any harm
- C** Warn the workers to be cautious, but no additional action is needed
- D** Apply green paint to the fragile areas to indicate they are unsafe

Answer: A

14 Working at Height



How can falling through voids, holes, or fragile roof panels be avoided?

- A** Inform everyone of the unsafe areas
- B** Secure load-bearing covers over the hazardous areas and display warning signs
- C** Cover the hazardous areas with safety netting and advise everyone to take care
- D** Delineate the dangerous areas with red and white warning tape

Answer: B

14 Working at Height



Which of the following roof surfaces is not considered fragile?

- A** Reinforced concrete
- B** Fibre cement sheet
- C** Glass panel
- D** Slate tile

Answer: A

14 Working at Height



Is it acceptable for a non-scaffolder to remove a scaffold guard-rail for work purposes?

- A** Yes, but the guard-rail must be reinstalled before leaving the site
- B** Yes, but the guard-rail must be immediately reinstalled after the work is done
- C** No, only a certified scaffolder is permitted to remove and re-install the guard-rail
- D** No, only a certified scaffolder can remove the guard-rail, but a non-scaffolder can reinstall it.

Answer: C

14 Working at Height



What is the method to identify the safe load rating for a scaffold platform?

- A** Inquiring from the telehandler driver
- B** Asking the principal contractor
- C** Checking the handover certificate or signage
- D** The safe load is surpassed when the ledgers begin to bend

Answer: C

14 Working at Height



In the event that you suspect that the scaffolding you are using is unsafe, what is the appropriate action to take?

- A** Report the issue to your supervisor immediately
- B** Try to fix the problem yourself before contacting your supervisor
- C** Wait until the end of your shift to report the issue to your supervisor
- D** Do nothing and allow the scaffolding team to handle the issue

Answer: A

14 Working at Height



If you notice that your harness or attachment is damaged, what is the appropriate action to take?

- A** Stop working and report to your supervisor immediately
- B** Continue to work and report the damage at the end of the day
- C** Use a different harness that is not damaged
- D** Keep working but report the damage to your supervisor later

Answer: A

14 Working at Height



What does the term 'inertia reel' refer to in fall protection?

- A** A retractable device for fall arrest
- B** A device used to arrest falls on horizontal surfaces
- C** A device that uses pulleys for fall arrest
- D** A device that uses ropes for fall arrest

Answer: A

14 Working at Height



What is the main purpose of personal fall prevention equipment?

- A** To prevent falls from happening
- B** To minimize the consequences of a fall
- C** To protect more than one person in case of a fall
- D** To be used only in confined spaces

Answer: A

14 Working at Height



When should personal fall-arrest systems be employed?

- A** Only in emergency situations
- B** Regularly during the workday
- C** During the day shift
- D** During a night shift

Answer: B

14 Working at Height



Who should be trained to conduct pre-use inspections on fall-arrest equipment?

- A** Site managers
- B** All workers using it
- C** Everyone on the site
- D** Apprentices

Answer: B

15 Excavations and Confined Spaces

Learning Content

- For safe entry and exit, excavations must have a secure means of access and egress, such as a firmly secured ladder.
- Excavations should be checked for safety and stability at the beginning of each shift, as well as after any events that could potentially impact its structural integrity.
- The most reliable method of identifying the exact location of underground services is by creating trial holes.
- If you accidentally damage an underground service, stop working immediately, avoid touching anything and report it promptly.
- Permit systems are typically utilized in cases where individuals are working in confined spaces.
- In confined spaces, it is critical to have a rescue plan in place.
- If the gas alarm sounds while you are working in a confined space, evacuate the area immediately.

15 Excavations and Confined Spaces



What action should be taken when a lorry backs up to a deep trench and leaves its engine running?

- A** Wear ear defenders to reduce engine noise
- B** Disregard the issue since the lorry will depart soon
- C** Determine whether a toxic gas meter is available in the trench
- D** Quickly evacuate the trench

Answer: D

15 Excavations and Confined Spaces



If you see the side supports shift while working in an excavation, what should you do?

- A** Work in a different part of the excavation
- B** Observe the movement and continue working
- C** Immediately evacuate the area with other workers
- D** Ignore the movement, as it is a normal occurrence in excavations

Answer: C

15 Excavations and Confined Spaces



When working in an excavation, what is the most significant danger?

- A** Inhaling harmful dirt particles
- B** Sustaining cuts and bruises from the trench walls
- C** Falling or tripping because of limited space
- D** Getting crushed if the walls are not supported

Answer: D

15 Excavations and Confined Spaces



When is an excavation required to be stepped or battered back?

- A** If it is more than 5 meters deep
- B** If there is water present in the trench bottom
- C** If there is a risk of the sides collapsing, regardless of the depth
- D** If there are any underground services present in the excavation

Answer: C

15 Excavations and Confined Spaces



Why are guard-rails installed around the top of an excavation?

