

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

1. If a worker fails to report a near miss, what COULD happen? Give one answer

- A The company could go out of business through neglect
- B The employee could get a large fine
- C The near miss could be a serious accident next time
- D The site manager will be sacked immediately

2. What does the word 'hazard' mean? Give one answer

- A A type of removable barrier or machine guard
- B Anything that could cause harm
- C The construction site accident rate
- D The likelihood of something happening

3. How would you expect to find out about health and safety rules when you FIRST arrive on site? Give one answer

- A By asking other workers to show you around
- B By reading the health and safety policy
- C During the induction
- D In a letter sent to your home

4. What SHOULD you do if the safety rules given in your site induction seem out of date as work progresses? Give one answer

- A Make up your own safety rules to suit the changing conditions
- B Nothing, as safety is the site manager's responsibility
- C Speak to your supervisor about your concerns
- D Speak to your workmates to see if they have any new rules

5. What SHOULD a worker do if the helmet they are using is damaged? Give one answer

- A Put a sticker over the damaged area
- B Replace it immediately
- C Report it at the end of the day
- D Use it but keep checking it

6. What MUST be done if an operator is driving plant equipment faster than site speed limits? Give one answer

- A Alert all other staff on site to be careful
- B Inform a supervisor or manager
- C Shout at the driver, telling them to slow down
- D Wait until they stop and talk to them about it

7. Which of the following statements about wearing a safety helmet in hot weather is TRUE?

Give one answer

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

8. What condition COULD be prevented if the correct gloves are worn while handling a hazardous substance *Give one answer*

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

9. What should you do if your disposable, foam earplugs keep falling out? *Give one answer*

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

10. What SHOULD be done with waste concrete and washout water? *Give one answer*

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

11. Which TWO of the following are common causes of water pollution on site? *Give two answers*

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

12. Preserving old buildings is important for contributing to an area's what? *Give one answer*

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

13. What is the BEST way to limit exposure to dust when using a power tool? Give one answer

- A Do the work quickly
- B Stand downwind of any dust
- C Stop dust getting into the air
- D Use the tool during wet weather

14. Which item of personal protective equipment (PPE) is helping to protect the worker from nasal cancer? Give one answer



15. Which TWO of the following are basic filter types used in respiratory protective equipment (RPE) Give two answers

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

16. Why is it important to be clean shaven when using a half-mask respirator? Give one answer

- A Facial hair can affect the seal around your face
- B Facial hair can block the filter more quickly
- C You may suffer an allergic reaction to the mask
- D You will be able to use the same mask for longer

17. 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

18. How can the effects of hand-arm vibration be reduced if you are using vibrating tools? Give one answer

- A Complete the job in one long burst
- B Do not smoke as it affects blood circulation
- C Hold the tool as tightly as you can and work quickly
- D Only use one hand at a time on the tool

19. Which TWO potential health issues are more likely when using a hammer drill for long periods of time? Give two answers

- A Carpal tunnel syndrome
- B Head injuries
- C Hepatitis
- D Speech impairment
- E Vibration white finger

20. If your doctor has given you some medication, which of these questions is the MOST important to ask? Give one answer

- A Will I fail a drugs test if my employer asks for one?
- B Will it cause me to oversleep and be late for work?
- C Will it make me unsafe to work or operate machinery?
- D Will it make me work more slowly and earn less money?

21. When SHOULD you apply barrier cream to your skin? Give one answer

- A As part of first-aid treatment
- B Before you start work
- C When you can't find your gloves
- D When you finish work

22. If your doctor says that you contracted Weil's disease (leptospirosis) on site, why do you need to tell your employer? Give one answer

- A It must be reported to the Health and Safety Executive (HSE)
- B The site on which you contracted it will have to be closed down
- C Your employer has to warn your colleagues not to go near you
- D Your employer will need to call pest control to remove rats on site

