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Practice Questions

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1. Which workplace outcome becomes more probable when employees misuse substances?

- A. A rise in the number of accidents
- B. Improved powers of concentration
- C. Greater levels of productivity
- D. More cautious and safer decision-making

2. Which measure best ensures that temporary electrical installations on site remain safe?

- A. Carrying out regular inspections
- B. Adopting a casual clothing policy
- C. Issuing holiday vouchers to staff
- D. Organising team social events

3. Which condition is a recognised long-term health consequence of alcohol misuse?

- A. Liver disease
- B. Noise-induced hearing loss
- C. A sprained ankle
- D. Repetitive strain injury

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4. What risk is created when a worker steps onto a fragile roof?

- A. Breaking through the roof surface and falling
- B. Enhanced air circulation
- C. Increased light levels
- D. Elevated staff morale



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5. What precaution helps minimise the danger of lifting loads while working at height?

- A. Power-assisted hoisting equipment
- B. Staff leisure vouchers
- C. Workplace notice boards
- D. Clothing and uniform policies

6. Which aspect of an employee's cognitive performance is most directly harmed by drug misuse?

- A. Ability to focus and sustain attention
- B. Muscular strength and physical endurance
- C. Annual leave entitlement
- D. Adherence to workplace dress code

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7. Which control measure best protects members of the public who pass near temporary works?

- A. Prominent and clear warning signage
- B. Performance bonuses for staff
- C. Relaxed employee dress codes
- D. Team celebration events

8. Which measure provides the most appropriate protection for employees departing the workplace late at night?

- A. Accompanied exit arrangements
- B. Subsidised meals in the staff canteen
- C. Decorative features in the workplace
- D. Longer working hours

9. Which aspect of customer-facing work raises the risk of violence for employees?

- A. Dealing with complaints in person
- B. Submitting timesheet records
- C. Maintaining data on internal systems
- D. Participating in virtual team meetings

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10. Under workplace welfare regulations, which condition must drinking water satisfy?

- A. It must be fit to drink and readily available
- B. It must be boiled every day
- C. It must be commercially bottled and labelled
- D. It must be dispensed in controlled amounts by supervisors

11. What standard of upkeep is required for toilet facilities provided in the workplace?

- A. Maintained in a clean condition and adequately lit
- B. Kept permanently locked
- C. Reserved for the use of supervisory staff only
- D. Repurposed as storage space

12. Which facility must employers make available so workers can remove clothing that has become contaminated during work?

- A. Dedicated changing facilities
- B. Machinery control interfaces
- C. Audible hazard alert systems
- D. Hard hats for head protection

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13. Which hazard is most closely associated with temporary demolition work?

- A. Falling debris
- B. Improved worker posture
- C. Higher team morale
- D. Reduction in noise

14. Which physical effect of drug misuse presents a direct threat to safety in the workplace?

- A. Impaired or hazy eyesight
- B. Improved balance and steadiness
- C. Greater physical strength
- D. Sharper reasoning and judgement



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15. What danger arises when too much weight is placed on a scaffold?

- A. Structural collapse
- B. Better posture for workers
- C. Lower noise output
- D. Improved air flow

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16. Which driving-related risk is most likely to worsen when an employee misuses substances?

- A. Slower reaction time
- B. Heightened road awareness
- C. Greater capacity to concentrate
- D. Reduced chance of collision

17. What risk is heightened when corridors become congested with people?

- A. Impact incidents between people
- B. Increased work output
- C. Improved staff cooperation
- D. Enhanced staff wellbeing

18. Which type of organisational policy most directly contributes to preventing violence at work?

- A. A no-tolerance stance on violent behaviour
- B. Staff clothing requirements
- C. Guidelines for reimbursing work costs
- D. Procedures for requesting annual leave

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19. Which facility must be available so that employees have somewhere to recuperate and eat during rest periods?

- A. Designated rest spaces fitted with seating
- B. Physical guards on machinery
- C. Devices enabling emergency machine shutdown
- D. Automated fire detection and alarm systems



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20. What risk arises when safety harnesses are used without being checked beforehand?

- A. Failure of the safety equipment
- B. Better body posture
- C. Improved air quality
- D. Lower noise exposure

21. Which health hazard can dust from temporary construction work cause?

- A. Respiratory illness
- B. Better posture
- C. Higher staff morale
- D. Lower noise levels

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22. What facility must employers provide so that workers can eat safely away from workplace hazards?

- A. Dedicated canteen or rest areas that are clean
- B. Respiratory protection equipment
- C. Sound level monitoring
- D. Safety railings

23. Which safety measure physically protects pedestrians from moving vehicles in the workplace?

- A. Dedicated pedestrian lanes
- B. Additional warning signs
- C. Informal dress code
- D. Regular team briefings

24. What measure most effectively reduces hazards when operating mobile elevating work platforms?

- A. Training for platform operators
- B. Additional on-site signs
- C. Informal dress for workers
- D. Internal staff communications



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25. What is a significant risk factor for transport workers who interact directly with the public?

