

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

1. Which TWO topics should be covered in a site induction? Give two answers

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

2. During the site induction you do NOT understand something the presenter says. What SHOULD you do? Give one answer

- A Ask the presenter to explain it again
- B Attend another site induction
- C Guess what the presenter was saying
- D Wait until the end then ask someone else to explain

3. You are injured in an accident at work. When SHOULD you report it? Give one answer

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

4. Why SHOULD you report an accident? Give one answer

- A It helps the site find out who caused it
- B It is a legal requirement
- C So that everyone can find out what happened
- D So that your company will be held responsible

5. Who MUST you report a serious accident to? Give one answer

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

6. Which TWO of the following items should be recorded in the accident book? Give two answers

- A Date of the accident
- B Injuries sustained
- C Location of the hospital
- D National insurance number
- E Telephone number

7. Which of the following is the LEAST important reason for recording all accidents? Give one answer

- A Details have to be entered in the accident book
- B It might stop them happening again
- C Some accidents have to be reported to the Health and Safety Executive (HSE)
- D To find out who is to blame and make sure they are prosecuted

8. Someone working in a deep inspection chamber has collapsed. What should you do FIRST? Give one answer

- A Ask someone to find your supervisor while you try to rescue the worker
- B Climb into the inspection chamber and give first-aid treatment
- C Get someone to lower you into the inspection chamber on a rope
- D Raise the alarm and stay by the inspection chamber, but do not enter

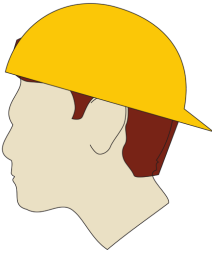
9. If someone is in contact with a live cable, what should you do FIRST? Give one answer

- A Dial 999 and ask for an ambulance
- B Isolate the power and call for help
- C Phone the electricity company
- D Pull them away from the cable

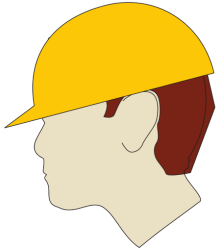
10. Which of the following statements about personal protective equipment (PPE) is NOT true? Give one answer

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

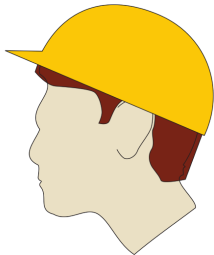
11. How SHOULD a safety helmet be worn to get maximum protection from it? Give one answer



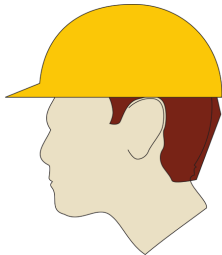
A



B



C



D

12. If you need to wear a full body harness and you have NOT used one before, what SHOULD you do? Give one answer

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

13. Which one of the following is TRUE of a spill on site, involving just ONE litre of oil? Give one answer

- A It could cause serious air pollution
- B It is too small to cause a problem
- C It will contaminate the ground
- D The main problem is that oil is expensive

14. Which THREE statements are reasons why saving energy is important? Give three answers

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

15. What are the TWO most important reasons why waste should be segregated on site? Give two answers

- A It is generally more cost effective to dispose of segregated waste
- B So the client can check what is being thrown away
- C So the wastes can be used or recycled more easily
- D The waste will take up less room in a skip
- E To make sure the labourer has enough work to do

16. Which of the following activities does NOT create harmful silica dust? Give one answer

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

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



- A Back injury, from poor posture
- B Breathing in harmful dust
- C Goggles misting up, limiting vision
- D Not being able to hear colleagues

18. The chances of suffering from lung cancer are INCREASED by what? Give one answer

- A Breathing in dust
- B Exposure to steam
- C Exposure to sun light
- D Vibration from power tools

- 19. How SHOULD contaminated respiratory protective equipment (RPE) be considered when being disposed of? Give one answer**
- A As compostable wastes
 - B As hazardous waste
 - C As normal waste products
 - D As recyclable materials
- 20. What health problem can be caused by using hand-held vibrating tools? Give one answer**
- A An itchy skin irritation, like dermatitis, affecting your hands
 - B Blisters on your fingers and hands
 - C Damage to the blood vessels in your fingers and hands
 - D Skin cancer on your hands and arms
- 21. What SHOULD you do if someone near you is using noisy equipment and you have NO hearing protection? Give one answer**
- A Ask them to stop what they are doing, as it is disrupting other workers on site
 - B Carry on with your work, as you are not the person using the noisy equipment
 - C Leave the area until you have the correct personal protective equipment (PPE)
 - D Speak to the other person's supervisor to stop them making the noise
- 22. If you suspect someone at work has been drinking alcohol, what SHOULD you do? Give one answer**
- A Ask them to stay away for an hour and then go back to work
 - B Get them to drink plenty of strong coffee before they go back to work
 - C Get them to eat and drink something, wait 30 minutes and then go back to work
 - D Report the situation to your supervisor, as they may be unsafe to work
- 23. What are the minimum facilities that MUST be provided on site for washing your hands? Give one answer**
- A A cold water standpipe and paper towels
 - B A water container, bowl and paper towels
 - C Hot and cold water, soap and a way to dry your hands
 - D There is no need to provide washing facilities
- 24. Prolonged exposure to sunlight COULD cause what? Give one answer**
- A Abrasions
 - B Burns
 - C Dental issues
 - D Hair loss

