

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

Correct Answer: C

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

Correct Answer: B

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

Correct Answer: C

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 What SHOULD you do if the safety rules given in your site induction seem out of date as work progresses?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

Correct Answer: C

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

Correct Answer: B

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

Correct Answer: B

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

Correct Answer: D

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

Correct Answer: C

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

Correct Answer: C

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

Correct Answer: C

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

Correct Answer: B , C

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

Correct Answer: B

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

Correct Answer: C

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



Correct Answer: D

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

Correct Answer: A , B

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

Correct Answer: A

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

Correct Answer: B

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

Correct Answer: B

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

Correct Answer: A , E

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?

Correct Answer: C

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

Correct Answer: B

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

Correct Answer: A

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

Correct Answer: C

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

Correct Answer: B

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

Correct Answer: B

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

Correct Answer: C

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

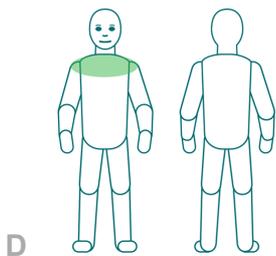
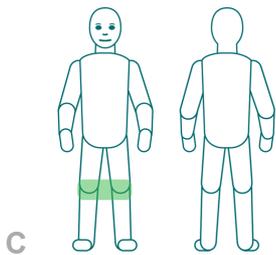
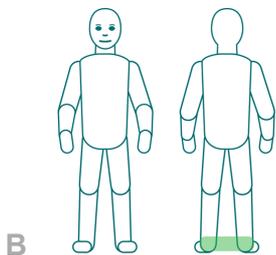
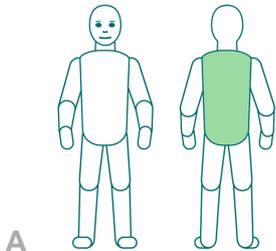
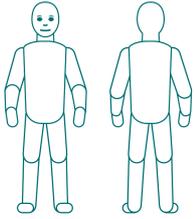
Correct Answer: B

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

Correct Answer: A

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



Correct Answer: A

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

Correct Answer: C

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

Correct Answer: C , E

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

Correct Answer: C

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

Correct Answer: C , E

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

Correct Answer: C

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

Correct Answer: C

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

Correct Answer: C

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

Correct Answer: A

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



A

110 volt transformer



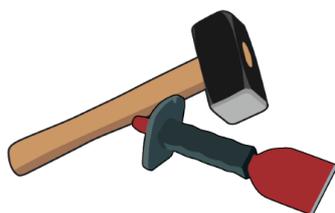
B

110 volt extension lead



C

Plug in breaker



D

Hammer and bolster

Correct Answer: D

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

Correct Answer: A

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

Correct Answer: C

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

Correct Answer: B

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



Correct Answer: A

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

Correct Answer: B

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

Correct Answer: B

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

Correct Answer: A

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

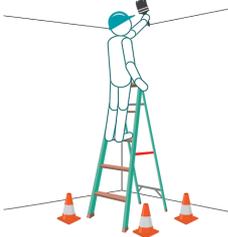
- A Don't use it and make sure that others know about the damage
- B Don't use it and report the damage at the end of your shift
- C Try to mend the damage before using it
- D Use it if you can avoid the damaged part

Correct Answer: A

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



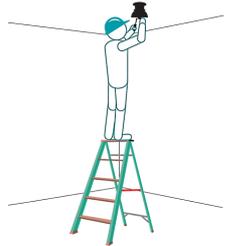
A



B



C



D

Correct Answer: B

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



A



B



C



D

Correct Answer: B

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

Correct Answer: D

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

Correct Answer: D

