

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

**Correct Answer: D**

**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

**Correct Answer: A**

**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

**Correct Answer: A**

**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

**Correct Answer: D**

**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

**Correct Answer: D**

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

Correct Answer: D

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

Correct Answer: C

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

Correct Answer: A

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

**Correct Answer: C**

**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

**Correct Answer: C**

**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

**Correct Answer: A**

**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

**Correct Answer: B**

**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

**Correct Answer: B**

**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

**Correct Answer: B**

**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

**Correct Answer: A**

**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

**Correct Answer: C , D**

**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

**Correct Answer: D**

**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

**Correct Answer: A**

**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

**Correct Answer: D**

**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

**Correct Answer: A**

**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

**Correct Answer: A**

**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

**Correct Answer: D , E**

**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

**Correct Answer: D**

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



A



B



C



D



**Correct Answer:** A

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)

**Correct Answer:** D

**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

**Correct Answer: A**

**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

**Correct Answer: B**

**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

**Correct Answer: A**

**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

**Correct Answer: B**

**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

**Correct Answer: C**

**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

**Correct Answer: D**

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

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

**Correct Answer: D**

**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

**Correct Answer: B**

**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

**Correct Answer: A**

**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

**Correct Answer: A , B , C**

**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

**Correct Answer: B**

**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

**Correct Answer: A**

**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

**Correct Answer: B , C , D**

**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

**Correct Answer: A**

**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

**Correct Answer: C**

**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

**Correct Answer: D**

**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

**Correct Answer: D**

**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

**Correct Answer: C**

**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

**Correct Answer: C**

**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

**Correct Answer: C**

**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

**Correct Answer: B**

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

*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

**Correct Answer: A**

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

*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

**Correct Answer: C**

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

Correct Answer: B

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

Correct Answer: D