



QCM IAS Assurance 2026

Free Study PDF

Practice online: <https://certs.theorypractice.app/frias1>

How to use this sheet

Use this printable companion with the video walkthrough and online mock exam. Review the topics below, then start a timed practice session when you are ready.

Topics to review

1. Hazard identification and risk control
2. Required workplace procedures
3. Personal protective equipment and safe practice
4. Compliance, reporting and documentation

Open the web exam page, then unlock timed practice when you are ready.

Next steps

1. Open <https://certs.theorypractice.app/frias1>.
2. Download or bookmark this PDF.
3. Start the online mock exam for instant scoring and explanations.



Start the online mock exam

→ <https://certs.theorypractice.app/frias1>

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