- A** To prevent workers from falling into the trench
- B** To minimize noise pollution
- C** To make it easier to access the excavation
- D** To control the flow of water in and out of the trench

Answer: A

15 Excavations and Confined Spaces



What is the recommended way to safely enter and exit a deep excavation?

- A** Using an excavator bucket is a safe option
- B** Buried services can be used as steps for a safe entry and exit
- C** Shoring or trench supports provide safe access into and out of the excavation
- D** A fixed staircase is the safest way to get in and out of a deep excavation

Answer: D

15 Excavations and Confined Spaces



Which equipment is the most suitable to use when excavating near underground electrical services?

- A** An excavator
- B** A jack hammer
- C** A pick and fork
- D** An insulated spade

Answer: D

15 Excavations and Confined Spaces



If a run of colored marker tape is found while digging, what should be done?

- A** Continue digging with the same safety measures
- B** Inform your supervisor that there are buried human remains
- C** Proceed with caution and excavate further as there might be buried services
- D** Wear respiratory protective equipment (RPE) as the soil is contaminated

Answer: C

15 Excavations and Confined Spaces



What is the function of a yellow service pipe, as per the guidance on underground service pipes?

- A** To carry water
- B** To carry gas
- C** To carry electricity
- D** To carry telecoms

Answer: B

15 Excavations and Confined Spaces



Before entering a confined space that has sludge at the bottom, which three of these should you do?

- A** Identify the composition of the sludge
- B** Receive appropriate training
- C** Wear a disposable dust mask
- D** Ensure the space is gas tested
- E** Throw a small object into the sludge to measure its depth

Answer: A, B, D

15 Excavations and Confined Spaces



If your permit to work in a confined space will expire before you finish the job, what should you do?

- A** Pass the permit on to the next shift
- B** Continue working until the task is completed
- C** Exit the confined space before the permit's expiration
- D** Request your supervisor to modify the permit's date

Answer: C

15 Excavations and Confined Spaces



If you start to feel dizzy while in a deep trench, what is the appropriate action to take?

- A** Leave the trench immediately and report it
- B** Continue working and hope the feeling subsides
- C** Take a break in the trench and rest
- D** Seek medical attention right away

Answer: A

15 Excavations and Confined Spaces



What are two reasons why methane gas is hazardous in confined spaces?

- A** It has explosive properties
- B** It reduces the available oxygen supply, making it difficult to breathe
- C** It causes hyperactivity
- D** It induces dehydration
- E** It produces dense fumes that obstruct vision

Answer: A, B

15 Excavations and Confined Spaces



What is the most important rationale for requiring training and competency before entering a confined space? Indicate the appropriate option

- A** Confined spaces are never guaranteed to have breathable air
- B** Confined spaces can only be found on house-building sites
- C** Confined spaces usually contain flammable or explosive gases
- D** Confined space entrants need to understand the possible hazards

Answer: D

15 Excavations and Confined Spaces



What is the primary purpose of assigning a person outside a confined space while work is being carried out inside it? Choose the correct answer.

- A** To conduct a risk evaluation for the work
- B** To validate conformity with the method statement
- C** To commence the rescue plan if an emergency arises
- D** To oversee the work being performed inside the confined space

Answer: C

15 Excavations and Confined Spaces



What is the primary reason for fatalities while working in a confined space?

- A** Lack of oxygen
- B** Excess of oxygen
- C** Presence of methane
- D** Cold weather leading to hypothermia

Answer: A

15 Excavations and Confined Spaces



What are the potential consequences of oxygen levels dropping below 8% in a confined space?

- A** Your hearing may be affected
- B** There is an increased risk of fire or explosion
- C** You may become unconscious
- D** You may experience dehydration

Answer: C

15 Excavations and Confined Spaces



What does the smell of rotten eggs indicate when working in a confined space?

- A** Oxygen deficiency
- B** Methane gas presence
- C** Carbon dioxide level increase
- D** Hydrogen sulphide presence

Answer: D

15 Excavations and Confined Spaces



What does it indicate when there is an unusual smell coming from the soil during excavation?

- A** The soil has a high concentration of clay
- B** The area has been previously excavated
- C** The soil may be contaminated
- D** The land has a history of agricultural use

Answer: C

Learning Content

- Identifying Asbestos containing materials (ACMs) can be a challenging task as it is composed of hazardous, microscopic fibers that can easily be inhaled.
- In case of any suspicion that a material contains asbestos, it is always best to assume that it does. The work should be stopped immediately, and others should be warned, and the supervisor should be informed.
- Employers have a responsibility to ensure that the workers are not exposed to hazardous substances. They should take necessary measures to prevent or control exposure to these substances.
- COSHH assessment should contain detailed health and safety information for hazardous substances.
- Regular monitoring of control measures for working with hazardous substances is necessary to ensure the safety of the workers.
- Wet cement and concrete can cause skin burns and dermatitis if it comes in direct contact with the skin.
- Lead is a toxic substance that can enter the body mainly through ingestion via the mouth.

