

List of questions in above test (quick view). Click question box to reveal correct answer.

1. Who is responsible for managing health and safety on site? Give one answer

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

2. General site rules would NOT normally include information about which ONE of the following? Give one answer

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

3. If someone is injured on site, where SHOULD this be recorded? Give one answer

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

4. If you have a minor accident, who SHOULD report it? Give one answer

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

5. Does your employer have to provide a first-aid kit? Give one answer

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

6. What is the MAIN risk to this worker, wearing ONLY these items of personal protective equipment (PPE)? Give one answer



- A Breathing in harmful dust
- B Damage to hearing
- C Dermatitis to skin
- D Eye injuries

7. This label is shown on the container of a liquid that a worker is using on site. What does it mean? Give one answer



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

8. Under environmental law, which of the following statements is TRUE? Give one answer

- A Companies and employees can be prosecuted if they do not follow the law
- B Only companies can be prosecuted if they do not follow the law
- C Only directors can be prosecuted if they do not follow the law
- D Only employees can be prosecuted if they do not follow the law

9. What should be done if there is an oil or diesel spill on site? Give one answer

- A Call the Environment agency immediately so they can arrange to have it cleaned up
- B Ignore it. Oil or diesel spills do not have serious, long-term effects
- C Stop work, contain the spill, notify the supervisor and then clean up the spill
- D Use a spill kit to clean it up before the end of the day

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

- A Cover it with a sheet so it can be moved out of the way before starting work
- B Move it to a place of safety, carry out your work and then put it back
- C Protect it from further disturbance, make others aware and inform your supervisor
- D Scare it away by making loud noises, then carry on with your work

11. Why is it BAD practice to store heavy materials underneath a tree? Give one answer

- A Compaction of the soil could damage the tree roots
- B Materials are not protected from the tree sap
- C Mould could grow on the stored materials
- D The tree branches could get damaged

12. You have been asked to do some work that will create dust. What SHOULD you do? Give one answer

- A Start the work. No controls are needed as dust cannot cause serious harm or injury
- B Use equipment to eliminate or reduce the dust and wear the correct personal protective equipment (PPE)
- C Work for short periods at a time. Regular breaks will reduce the amount of dust you breathe in
- D You should not do the work because dust is highly dangerous

13. Where are you likely to be exposed to the highest quantities of dust when drilling, cutting, sanding or grinding? Give one answer

- A Inside a large space
- B Inside a small room
- C Outside on a still day
- D Outside on a windy day

14. Who can enter a confined space? Give one answer

- A Anyone who has completed an apprenticeship
- B Anyone who is trained, competent and authorised
- C Only competent machine drivers who have the correct licence
- D Only site managers and supervisors of the company

15. What can cause occupational asthma? Give one answer

- A Breathing in hazardous dust, fumes or vapours
- B Exposure to loud noise on a regular basis
- C Exposure to rat urine whilst working
- D Skin contact with any hazardous substance

16. The seal of your respiratory protective equipment (RPE) can be broken by which TWO things? Give two answers

- A A hearing aid
- B Earrings
- C Facial hair
- D Facial scarring
- E Make-up

17. If your respiratory protective equipment (RPE) is a bad fit, which ONE of the following is MOST likely to happen? Give one answer

- A It will break easily
- B It will filter more air
- C It will get damaged
- D It will not protect you

18. How often is it good practice to carry out repeat face-fit tests for respiratory protective equipment (RPE)? Give one answer

- A On a regular basis
- B On an ad-hoc basis
- C When starting a new shift pattern
- D When starting work on a different site

19. What should you do if you run out of the water you are using to control dust? Give one answer

- A Ask everyone to clear the area and then carry on
- B Carry on but get someone to sweep up afterwards
- C Put on additional respiratory protection
- D Stop and refill the water

20. Your doctor tells you that you have hand-arm vibration syndrome (HAVS), possibly caused through work. What SHOULD you do? Give one answer

- A Inform your supervisor or employer
- B Only inform your friends at work
- C Tell no one, as HAVS is not reportable
- D Tell no one, as it's not contagious

21. What SHOULD you do if you need to wear ear defenders but an ear pad is missing from one of the shells? Give one answer

- A Do not work in noisy areas until they are replaced
- B Leave them off and work without any hearing protection
- C Put them on and work with them as they are
- D Take an ear pad from another set of ear defenders

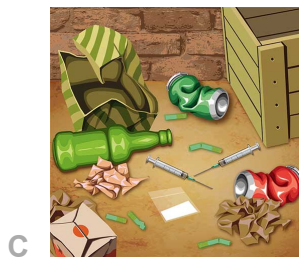
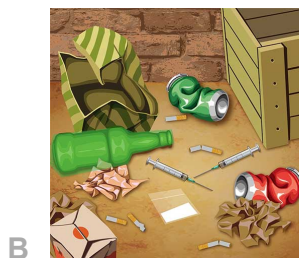
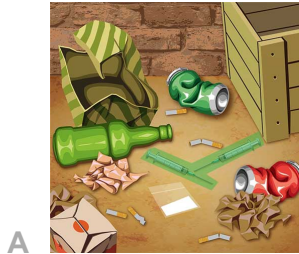
22. What are TWO ways of reducing the risk of transferring hazardous substances from your hands to your mouth? Give two answers

