

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

**1. When creating a risk assessment the severity of harm is multiplied by what? Give one answer**

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

**Correct Answer: C**

**2. What is the MAIN reason for attending a site induction? Give one answer**

- A Permits to work will be written and handed out
- B Site rules and hazards will be explained
- C To create the method statements for the site
- D To get to know other new employees

**Correct Answer: B**

**3. You suffer an injury at work and the details are recorded in the accident book. What MUST happen to this accident record? Give one answer**

- A It must be destroyed at the end of the job, due to confidentiality
- B It must be kept in a place where anyone at work can read it
- C It must be sent to the insurance company at the end of the job
- D It must be treated as confidential under data protection laws

**Correct Answer: D**

**4. You have been injured in an accident at work and, as a result, are absent for more than seven days. Which TWO of the following actions MUST be taken? Give two answers**

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

**Correct Answer: A , E**

**5. Which of the following statements BEST describes a near miss? Give one answer**

- A An incident that nearly resulted in injury or damage
- B An incident where someone was injured and nearly had to go to hospital
- C An incident where someone was injured and nearly had to take time off work
- D An incident where you were just too late to see what happened

**Correct Answer:** A

**6. What is the MAIN objective of carrying out an accident investigation? Give one answer**

- A To find the cause and prevent recurrence
- B To help track the cost of insurance claims
- C To identify the people involved
- D To place blame

**Correct Answer:** A

**7. Which TWO of the following will help you to find out about the site emergency procedures and emergency telephone numbers? Give two answers**

- A Attending the site induction
- B Guidance from the Health and Safety Executive (HSE) website
- C Guidance from your local job centre
- D Looking in the telephone directory
- E Reading the site noticeboards

**Correct Answer:** A , E

**8. Evacuation routes SHOULD be: Give one answer**

- A Clear and unobstructed
- B Lit at all times of the day
- C Painted bright green
- D Used as assembly points

**Correct Answer:** A

**9. If you find an injured person and you are on your own, what should you do FIRST? Give one answer**

- A Ask the injured person what happened, and then find your supervisor
- B Assess the situation - do not put yourself in danger
- C Inform your supervisor that someone has been injured
- D Move the injured person to a safe place, and then find your supervisor

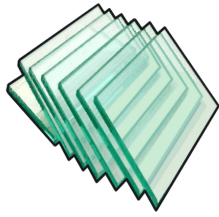
**Correct Answer:** B

**10. Will all types of glove protect your hands against chemicals ? Give one answer**

- A No, different gloves protect against different types of hazard
- B Only if you cover the gloves with barrier cream
- C Only if you put barrier cream on your hands first
- D Yes, all gloves are made to the same standard

**Correct Answer:** A

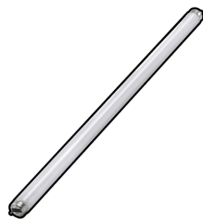
11. Which TWO items are classed as hazardous waste? Give two answers



A



B



C



D



E

**Correct Answer:** B , C

12. Which of the following is BAD practice? Give one answer

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

**Correct Answer:** A

**13. Which of the following is an effective way to avoid causing harm to protected species? Give one answer**

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

**Correct Answer: A**

**14. Which of the following does NOT cause a nuisance to neighbours of a building site? Give one answer**

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

**Correct Answer: A**

**15. What type of pollution would you associate with hand-held power tools? Give one answer**

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

**Correct Answer: B**

**16. What is the MAIN cause of long-term health issues in the construction industry? Give one answer**

- A Being struck by a vehicle
- B Breathing in hazardous dust and fumes
- C Exposure to loud noise
- D Slipping and tripping

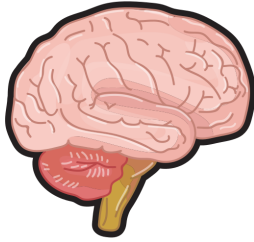
**Correct Answer: B**

**17. What BEST describes how workers SHOULD treat dust? Give one answer**

- A Assume dust is not safe wherever they are working
- B Assume dust is safe if they are working outdoors
- C Assume dust is safe if they don't feel any ill effects
- D Assume dust is safe unless told otherwise