- A. Arguments over ticket prices or payments
- B. Being required to wear a uniform
- C. Adhering to scheduled service times
- D. Maintaining safe driving standards

26. What risk does inadequate signage along walkways create?

- A. Disorientation and collisions
- B. Better air circulation
- C. Greater work output
- D. Stronger team collaboration

27. What obligation do employers have regarding thermal conditions inside a workplace?

- A. Ensuring the indoor temperature is kept at a comfortable level
- B. Supplying respiratory protective equipment
- C. Fitting automatic fire suppression systems
- D. Equipping workers with fall-arrest harnesses

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28. What safeguard is needed when workers must access brittle or fragile roof lights?

- A. Protective covers or physical barriers
- B. Staff bonus payments
- C. Workplace social events
- D. Informational display boards

29. Which of the following security controls is most effective at deterring violence in the workplace?

- A. Camera monitoring systems
- B. Yearly financial incentives
- C. Adjustable shift schedules
- D. Complimentary staff parking



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30. Which control measure helps manage the risk of staff being impaired at work?

- A. Fitness for work assessments
- B. Holding weekly team social events
- C. Developing a corporate brand identity
- D. Introducing a casual dress code



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Answer Key & Explanations

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1. A — A rise in the number of accidents

Substance misuse impairs performance and awareness, making accidents significantly more likely to occur. Why the other options are incorrect: • Improved powers of concentration: Substance misuse diminishes concentration rather than enhancing it. • Greater levels of productivity: Productivity declines as a result of substance misuse, not improves. • More cautious and safer decision-making: Impaired judgement leads to riskier choices, not more careful or safer ones. • Better attendance and punctuality: Substance misuse is more commonly associated with higher absenteeism, not better attendance.

2. A — Carrying out regular inspections

Regular inspections of temporary electrical supplies confirm they are in safe condition and help prevent electric shock or fire. Why the other options are incorrect: • Adopting a casual clothing policy: Clothing policies address appearance, not the condition or safety of electrical installations. • Issuing holiday vouchers to staff: Holiday vouchers are a staff incentive and have no effect on electrical safety. • Organising team social events: Social events do not contribute to maintaining safe electrical supplies on site. • Installing decorative lighting: Decorative lighting is itself an electrical installation that requires inspection rather than being a safety control.

3. A — Liver disease

Prolonged misuse of alcohol is strongly associated with liver disease, which can have serious consequences for a worker's long-term health. Why the other options are incorrect: • Noise-induced hearing loss: Hearing loss is associated with prolonged exposure to loud noise, not with alcohol misuse. • A sprained ankle: A sprained ankle is an acute musculoskeletal injury with no direct link to alcohol misuse. • Repetitive strain injury: Repetitive strain injury develops from repeated physical movements and is unrelated to alcohol consumption. • A skin rash: Skin rashes are generally caused by allergens or irritants, not by alcohol misuse.

4. A — Breaking through the roof surface and falling

Roofs made of fragile materials cannot bear a person's weight, creating a serious risk of the worker breaking through and falling. Why the other options are incorrect: • Enhanced air circulation: Air circulation is not a concern associated with walking on fragile roofs. • Increased light levels: Light levels play no role in the risk of falling through a fragile roof. • Elevated staff morale: Staff morale is unrelated to the structural hazards of fragile roofing. • Decreased noise levels: Noise levels are not connected to how strong or fragile a roof is.

5. A — Power-assisted hoisting equipment

Power-assisted hoisting equipment reduces physical strain and lowers the chance of loads being dropped when working at elevation. Why the other options are incorrect: • Staff leisure vouchers: Leisure vouchers serve as staff rewards and have no bearing on load-lifting safety. • Workplace notice boards: Notice boards can inform workers but cannot physically stop loads from falling. • Clothing and uniform policies: Uniform policies relate to appearance and offer no protection against lifting risks. • Informal team gatherings: Informal gatherings aid communication but do nothing to control how loads are handled.

6. A — Ability to focus and sustain attention

Drug misuse directly impairs an employee's ability to concentrate, increasing the probability of mistakes and



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accidents occurring in the workplace. Why the other options are incorrect: • Muscular strength and physical endurance: Physical strength may be affected by drug misuse, but concentration is the cognitive function most directly undermined. • Annual leave entitlement: Annual leave entitlement is an employment right and is entirely unrelated to the cognitive effects of drug misuse. • Adherence to workplace dress code: Dress code compliance relates to workplace appearance standards and is not a measure of cognitive performance. • Accuracy of payroll and wage calculations: Payroll accuracy is an administrative and financial matter, not a function affected by drug misuse.