- A Putting barrier cream on your hands before eating
- B Using barrier cream for working activities
- C Washing protective gloves before each use
- D Washing your hands before eating
- E Wearing protective gloves while you are working

23. When referring to protection, what is a high UV rate cream designed to protect you from? Give one answer

- A Abrasions
- B Dermatitis
- C Legionella
- D Sun burn

24. What is the MOST likely source of hepatitis in this image? *Give one answer*



25. What other illness can be easily confused with the early signs of Weil's disease (leptospirosis)? *Give one answer*

- A Dermatitis
- B Diabetes
- C Hay fever
- D Influenza (flu)

26. Who has a duty to protect an individual from stress at work *Give one answer*

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

27. Which ONE of the following statements is TRUE? *Give one answer*

- A Learning difficulties and mental health problems are the same
- B Mental health problems are common and can happen to anyone
- C Mental health problems are rare among construction workers
- D People experiencing mental health problems tend to be violent or dangerous

28. When absorption granules from a spill kit have been used on oil, what action should be taken? *Give one answer*

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

29. When SHOULD an oil spill be cleaned up? *Give one answer*

- A At the end of the shift
- B Immediately - it could cause someone to slip
- C Never - it will be absorbed into the ground
- D When it has dried

30. The ground has become muddy on site. What COULD be done to prevent the ground becoming slippery? *Give one answer*

- A Improve lighting
- B Improve signage
- C Treat the surface with gravel
- D Treat the surface with salt

31. What can help to reduce fatigue? *Give one answer*

- A Drinking alcohol after work
- B Eating larger meals during break times
- C Going to the gym less
- D Taking regular breaks at work

32. Lone workers are most a risk from what? Give one answer

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

33. Who should drive company vehicles? Give one answer

- A Any construction site manager or supervisor
- B Any employee who is competent and authorised
- C Any junior apprentice workers
- D Anyone with a learner driver permit

34. If you have to move a load while you are sitting down, how much can you lift safely? Give one answer

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

35. Which THREE of the following factors must you think about to lift a load safely? Give three answers

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

36. Which one of the following COULD cause back and musculoskeletal problems for a worker? Give one answer

- A Good planning to reduce lifting heavy loads
- B Positioning materials away from the work area
- C Reducing the maximum lifting weight
- D Using machines for lifting operations whenever possible

37. A large fire has been reported. You have NOT been trained to use fire extinguishers. What SHOULD you do? Give one answer

- A Go straight to the assembly point
- B Leave work for the day
- C Put away all your tools and then go to the assembly point
- D Report to the site office and then go home

38. Which emergency procedures should be explained in the site induction? Give THREE answers *Give three answers*

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

39. If a fire occurs, how SHOULD you interact with the designated fire warden? *Give one answer*

- A Follow the instructions given by the fire warden
- B Follow the site manager as they will know their way around the site
- C Ignore the fire warden and follow your colleagues
- D Ignore the fire warden and the site manager

40. What does it mean if there is frost around the valve on a liquefied petroleum gas (LPG) cylinder? *Give one answer*

- A The cylinder is full
- B The cylinder is nearly empty
- C The valve is leaking
- D You must lay the cylinder on its side

41. You have been asked to dig to expose power cables. You have been given a cable avoidance tool (CAT) to detect them but you haven't been shown how to use it. What SHOULD you do? *Give one answer*

- A Ask a colleague to show you how to use it
- B Dig the hole without using the cable avoidance tool
- C Read the manual before you start work
- D Tell your supervisor that you haven't been trained

42. Where vehicles tip materials into excavations, what COULD be used as a safety precaution? *Give one answer*

- A A siren
- B Extra speakers
- C Flashing lights
- D Stop blocks

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

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

44. To reduce the risk of overturning and accidents when not in use, how SHOULD earth moving vehicles be parked? Give one answer

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

45. According to the Work at Height Regulations, when CAN ladders be used for work? Give one answer

- A A ladder must never be used on site
- B If it is high risk work for long periods of time
- C If it is low risk work for a short period of time
- D When other people do not need to use it for access

46. Which of these statements is TRUE about using a ladder to access a scaffold platform? Give one answer

- A All broken rungs must be clearly marked
- B It must be secured, and extend at least 1 m above the platform
- C It must be wedged at the bottom to stop it slipping
- D Two people must be on the ladder at all times

47. What is the CORRECT way to reach the working platform of a mobile access tower? Give one answer

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

48. Which ONE of the following statements is TRUE when referring to the wheels on mobile access towers? Give one answer

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

49. When working at height in a mobile elevating work platform (MEWP), over or near to deep water, which item of personal protective equipment (PPE) SHOULD be worn? Give one answer



A



B



C



D

50. A worker has been asked to operate a mobile elevating work platform (MEWP), but has no training. What SHOULD they do? Give one answer

- A Ask a workmate how to operate the MEWP
- B Get the work done as quickly as possible
- C Operate the MEWP at breaktime when no-one is around
- D Tell their supervisor that they have no training