

## LEVEL 1 AWARD IN HEALTH AND SAFETY IN A CONSTRUCTION ENVIRONMENT

April 2017

### INSTRUCTIONS TO CANDIDATES

- 1 Attempt to answer every question.
- 2 Enter your answers on the accompanying answer sheet. Each question has only **ONE** correct answer.
- 3 You have **60 MINUTES** to complete the examination. When you have finished give your question paper and answer sheet to the person in charge.
- 4 The Pass mark for this examination is 36/45.

**SPECIMEN PAPER**

- 1. The purpose of a Risk Assessment is to identify the nature and amount of work related risks and what else?**
  - A. a quick way of doing the job
  - B. how to control risks
  - C. how to do the work cost effectively
  - D. how to report accidents
  
- 2. The legal requirement for method statements are based on the duty of an:**
  - A. employer to have a written safety policy
  - B. employee to take care for his own safety
  - C. employer to consult with his employees
  - D. employer to provide safe systems of work
  
- 3. An unprotected construction worker using a hammer and cold chisel on concrete is most likely to suffer what kind of injury?**
  - A. injury to the hands by striking the hand with the hammer
  - B. injury to the feet from dropping the tools
  - C. injury to the eyes from flying fragments
  - D. injury to the head from falling fragments
  
- 4. On a construction site which has live overhead lines which of the following is most likely to result in serious or fatal electrical injury?**
  - A. hand digging trenches and other excavations
  - B. laying bricks and blocks
  - C. slating or tiling a roof
  - D. lofting scaffold poles
  
- 5. When should serious accidents and dangerous occurrences be reported to the authorities?**
  - A. immediately by telephone and in writing within 10 days
  - B. by email as soon as is convenient to do so
  - C. by letter within 28 days
  - D. within 5 days by email
  
- 6. An accident is:**
  - A. a managed disaster
  - B. an infrequent event
  - C. an unplanned event
  - D. a scheduled occurrence
  
- 7. Loose materials such as sand and aggregates on site can cause the following hazard:**
  - A. slips and trips
  - B. explosion
  - C. impact
  - D. chemical fumes
  
- 8. The most likely hazard to workers from a site vehicle is when it is:**
  - A. lifting materials
  - B. reversing
  - C. tipping into an excavation
  - D. digging

- 9. If you have a near miss at work you should report it to:**
- A. the Health and Safety Executive via their website
  - B. your supervisor, who may ask you to pass details to other managers
  - C. anybody nearby, so they know to watch out
  - D. only the Health and Safety Manager, as it is their responsibility
- 10. If you do not report an accident:**
- A. it does not matter if no-one is badly hurt
  - B. it shows you are keen to work
  - C. you have helped keep the accidents figures low
  - D. you may have broken the law
- 11. What should be recorded in the accident book, if it is the injured person completing it?**
- A. name, address, job role, nature of injury
  - B. name, address, GP's contact details, nature of injury
  - C. name, address, job role, who was to blame
  - D. name, address, job role, details of previous injuries
- 12. RIDDOR incidents relating to a construction site are reported:**
- A. to the Government
  - B. to the Local Council
  - C. to the DVLA
  - D. to the Health and Safety Executive
- 13. The main reason for properly managing manual handling on the construction site is to make sure that:**
- A. work proceeds as smoothly as possible
  - B. materials are always available where they are needed
  - C. the risk of injury is as small as possible
  - D. expensive machinery is used most efficiently
- 14. Incorrect manual handling**
- A. can result in injury and ill health
  - B. is ok if it speeds up the work
  - C. has no harmful effect
  - D. is not a training issue
- 15. The most likely part of the body to be affected by poor manual handling is:**
- A. the legs
  - B. the head
  - C. the arms
  - D. the back
- 16. You feel sore and tired after lifting as part of your normal job, what should you do?**
- A. try lifting a little less, or have a break until you feel better.
  - B. inform your supervisor, as you may be at risk of developing an injury
  - C. take a pain killer, as this is normal and even an aspirin will help.
  - D. rest as much as you can, until it feels better

- 17. If lifting a load from a sitting position you can safely lift:**
- A. a lighter load than usual
  - B. the same load as if you were standing
  - C. two times more than the usual amount
  - D. one and a half times more than the usual amount
- 18. The use of mechanical lifting aids:**
- A. can greatly reduce handling injuries
  - B. can get the job done quicker
  - C. are only suitable for two person operation
  - D. are less cost effective than manual handling
- 19. When manually handling large sheets of window glass on a construction site which of the following aids would be of most use?**
- A. sack trucks
  - B. roller conveyors
  - C. suction cups
  - D. dollies
- 20. If you do not know the weight of an object what should you do?**
- A. test it before trying to lift
  - B. refuse to lift it
  - C. get help immediately
  - D. wear safety boots or shoes
- 21. Work at height should only be done:**
- A. when you are told
  - B. from a ladder
  - C. using a scaffold
  - D. after a risk assessment
- 22. Who is required to check that scaffolds and working platforms are safe before they are used?**
- A. a competent person
  - B. the foreman
  - C. The site safety officer
  - D. the main contractor
- 23. Why is it important to store materials in the correct location when working at height on a scaffold?**
- A. so you can always find them.
  - B. to stop them falling off the edge.
  - C. so there is always space to add more.
  - D. these areas are secure and it prevents theft.
- 24. Wet cement can cause:**
- A. dizziness
  - B. hair loss
  - C. skin burns
  - D. drowsiness

