



# CSCS Card UK

Free Practice Test — 30 Real Exam-Style Questions

with full answer key & explanations

**Unlock the full bank of 879 questions  
+ unlimited timed mock exams + mistake book**

Practice on the web: <https://certs.theorypractice.app/cscs-card-uk>

\$2.99 / week · \$6.99 / month · cancel anytime

**What you unlock: all 879 questions • unlimited timed mock exams • mistake book • instant explanations**

**Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube @CertsQuizPrep](#)**



**Unlock all 879 questions + timed mock exams**

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



## Practice Questions

Try all 30 first, then check the answer key at the back.

Want the other 849+ questions & full timed mock exams? Unlock at  
<https://certs.theorypractice.app/cscs-card-uk>

**1. Under the Health and Safety at Work etc. Act 1974, which of the following is a duty placed on employees?**

- A. Prepare and review a written health and safety policy for the company
- B. Carry out risk assessments before any construction work begins
- C. Provide adequate first-aid facilities for all workers on site
- D. Take reasonable care for their own health and safety and that of others who may be affected by their acts or omissions

**2. When does your employer need to provide a first-aid box?**

- A. When total employees exceed 10
- B. When total employees exceed 35
- C. Every site should have one regardless of employee numbers
- D. First-aid boxes are discretionary

**3. What colour background is used for mandatory safety signs, such as those requiring the wearing of personal protective equipment?**

- A. Green
- B. Red
- C. Yellow
- D. Blue

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)  
[@CertsQuizPrep](#)

**4. Protective mid-soles on your footwear are used to?**

- A. Increase comfort throughout the day
- B. Support ankles and prevent twisting
- C. Protect feet from falling objects
- D. Protect feet from stepping on nails and sharp objects



Unlock all 879 questions + timed mock exams

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



**5. A toolbox talk is BEST described as which of the following?**

- A. A formal written risk assessment completed before work starts
- B. A brief, on-site safety briefing on a specific hazard or task delivered to the workforce
- C. A statutory induction that every new worker must receive before entering site
- D. A monthly inspection of all hand tools carried out by the site manager

**6. Why are site inductions important?**

- A. Work site health and safety rules are discussed
- B. Opportunity to formally meet colleagues
- C. Allows you to look around the work site
- D. Opportunity to meet site manager and supervisors

Want the other 849+ questions & full timed mock exams? Unlock at  
<https://certs.theorypractice.app/cscs-card-uk>

**7. Under the Health and Safety at Work etc. Act 1974, employers with five or more employees must do which of the following?**

- A. Provide every employee with a copy of CDM 2015
- B. Appoint a principal designer before any work begins
- C. Record the findings of risk assessments and have a written health and safety policy
- D. Submit a construction phase plan to the Health and Safety Executive

**8. Class 3 ladders are suitable for?**

- A. Heavy duty and industrial purposes
- B. Domestic use
- C. Both industrial and domestic purposes
- D. Building site purposes

**9. Under CDM 2015, who is responsible for planning, managing, monitoring and coordinating health and safety during the construction phase of a project?**

- A. The client
- B. The principal contractor
- C. The health and safety adviser
- D. The principal designer

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)  
[@CertsQuizPrep](#)



Unlock all 879 questions + timed mock exams

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



**10. When working in a hearing protection zone you must?**

- A. Be as quiet as possible
- B. Not use loud equipment or machinery
- C. Ensure you wear hearing protection
- D. Work fast and leave to reduce noise levels

**11. Which of the following injuries sustained by a worker at work must be reported to the enforcing authority under RIDDOR 2013?**

- A. A muscle ache requiring one day off work
- B. An amputation of a finger
- C. A bruised finger requiring only a cold compress
- D. A sprained wrist causing three days' absence from full normal duties

**12. What should you do if you notice a safety hazard others don't?**

- A. Stay away from that area
- B. Report it to your supervisor immediately
- C. Keep working and report at end of shift
- D. Report to colleagues to stay away

**Want the other 849+ questions & full timed mock exams? Unlock at**  
<https://certs.theorypractice.app/cscs-card-uk>

**13. A method statement on a construction site is PRIMARILY used to do which of the following?**

- A. Record the names of all workers who have attended a site induction
- B. List all the chemicals stored on site in accordance with COSHH regulations
- C. Set out the sequence of work and the precautions to be taken to carry out a specific task safely
- D. Confirm that a contractor holds the relevant CSCS card category