23. If a worker is feeling symptoms or showing signs of stress at work, what SHOULD they do? Give one answer

- A Arrive and start work at a later time
- B Eat or drink more during the day
- C Speak to someone they trust, like a friend or someone independent
- D Tell the rest of the team about their problems

24. Which ONE of the following is good advice for helping to cope with stress? Give one answer

- A Drink more alcohol
- B Get enough rest
- C Keep it to yourself
- D Work longer hours

25. A worker is suffering stress caused by their line manager. What SHOULD they do? Give one answer

- A Complain to their manager
- B Find and follow the company procedures to address it
- C Get another job that will be less demanding
- D Try to work faster to keep the manager happy

26. What sort of rest area should your employer provide on site? Give one answer

- A A canteen serving food, drink and cold sandwiches
- B A covered area with some comfortable chairs and running water
- C A covered area, chairs, and a way to boil water and heat food
- D Employers don't have to provide rest areas, as long as rest breaks are provided

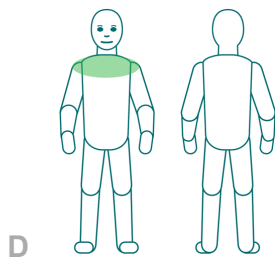
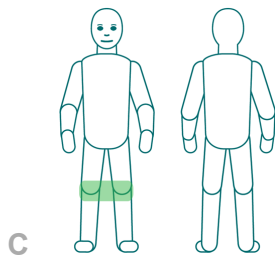
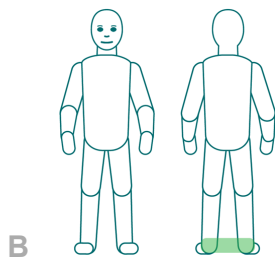
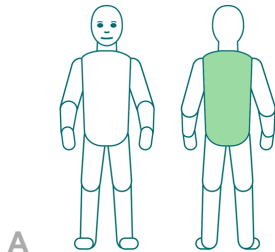
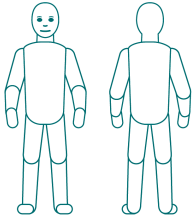
27. How can everyone on site help keep rats away? Give one answer

- A Ask the Local Authority to put down rat poison
- B Put all food and drink rubbish into bins provided
- C Put rat traps and poison around the site
- D Throw food scraps over the fence or hoarding

28. Which of the following is TRUE of clearing waste to maintain a tidy site? Give one answer

- A Clearing waste should be a continuous process
- B Clearing waste should be carried out at the end of a shift
- C Construction sites are dirty anyway and do not need clearing
- D Construction workers are not responsible for clearing waste

29. Which part of the body is MOST likely to be injured when lifting heavy loads? Give one answer



30. What is the outcome of wearing a back support belt when lifting? Give one answer

- A You can lift any load without being injured
- B You can safely lift more than usual
- C You could face the same risk of injury
- D You will crush your backbone and damage it

31. What TWO things are important for the use of manual handling lifting aids? Give two answers

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

32. Who should be involved in planning the safe system of work for your manual handling? Give one answer

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

33. What are TWO common fire risks on construction sites? Give two answers

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

34. What MUST be checked before working in a corridor that is a fire escape route? Give one answer

- A If the doors into the corridor are locked
- B If the tools being used are spark-proof
- C That any tools and equipment do not block the route
- D That fire escape signs are removed before the work starts

35. If you discover a fire, what is the FIRST thing that you should do? Give one answer

- A Finish what you are doing
- B Put your tools away
- C Raise the alarm
- D Try to put out the fire

36. What additional rules might a person working alone be asked to follow *Give one answer*

- A Carry two sets of personal protective equipment (PPE)
- B Complete an additional time sheet
- C Make regular radio or mobile phone contact
- D Never speak to the general public

37. A worker spills a large quantity of petrol on their clothes when refuelling a piece of equipment. What SHOULD they do? *Give one answer*