- 25. Entanglement is when:**
- A. health and safety gets in the way of work
  - B. something like long hair gets caught in the moving parts of a machine.
  - C. you suffer an injury when a moving object brushes past you.
  - D. something is thrown out by a machine or tool.
- 26. Where work at height cannot be avoided, falls can be prevented by using:**
- A. an existing place of work that is already safe
  - B. ladders for work above 2 metres in height
  - C. scaffolding for work below 3 metres in height
  - D. a second person at the bottom of the ladder
- 27. Under the Work at Height Regulations 2005 which of the following are collective protection measures against falls?**
- A. harnesses and lanyards
  - B. abseiling ropes
  - C. guardrails and toeboards
  - D. anchor devices
- 28. What should you always do before using chemicals at work?**
- A. read the label
  - B. wear gloves and a mask
  - C. always replace the lid
  - D. only use small amounts at a time
- 29. After a day working with a nail gun, your ears seem to be ringing. You should:**
- A. carry on the next day, this is normal.
  - B. turn your head to the side when you fire, so the noise is not as bad.
  - C. think about going to the GP as you have an ear infection starting.
  - D. report it to your supervisor as you may need ear protection.
- 30. Good housekeeping for health and safety is important on site because:**
- A. it can prevent a number of accidents, such as trips occurring.
  - B. it is the reason for a number of different accidents.
  - C. it can cause fires and explosions.
  - D. it ensures you can always be found work to do
- 31. A site worker has been prescribed medication drugs by his doctor. An important safety consideration whilst he is working on site is:**
- A. should he inform the site manager?
  - B. how will he take the medication whilst on site?
  - C. how often does he need to take the medication?
  - D. will the medication affect his ability to operate plant and machinery?
- 32. Hazardous chemicals on a construction site should be securely stored because:**
- A. they are expensive and difficult to replace quickly
  - B. they present health risks which are reduced by secure storage
  - C. they may give a wrong impression of the work going on
  - D. they are expensive and therefore attractive to thieves.

- 33. What should you do before you eat food to reduce the risk of ingesting harmful substances?**
- A. go to the works canteen
  - B. replace the lid on any substances
  - C. put on clean work gloves
  - D. wash your hands
- 34. If you think you may have been exposed to asbestos whilst drilling 2 holes at work, but do not become ill in the next week:**
- A. you will be fine, as if not you will start to cough a couple of days after exposure.
  - B. you will be fine, as this is not enough to cause a problem.
  - C. all exposure is important; you should report it immediately, even if you are well
  - D. the ill health effects take many years to develop, so do not worry.
- 35. Asbestos waste as a hazard to health can arise from:**
- A. blue asbestos materials only
  - B. white asbestos materials only
  - C. brown asbestos materials only
  - D. all types of asbestos materials
- 36. When cleaning down brickwork using strong acid which PPE is most appropriate?**
- A. safety spectacles or goggles, disposable overalls, breathing apparatus, hard hat
  - B. heavy duty rubber gloves, resistant apron, safety spectacles or goggles, respirator
  - C. heavy duty rubber gloves, resistant apron, safety spectacles or goggles, steel- capped boots
  - D. breathing apparatus, steel- capped boots, safety spectacles or goggles, hard hat
- 37. A respirator should be worn when working with substances which are harmful by:**
- A. irritation to eyes and skin
  - B. inhalation
  - C. skin absorption
  - D. ingestion
- 38. Powered machinery injury by particles thrown off is most likely to be caused by:**
- A. a brick cutting saw
  - B. a pneumatic nailer
  - C. a power take off shaft
  - D. a timber band saw
- 39. In order to avoid risk of collision when using site transport the following should be in place:**
- A. a one-way traffic system complete with segregated pedestrian routes
  - B. only drivers over 25 should be allowed
  - C. only drivers under 65 should be allowed
  - D. operatives should stop work whenever site vehicles drive by
- 40. If vehicles are operating on site it is important to:**
- A. let the driver know you are there
  - B. wear all your PPE
  - C. keep to the right side of the road
  - D. keep clear of vehicles
- 41. A method statement involving vehicles would always include:**
- A. the health and safety policy
  - B. the website for the Health and Safety Executive
  - C. safe procedure for vehicle movements
  - D. a copy of the Health and Safety at Work Act 1974

42. **Plant and site vehicles may be driven by:**

- A. anyone who has a full driving licence
- B. those who are thought competent by their workmates
- C. only by trained and authorised persons
- D. only those over the age of 21 years

43. **Machinery with dangerous moving parts should not be operated unless:**

- A. the operator is over the age of 21 years
- B. suitable guarding is provided
- C. the operator has been warned about the dangers
- D. the site manager has authorised it.

44. **Which sign means that you must wear eye protection?**



A.



B.



C.



D.

45. **This sign means:**



- A. liferaft location
- B. first aid post
- C. evacuation muster point
- D. visitor collection point

**END OF PAPER**