**14. Why is it important to sign in whenever on site?**

- A. Ensure you work correct hours
- B. Ensure you're accounted for during evacuation
- C. HSE needs records of working hours
- D. Signing in is optional



**Unlock all 879 questions + timed mock exams**

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



**15. Under RIDDOR 2013, over-seven-day injuries to workers must be reported to the enforcing authority within how many days of the accident?**

- A. 30 days
- B. 15 days
- C. 7 days
- D. 3 days

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)  
[@CertsQuizPrep](#)

**16. Which fire extinguishers suit electrical fires? (Choose 2)**

- A. CO2 and dry powder
- B. CO2 and water
- C. CO2 and foam
- D. Foam and dry powder

**17. A site induction for a new worker should cover which of the following?**

- A. The worker's personal tax arrangements and pay rate
- B. Only the specific task the worker will perform that day
- C. Details of the client's project programme and completion date
- D. Emergency procedures, site rules, welfare facilities, and key hazards on the site

**18. What happens if workers ignore toxic substance warnings?**

- A. Increase in fitness levels
- B. Decrease in fitness levels
- C. Poor health
- D. Good health

Want the other 849+ questions & full timed mock exams? Unlock at  
<https://certs.theorypractice.app/cscs-card-uk>

**19. Which safety sign colour is used to indicate a prohibition — something you must NOT do?**

- A. Blue with a white symbol
- B. Red with a white background and a diagonal bar
- C. Yellow with a black symbol
- D. Green with a white symbol



**Unlock all 879 questions + timed mock exams**

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



**20. Working with hazardous substances, what should employers check regularly?**

- A. Your mood
- B. Your working technique
- C. Your skills
- D. Your health

**21. Under CDM 2015, the principal designer's MAIN duty during the pre-construction phase is to do which of the following?**

- A. Appoint all contractors and ensure they hold valid CSCS cards
- B. Plan, manage, monitor and coordinate health and safety in the pre-construction phase, including preparing and maintaining the health and safety file
- C. Submit the F10 notification to the HSE on behalf of the client
- D. Prepare the construction phase plan and hand it to the principal contractor

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)  
[@CertsQuizPrep](#)

**22. Wearing a safety helmet in hot weather can be uncomfortable, which of these is true about wearing a safety helmet in hot weather?**

- A. You can drill small holes in your helmet to increase airflow and keep you cool
- B. You can take it off for short periods of time while you're working
- C. You can wear it sideways if it's more comfortable this way
- D. You must keep it on at all times and ensure you're wearing it correctly

**23. An employer is assessing risks from manual handling tasks under the Manual Handling Operations Regulations 1992. In what order should the hierarchy of control measures be applied?**

- A. Provide PPE first, then assess, then consider mechanical handling if PPE fails
- B. Avoid the manual handling task altogether if reasonably practicable; if not, assess the task and reduce the risk of injury to the lowest level reasonably practicable
- C. Reduce the risk, then avoid the task, then provide mechanical aids, then provide training
- D. Train workers in safe lifting technique, then review the risk assessment annually

**24. Hand-arm vibration syndrome or vibration white finger can be described as:**

- A. A sign that your hands are on the way to becoming permanently injured
- B. An air borne disease that can affect your breathing
- C. A severe rash on your arm that's caused by exposure to hazardous substances
- D. Frostbite that can lead to permanent damage to your arms and fingers



Unlock all 879 questions + timed mock exams

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



Want the other 849+ questions & full timed mock exams? Unlock at  
<https://certs.theorypractice.app/cscs-card-uk>

**25. Under RIDDOR 2013, which of the following is classified as a 'dangerous occurrence' that must be reported even if no one is injured?**

- A. A near-miss where a worker trips but does not fall
- B. A worker receiving a first-aid treatment for a minor cut
- C. A tool being dropped from height that lands harmlessly on the ground
- D. The unintentional collapse or partial collapse of a scaffold

**26. Hazardous substances can be identified by \_\_\_\_.**

- A. The colour of the container
- B. The colour of the substance
- C. The symbol on the label
- D. It will have a blue label on the container

**27. A risk assessment concludes that a particular hazard cannot be eliminated. According to the general hierarchy of control set out in the Management of Health and Safety at Work Regulations 1999, which control measure should be considered BEFORE simply providing personal protective equipment?**