16 Hazardous Substances



In which type of buildings are you most likely to encounter asbestos?

- A** In a house built between 1950 and 2005
- B** In any industrial building built after the year 2000
- C** In any building built or refurbished before the year 2000
- D** Asbestos has now been completely eliminated from all houses and buildings

Answer: C

16 Hazardous Substances



What is the most likely consequence of inhaling asbestos dust?

- A** Lung damage
- B** Allergic reactions
- C** Nervous system disorders
- D** Cardiovascular disease

Answer: A

16 Hazardous Substances



Which of the following diseases is associated with exposure to asbestos fibres?

- A** Cardiovascular disease
- B** Breast cancer
- C** Eczema
- D** Mesothelioma

Answer: D

16 Hazardous Substances



What is the proper way to identify asbestos?

- A** Analyzing a sample of the material in a laboratory
- B** Checking the colour of the material
- C** Smelling the material
- D** Submerging the material in water to see if it dissolves

Answer: A

16 Hazardous Substances



Which of the following statements is true about asbestos?

- A** Asbestos can enter the body through skin contact
- B** Asbestos only affects heavy smokers
- C** Asbestos can be left in place if it is not in a bad condition
- D** Asbestos enters the body through inhalation

Answer: D

16 Hazardous Substances



What hazardous substance is commonly found in cement-based roofing sheets?

- A** Rust
- B** Dry rot
- C** Termites
- D** Asbestos

Answer: D

16 Hazardous Substances



What is the primary risk from kneeling directly on wet cement?

- A** Skin burns
- B** Dermatitis
- C** Eczema
- D** Skin rash

Answer: A

16 Hazardous Substances



What does a COSHH assessment primarily assess?

- A** Safety in confined spaces
- B** Protecting against injury from lifting heavy objects
- C** Evaluating noise levels and protecting hearing
- D** Handling hazardous substances safely and protecting yourself.

Answer: D

16 Hazardous Substances



Who is responsible for briefing you on the safe working methods and health hazards that you need to be aware of before working with hazardous substances, as part of the COSHH assessment?

- A** An HSE inspector
- B** The first aid attendant at the site
- C** Your supervisor or employer
- D** The site security staff

Answer: C

16 Hazardous Substances



If you come across an unmarked container that might contain chemicals, what is the first action you should take?

- A** Check the label for hazardous substance symbols
- B** Move the container to a more convenient location
- C** Pour the contents into a container that is clearly labeled
- D** Leave the container alone and report it immediately

Answer: D

16 Hazardous Substances



What should you look for to determine if a product is hazardous?

- A** The company that manufactured it
- B** The product's expiration date
- C** The price of the product
- D** Hazard warning symbols on the container or packaging

Answer: D

16 Hazardous Substances



When a substance is labelled as a sensitiser, what does that imply?

- A** It is unsuitable for use under any circumstances
- B** It must be mixed with water before it can be used
- C** It has the potential to cause allergic reactions when handled
- D** It is safe to use without personal protective equipment (PPE)

Answer: C

16 Hazardous Substances



What can happen to workers who do not comply with warnings about handling hazardous substances?

- A** Improved fitness level
- B** Good health
- C** Poor health
- D** Increased fitness level

Answer: C

16 Hazardous Substances



What is the recommended routine check for employers when you are handling hazardous substances?

- A** Your level of satisfaction with your job
- B** Your family's health history
- C** Your physical appearance
- D** Your health status

Answer: D

16 Hazardous Substances



If a worker begins to feel unwell while using a new substance, what action should they take?

- A** Report it immediately to a supervisor or manager on site and stop work
- B** Do nothing as feeling unwell with certain substances is acceptable
- C** Continue working but report it to the supervisor later
- D** Enter the details into an incident report and continue working with the substance

Answer: A

16 Hazardous Substances



What are the hazardous substances that should be identified on a construction health and safety checklist?

- A** Lead, solvents, cement, asbestos
- B** Asbestos, cement, paints, noise levels
- C** Noise levels, solvents, dust, paint
- D** Vibration levels, noise levels, asbestos, cement

Answer: A

16 Hazardous Substances



What is the most hazardous task in terms of lead poisoning, if appropriate control measures are not in place?

- A** Plastering a ceiling in a new build home
- B** Building a wall out of old stone
- C** Cutting timber in a roof construction
- D** Sanding down some old paintwork

Answer: D

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