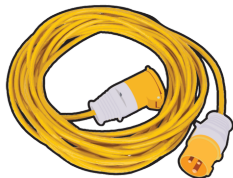
- A Change their clothes immediately
- B Nothing it will evaporate quickly
- C Put some other clothes on top
- D Wipe it off with a cloth

38. Which item of equipment would NOT require portable appliance testing (PAT)? *Give one answer*



A

110 volt transformer



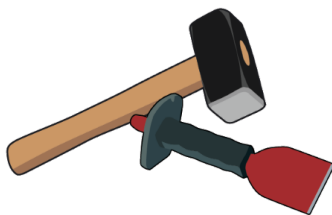
B

110 volt extension lead



C

Plug in breaker



D

Hammer and bolster

39. The quickest way to your work area is through a contractor's vehicle compound. Which way SHOULD you go? Give one answer

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

40. When is site transport allowed to drive along a pedestrian route? Give one answer

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

41. You need to walk past a 360° mobile crane. The crane is operating near a wall. What is the MAIN danger? Give one answer

- A The crane could crash into the wall
- B You could be crushed if you walk between the crane and the wall
- C You could get whole-body vibration from the crane
- D Your hearing could be damaged by high noise levels from the crane

42. Which of the following signs means "No pedestrian access" ? Give one answer



43. In which one of the following situations is it SAFER for a worker to speak to someone operating mobile plant? Give one answer

- A The operator can hear the worker and it is daytime
- B The operator knows the worker is there and the plant has stopped operating
- C The worker is wearing PPE and the plant is moving slowly
- D The worker is wearing hi-vis and the plant is moving slowly

44. What is needed before supervising any lift using a crane? Give one answer

- A A mobile phone to talk to the crane driver
- B Full training and being assessed as competent
- C Nothing. The crane driver will tell you what to do
- D Written instructions from the crane hire company

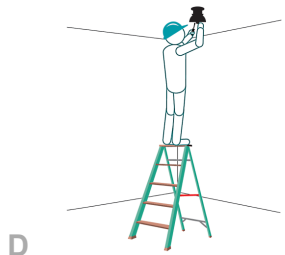
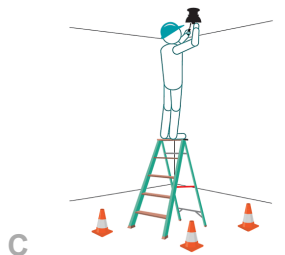
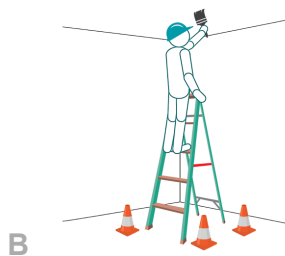
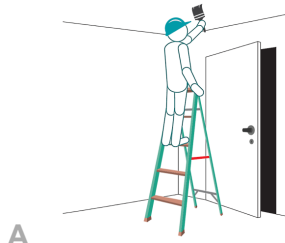
45. Which of the following is a way of ensuring that a slinger or signaller is trained and competent? Give one answer

- A By asking for evidence to be produced
- B By having them swear an affidavit
- C By making a handshake agreement
- D By trusting them when they say they are

46. What SHOULD you do if you find a ladder that is damaged? Give one answer

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

47. Which image shows the SAFEST method for using a stepladder? Give one answer



48. Which image shows the **SAFE** use of a ladder? *Give one answer*



A



B



C



D

49. When assembling a mobile access tower, near overhead electric cables, which **ONE** of the following statements is **TRUE**? *Give one answer*

- A Personal protective equipment (PPE) will keep workers safe until it is confirmed that the cables are dead
- B The cables can be treated as dead if the work is going to take less than 30 minutes
- C The cables do not present a danger because mobile access towers are insulated
- D The cables must be treated as live until it is confirmed they are dead

50. Who **SHOULD** complete pre-use checks on ladders or other equipment used for working at height? *Give one answer*

- A The employer
- B The site manager
- C The supervisor
- D The worker using the equipment