- A. Post additional warning signs at the point of hazard
- B. Issue a toolbox talk and retrain all affected workers
- C. Implement engineering controls or safe systems of work to reduce exposure at source
- D. Increase the frequency of site inspections by the site manager

Also on iOS & Android — and watch the full Q&A walkthrough on [YouTube](#)  
[@CertsQuizPrep](#)

**28. Safe manual handling techniques are essential in the workplace because \_\_\_\_.**

- A. It allows you to lift heavier loads
- B. It reduces the risk of injuries
- C. It allows you to work faster
- D. It eliminates the need for expensive lifting equipment



Unlock all 879 questions + timed mock exams

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



**29. Under the Work at Height Regulations 2005, what is the FIRST step an employer must take before deciding how to work at height?**

- A. Provide all workers with a full-body harness
- B. Avoid working at height altogether if it is reasonably practicable to do so
- C. Issue a permit to work for every task above ground level
- D. Erect a scaffold around the entire work area

**30. What's the first thing you should do if a worker collapses while working in a deep inspection chamber?**

- A. Raise the alarm immediately, stay by the inspection chamber, do not enter
- B. Find a way into the inspection chamber and try to give the person first-aid treatment
- C. Ask a colleague to inform your supervisor while you enter the inspection chamber and try to rescue the worker
- D. Ask a colleague to lower you into the inspection chamber using a rope



**Unlock all 879 questions + timed mock exams**

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



## Answer Key & Explanations

You just practised 30 of 879. Unlock every question + timed mocks at <https://certs.theorypractice.app/cscs-card-uk>

**1. D — Take reasonable care for their own health and safety and that of others who may be affected by their acts or omissions**

Section 7 of the Health and Safety at Work etc. Act 1974 places a duty on every employee to take reasonable care for their own health and safety and that of others who may be affected by what they do or fail to do at work.

**2. C — Every site should have one regardless of employee numbers**

Every site must have a first-aid box regardless of the number of employees.

**3. D — Blue**

Under the Health and Safety (Safety Signs and Signals) Regulations 1996, mandatory signs — those that require a specific action or the use of PPE — must have a blue circular background.

**4. D — Protect feet from stepping on nails and sharp objects**

Mid-sole protection (penetration-resistant insoles) prevents injury from stepping on sharp objects such as nails.

**5. B — A brief, on-site safety briefing on a specific hazard or task delivered to the workforce**

A toolbox talk is a short, focused safety briefing delivered at or near the workplace to inform workers about specific hazards, safe working practices, or changes to a task; it is a practical communication tool, not a statutory document.

**6. A — Work site health and safety rules are discussed**

Site inductions cover all site-specific health and safety rules and procedures.

**7. C — Record the findings of risk assessments and have a written health and safety policy**

Section 2(3) of the Health and Safety at Work etc. Act 1974 requires employers with five or more employees to prepare and, as often as may be appropriate, revise a written statement of general health and safety policy, and bring it to the notice of all employees.

**8. B — Domestic use**

Class 3 ladders are rated for light domestic use only, not industrial or construction use.

**9. B — The principal contractor**

Regulation 12 of the Construction (Design and Management) Regulations 2015 places the duty on the principal contractor to plan, manage, monitor and coordinate health and safety throughout the construction phase, including preparing the construction phase plan.

**10. C — Ensure you wear hearing protection**

A hearing protection zone is a designated area where hearing protection must be worn at all times.

**11. B — An amputation of a finger**

The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR) classify the



Unlock all 879 questions + timed mock exams

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



loss of a limb or digit as a 'specified injury' that must be reported to the enforcing authority immediately, whereas absence from work must exceed seven consecutive days before it triggers a report.

**12. B — Report it to your supervisor immediately**

Hazards must be reported to a supervisor immediately to protect all workers on site.

**13. C — Set out the sequence of work and the precautions to be taken to carry out a specific task safely**

A method statement — sometimes called a safe system of work — documents the step-by-step sequence of operations for a specific task alongside the control measures needed to manage identified risks, and is typically read alongside the associated risk assessment.

**14. B — Ensure you're accounted for during evacuation**

Signing in ensures everyone can be accounted for quickly during a site evacuation.