25. Select the TWO images in which the worker is correctly protecting them selves from possible cuts or abrasions *Give two answers*



A



B



C



D



E

26. Which ONE of the following is true of the symptoms of stress? *Give one answer*

- A They always develop very quickly
- B They are the same for everybody
- C They can be different for each individual
- D They take a while to develop

27. MIND is a charity that does what? Give one answer

- A Controls and monitors health and safety in the work place
- B Provides advice and support to empower anyone experiencing a mental health problem
- C Provides housing for retired construction workers
- D Represents people who are very intelligent and want to improve their IQ

28. A worker creates offcuts on site. Who is responsible for clearing them away? Give one answer

- A The foreman
- B The site manager
- C The supervisor
- D The worker

29. A work task results in cables from power tools running across a walkway. What action SHOULD be taken? Give one answer

- A Consider using cordless tools, or running the cables at high level
- B Put up signs that the fire escape is out of order temporarily
- C Think about cancelling the job because it is too dangerous
- D While working, look out for anyone approaching to warn them

30. What is the best way for a worker to avoid becoming stressed because of an overload of work? Give one answer

- A Make sure they take medication before going to work
- B Only do what is manageable because someone else will pick up the extra
- C Put up with the extra work but make sure overtime is paid
- D Speak openly and regularly with their manager or employer about workloads

31. If a worker confides in a colleague that they have suffered from a mental health issue, what SHOULD the colleague do? Give one answer

- A Do their work for them because they might not be able to cope
- B Inform the site supervisor and first aider
- C Let other colleagues know, so they can avoid working with them
- D Treat them as they would any other work colleague

32. What are TWO risks of carrying a load in cold, damp conditions? Give two answers

- A The load will be easier to carry
- B The load will feel lighter due to the cold conditions
- C The route you take could be slippery
- D You will need to work more quickly to warm up
- E Your ability to carry the load safely will be reduced

33. You need to move a load that might be too heavy for you. What THREE methods could you use? Give three answers

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

34. If you need to move a load that is heavier on one side than the other, how should you pick it up? Give one answer

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

35. A wheel comes off a trolley you are using to move a heavy load a long distance. What SHOULD you do? Give one answer

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

36. Which THREE of the following should be labelled with this sign? Give three answers



- A Any product containing asbestos
- B Asbestos waste
- C Plasterboard waste
- D Raw asbestos
- E Recyclable waste

- 37. Why is it considered poor practice to store batteries loose in a tool bag? Give one answer**
- A If the terminals short out, they could cause a fire
 - B The tool bag will be heavy and could damage your back
 - C They give off a poisonous gas in a confined space
 - D You might forget to charge them
- 38. What SHOULD you do if the guard is missing from a power tool? Give one answer**
- A Do not use the tool until a proper guard has been fitted
 - B Try to make another guard
 - C Use the tool but try to work quickly
 - D Use the tool but work carefully and slowly
- 39. Why should a residual current device (RCD) be used with 230 volt tools? Give one answer**
- A It lowers the voltage automatically
 - B It makes the tool run at a safe speed
 - C It quickly cuts off the power if there is a fault
 - D It saves energy and lowers costs
- 40. What SHOULD you do if the head on your hammer becomes loose? Give one answer**
- A Find another heavy tool to use instead of the hammer
 - B Keep using it but be aware that the head could come off at any time
 - C Stop work and get the hammer repaired or replaced
 - D Tell the other people near you to keep out of the way
- 41. What SHOULD you do if you need to walk past someone operating a mobile crane? Give one answer**
- A Guess what the crane operator will do next and squeeze past
 - B Run to get past the crane quickly
 - C Take another route so that you stay clear of the crane
 - D Try to catch the attention of the crane operator
- 42. What SHOULD you do if you see a dumper being driven too fast? Give one answer**
- A Keep out of its way and report it
 - B Nothing, as dumpers are allowed to speed
 - C Report it to the police
 - D Try to catch the dumper and speak to the driver

43. You see a lorry parking and it has a flat tyre. Why SHOULD you tell the driver? Give one answer

- A It could be unsafe to drive the lorry
- B More fuel will be used by the lorry
- C The driver will need to travel at a much slower speed
- D The lorry can only carry small loads

44. Which action will help to keep signallers safe? Give one answer

- A Provide body cameras to capture any incidents
- B Provide gloves for hand signals
- C Provide hi-vis clothing so they are clearly visible
- D Provide yearly eye tests to confirm they have good vision

45. When signallers are used, who SHOULD they be in contact with at all times? Give one answer

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

46. Where risk of overturning is significant, what SHOULD vehicles be fitted with? Give one answer

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

47. Who SHOULD check a ladder before it is used? Give one answer

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

48. What should you do if you need to use a mobile access tower but the brakes don't work? Give one answer

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

49. Which ONE of the following is a safe way of moving a mobile access tower? Give one answer

- A Towing with a site vehicle with a tow rope attached to the top
- B Towing with a site vehicle, with a tow rope attached to the base
- C Using manual effort pushing only from the base
- D Using manual effort to pull from the top and the base

50. If you are working on a flat roof, what is the BEST way to stop yourself from falling over the edge? Give one answer

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