**Correct Answer: A**

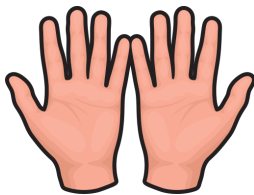
18. Asbestosis is associated with exposure to asbestos. Which part of the body does this disease affect? *Give one answer*



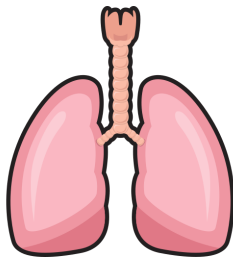
A



B



C



D

**Correct Answer: D**

19. Which ONE of the following is true of repeated exposure to SMALL doses of dust? *Give one answer*

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

**Correct Answer: D**

20. What should you do if you need special respiratory protective equipment (RPE) to handle a chemical but no RPE has been provided? *Give one answer*

- A Do not start work until you have the correct RPE and training
- B Get on with the job, but try to work quickly to reduce exposure
- C Sniff the substance to see if it makes you feel unwell
- D Start the work, but take regular breaks to reduce exposure

**Correct Answer: A**

**21. Which ONE of the following statements about respiratory protective equipment (RPE) is TRUE? Give one answer**

- A Employers must supply it at cost when it is needed
- B Employers must supply it free of charge when it is needed
- C Workers should provide their own
- D Workers should share the cost with the employer

**Correct Answer: B**

**22. Which of the following TWO options are likely to cause the MOST dust exposure? Give two answers**

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

**Correct Answer: C , D**

**23. You have been using a vibrating tool and the ends of your fingers are starting to tingle. What does this mean? Give one answer**

- A You can carry on using the tool but you must hold it more tightly
- B You can carry on using the tool but you must loosen your grip
- C You must not use this tool, or any other vibrating tool, ever again
- D You need to report your symptoms before they cause a problem

**Correct Answer: D**

**24. What are TWO recommended ways to protect your hearing? Give two answers**

- A Cotton wool pads over your ears
- B Ear defenders over your ears
- C Earplugs in your ears
- D Rolled tissue paper in your ears
- E Soft cloth pads over your ears

**Correct Answer: B , C**

**25. What does wearing hearing protection do? Give one answer**

- A Helps you to hear better
- B Reduces damaging noise to an acceptable level
- C Repairs your hearing if it is damaged
- D Stops you hearing all noise in the workplace

**Correct Answer: B**

**26. How can you help reduce the risk of hand-arm vibration when using a vibrating tool? Give one answer**

- A Do not grip the tool too tightly
- B Hold the tool at arm's length
- C Hold the tool more tightly
- D Use more force on the tool

**Correct Answer: A**

**27. Why should you NOT use white spirit or other solvents to clean your hands? Give one answer**

- A They could block the pores of the skin
- B They could carry harmful bacteria that attack the skin
- C They could strip the protective oils from the skin
- D They will remove several layers of skin

**Correct Answer: C**

**28. What is the MAIN issue with using barrier cream to protect your skin? Give one answer**

- A It can be broken down by some substances
- B It can irritate your skin and give you dermatitis
- C It costs too much to use every day
- D It is difficult to wash off

**Correct Answer: A**

**29. How can physical stress of a job be reduced? Give one answer**

- A An increase in pay for the same job
- B Job rotation and task variation
- C Making equipment challenging to use
- D Repetitive actions when working

**Correct Answer: B**

**30. Fatigue may be a result of what? Give one answer**

- A A healthy diet
- B Good sleeping patterns
- C Good work/life balance
- D Working long hours