**15. B — 15 days**

Regulation 4 of RIDDOR 2013 requires that where a worker is incapacitated for more than seven consecutive days (not counting the day of the accident), the employer must notify the enforcing authority within 15 days of the accident.

**16. A — CO2 and dry powder**

CO2 and dry powder extinguishers are both safe to use on electrical fires. Water and foam conduct electricity and must not be used.

**17. D — Emergency procedures, site rules, welfare facilities, and key hazards on the site**

CDM 2015 and general HASAWA duties require that new arrivals on site receive an induction covering at minimum: emergency and evacuation procedures, first-aid arrangements, site-specific rules, welfare facilities, and the significant hazards and controls relevant to the site.

**18. C — Poor health**

Ignoring toxic substance warnings leads to poor health outcomes including illness and injury.

**19. B — Red with a white background and a diagonal bar**

The Health and Safety (Safety Signs and Signals) Regulations 1996 specify that prohibition signs use a red circular border and diagonal bar on a white background with a black symbol, meaning the action depicted is forbidden.

**20. D — Your health**

Employers must carry out health surveillance to monitor the health of workers exposed to hazardous substances under COSHH regulations.

**21. B — Plan, manage, monitor and coordinate health and safety in the pre-construction phase, including preparing and maintaining the health and safety file**

Regulation 11 of CDM 2015 makes the principal designer responsible for planning, managing, monitoring and coordinating health and safety during the pre-construction phase, and for preparing and updating the health and safety file — not the construction phase plan, which is the principal contractor's document.

**22. D — You must keep it on at all times and ensure you're wearing it correctly**

Safety helmets must be worn correctly at all times on site, including in hot weather. Drilling holes or tilting the helmet compromises its protection.



Unlock all 879 questions + timed mock exams

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start

Unofficial study material · not affiliated with any certifying body



**23. B — Avoid the manual handling task altogether if reasonably practicable; if not, assess the task and reduce the risk of injury to the lowest level reasonably practicable**

Regulation 4 of the Manual Handling Operations Regulations 1992 requires employers to first avoid the need for manual handling where it is reasonably practicable to do so, and only where avoidance is not reasonably practicable to assess the remaining task and reduce the risk of injury as far as reasonably practicable.

**24. A — A sign that your hands are on the way to becoming permanently injured**

HAVS/vibration white finger is a progressive and potentially permanent injury to the blood vessels, nerves and joints in the hands and arms caused by vibrating tools.

**25. D — The unintentional collapse or partial collapse of a scaffold**

Schedule 2 of RIDDOR 2013 lists the unintentional collapse or partial collapse of a scaffold more than five metres in height as a specified dangerous occurrence that must be reported to the enforcing authority, regardless of whether anyone is hurt.

**26. C — The symbol on the label**

Hazardous substances are identified by the hazard symbols and warning labels on the container, as required by GHS/CLP regulations.

**27. C — Implement engineering controls or safe systems of work to reduce exposure at source**

Regulation 4 of the Management of Health and Safety at Work Regulations 1999 requires employers to apply the hierarchy: eliminate, substitute, engineering controls, administrative controls (including safe systems of work and training), and only as a last resort provide PPE — meaning engineering controls must be considered before relying on PPE.

**28. B — It reduces the risk of injuries**

Safe manual handling reduces the risk of musculoskeletal injuries such as back strain, which are among the most common workplace injuries.

**29. B — Avoid working at height altogether if it is reasonably practicable to do so**

The Work at Height Regulations 2005 require employers to follow a hierarchy: first avoid working at height if reasonably practicable, then prevent falls, then minimise the consequences of a fall.

**30. A — Raise the alarm immediately, stay by the inspection chamber, do not enter**

Confined spaces may contain toxic or oxygen-deficient atmospheres. You must raise the alarm and never enter without proper confined space rescue equipment and authorisation.



**Unlock all 879 questions + timed mock exams**

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start



# Ready to pass?

Unlock the full CSCS Card UK bank, every explanation, and unlimited timed mock exams.

**Scan to start practising**

<https://certs.theorypractice.app/cscs-card-uk>

Watch the full video walkthrough on YouTube @CertsQuizPrep



**Unlock all 879 questions + timed mock exams**

→ <https://certs.theorypractice.app/cscs-card-uk>

\$2.99/week or \$6.99/month · cancel anytime · scan to start