**Correct Answer: D**

**31. What SHOULD you do if you need to carry a load down a steep slope? Give one answer**

- A Assess whether you can still carry the load safely
- B Carry the load on your shoulder
- C Put the load down and let gravity move it down the slope
- D Walk backwards down the slope to help you balance

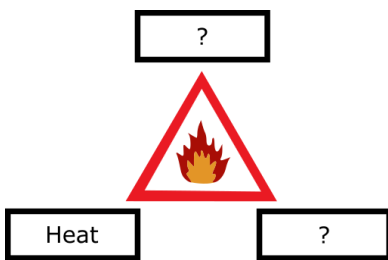
**Correct Answer: A**

**32. What SHOULD you do if you have been told how to lift a heavy load but you think there is a better way to do it? Give one answer**

- A Ask your workmates to decide which way you should do it
- B Discuss your idea with your supervisor before lifting
- C Forget your idea and do it the way you have been told
- D Ignore what you have been told and do it your way

**Correct Answer: B**

**33. In addition to heat, what are the other TWO factors that MUST be present to start a fire? Give two answers**



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

**Correct Answer: C , E**



**34. Match the fire extinguisher with the described contents** *Give one answer*



Water – for use on wood, paper, textile and solid material fires



Powder – for use on liquid and electrical fires



Foam – for use on liquid fires



Carbon Dioxide (CO2) – for use on liquid and electrical fires

**A**



Water – for use on wood, paper, textile and solid material fires



Powder – for use on liquid and electrical fires



Foam – for use on liquid fires



Carbon Dioxide (CO2) – for use on liquid and electrical fires

**B**



Water – for use on wood, paper, textile and solid material fires



Powder – for use on liquid and electrical fires



Foam – for use on liquid fires



Carbon Dioxide (CO2) – for use on liquid and electrical fires

**C**



Water – for use on wood, paper, textile and solid material fires



Powder – for use on liquid and electrical fires



Foam – for use on liquid fires



Carbon Dioxide (CO2) – for use on liquid and electrical fires

**D**

**Correct Answer: A**

**35. A worker needs to use a flammable liquid. How much SHOULD be taken from the store?** *Give one answer*

- A Enough to carry out the immediate activity
- B Enough to last a month, but inform the site manager
- C Enough to last a week to save time going to the store
- D No more than the manual handling rules allow

**Correct Answer: A**

**36. A worker spills a large quantity of petrol when refuelling a dumper. What SHOULD they do?** *Give one answer*

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

**Correct Answer: C**

**37. You need to work near an electric cable but the cable has bare wires. What SHOULD you do? Give one answer**

- A Check there are no sparks coming from the cable and then start work
- B Push the cable out of the way so that you can start work
- C Quickly touch the cable to see if it is live
- D Tell your supervisor and keep well away from the cable

**Correct Answer: D**

**38. You need to use a 230 volt item of equipment. How SHOULD you protect yourself from an electric shock? Give one answer**

- A Put up safety screens around you
- B Use a generator which has been serviced
- C Use a portable residual current device (RCD)
- D Wear rubber boots and gloves

**Correct Answer: C**

**39. What TWO things should you do if you need to run an electrical cable across an area used by vehicles? Give two answers**

- A Cover the cable with a protective ramp
- B Cover the cable with scaffold boards
- C Put up a sign that says 'Ramp ahead'
- D Run the cable at head height
- E Wrap the cable in yellow tape so that drivers can see it

**Correct Answer: A , C**

**40. What TWO things should you do if you need to use an extension cable? Give two answers**

- A Check the whole cable and connectors for damage
- B Clean the cable with a damp cloth
- C Only check the part of the cable you need for damage
- D Only uncoil the length of cable you need
- E Uncoil the whole cable

**Correct Answer: A , E**

**41. What is the BEST way to protect an extension cable and also reduce trip hazards? Give one answer**

- A Cover the cable with pieces of wood
- B Cover the cable with yellow tape
- C Run the cable above head height
- D Run the cable by the shortest route

**Correct Answer: C**

**42. What does it mean if the equipment you are using is issued with a prohibition notice?**

*Give one answer*

- A Only supervisors can use it until further notice
- B You can use it as long as you take more care
- C You must not use it unless your supervisor is present
- D You must not use it until it is made safe

**Correct Answer: D**

**43. You are walking on site and a large, mobile crane reverses across your path. What SHOULD you do? Give one answer**

- A Help the driver to reverse
- B Pass close to the front of the crane
- C Start to run so that you can pass behind the reversing crane
- D Wait or find another way around the crane

**Correct Answer: D**

**44. Which action SHOULD a worker take if they see mobile plant using a route intended only for pedestrians? Give one answer**

- A Have a word with the operator at the end of the day
- B Just be careful in that area.
- C Nothing, the driver will know what they are doing
- D Report this to their supervisor

**Correct Answer: D**

**45. When moving plant or machinery around site, what should the operator look out for?**

*Give one answer*

- A Driving with the hand-brake on
- B Driving with the lights on during the day
- C Only driving with limited fuel
- D Speed signs and speed humps

**Correct Answer: D**

**46. Why SHOULD engines be turned off before leaving a site vehicle? Select TWO answers.**

*Give two answers*

- A Construction machines are not designed to be constantly left running
- B Drivers may accidentally operate levers when climbing into or out of the vehicle
- C Leaving the engine running is a waste of fuel and is therefore a waste of construction budget
- D Members of the public are likely to jump into the vehicle and steal it
- E The sound of the engine may give other workers a headache if left on for too long

**Correct Answer:** B , C

**47. Your supervisor asks you to drive a dumper truck but you have NOT drive one before. What SHOULD you do? Give one answer**

- A Ask a trained driver how to operate it safely
- B Operate the dumper in an open area in case you make a mistake
- C Tell your supervisor that you are not trained and so cannot operate it
- D Watch other dumpers to see how they are operated

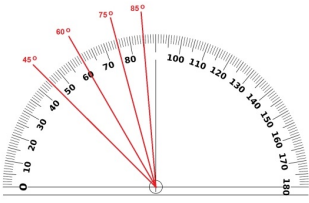
**Correct Answer:** C

**48. Where SHOULD vehicles be loaded and unloaded? Give one answer**

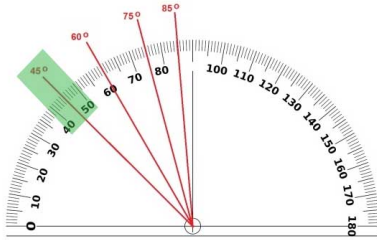
- A On a downward slope
- B On an upward slope
- C On level ground
- D On uneven ground

**Correct Answer:** C

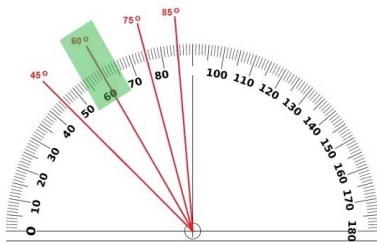
49. What angle should a leaning ladder be used at? *Give one answer*



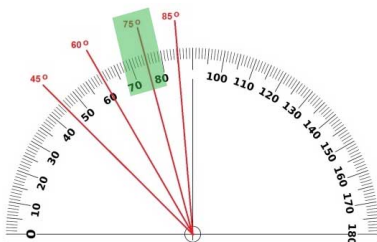
A



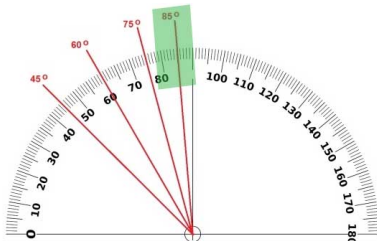
B



C



D



**Correct Answer:** C

50. A mobile access tower must NOT be used on what surface? *Give one answer*

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

**Correct Answer:** D