7. A — Prominent and clear warning signage

Prominent warning signage alerts the public to the presence of hazards around temporary works and directs them to move safely. Why the other options are incorrect: • Performance bonuses for staff: Staff bonuses reward performance but do nothing to safeguard passing members of the public. • Relaxed employee dress codes: Employee clothing policies are an internal matter unrelated to public safety around the site perimeter. • Team celebration events: Celebration events may improve worker morale but offer no protection to the public. • Decorative posters in the site office: Posters displayed inside a site office are not visible to or useful for the general public nearby.

8. A — Accompanied exit arrangements

Ensuring employees are accompanied when leaving the premises after dark significantly reduces their vulnerability to attack or harassment. Why the other options are incorrect: • Subsidised meals in the staff canteen: Reduced meal prices are a financial perk for staff but provide no protection when leaving the premises at night. • Decorative features in the workplace: Decorative features improve the appearance of the workplace but have no bearing on staff safety when departing late. • Longer working hours: Longer working hours add to staff fatigue and do not offer any security benefit when leaving the premises at night. • Relaxed clothing guidelines: Clothing guidelines govern professional appearance but provide no protection against the risk of violence when staff leave at night.

9. A — Dealing with complaints in person

Managing customer complaints face to face increases the likelihood of aggression, as dissatisfied customers may become confrontational. Why the other options are incorrect: • Submitting timesheet records: Completing timesheets is an administrative task that does not bring staff into conflict with the public. • Maintaining data on internal systems: Updating databases is a back-office activity with no direct exposure to potentially aggressive individuals. • Participating in virtual team meetings: Online meetings involve interaction from a distance and lack the direct confrontation that elevates violence risk. • Operating office photocopiers: Using a photocopier is a routine task with no connection to violent incidents.

10. A — It must be fit to drink and readily available

Workplaces are legally required to supply drinking water that is wholesome and readily accessible to all workers at all times. Why the other options are incorrect: • It must be boiled every day: Daily boiling is not required if the water supply is already safe and wholesome. • It must be commercially bottled and labelled: Commercial branding is irrelevant; what matters is that the water is safe and accessible. • It must be dispensed in controlled amounts by supervisors: Workers must have free and unrestricted access to drinking water; rationing by management is not permitted. • It must only be available during meal times: Access to drinking water must be available throughout the working day, not restricted to mealtimes.

11. A — Maintained in a clean condition and adequately lit

Workplace toilet facilities must be kept clean and properly lit at all times to preserve employee health, dignity,



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and welfare. Why the other options are incorrect: • Kept permanently locked: Keeping toilets permanently locked prevents workers from accessing essential sanitary facilities. • Reserved for the use of supervisory staff only: Reserving toilet facilities solely for supervisors denies other employees a fundamental welfare right. • Repurposed as storage space: Converting toilet areas into storage space undermines hygiene and contravenes welfare standards. • Shared with members of the general public: Sharing facilities with the public can lead to overcrowding, reduced cleanliness, and inadequate provision for workers.

12. A — Dedicated changing facilities

Dedicated changing facilities must be provided so that workers can safely remove contaminated clothing and change into clean attire without risk of spreading harmful substances. Why the other options are incorrect: • Machinery control interfaces: Machinery control interfaces are used to operate equipment and do not serve as welfare facilities for changing clothes. • Audible hazard alert systems: Audible alert systems warn of hazards but do not assist workers in changing contaminated garments. • Hard hats for head protection: Hard hats protect the head from impact but do not constitute a changing facility. • Site access passes for visitors: Visitor access passes manage site entry and have no connection to clothing change provisions.

13. A — Falling debris

Demolition work generates falling debris that can strike workers or members of the public below. Why the other options are incorrect: • Improved worker posture: Posture-related problems are not the primary hazard associated with demolition activities. • Higher team morale: Team morale is not a physical hazard connected to falling debris during demolition. • Reduction in noise: Noise is a by-product of demolition, but it is flying and falling debris that poses the critical hazard. • Better material storage: Material storage conditions are not the key safety concern during active demolition.

14. A — Impaired or hazy eyesight

Drug misuse can cause a worker's vision to become blurred, substantially raising the risk of accidents, particularly when handling equipment or operating vehicles. Why the other options are incorrect: • Improved balance and steadiness: Balance is generally worsened by drug misuse, not improved. • Greater physical strength: Drug misuse does not boost physical strength in a safe or controlled way; it impairs overall coordination. • Sharper reasoning and judgement: Judgement and decision-making deteriorate under drug misuse rather than becoming clearer. • Heightened wakefulness and alertness: Alertness is reduced rather than heightened when drugs are misused.

15. A — Structural collapse

When a scaffold is subjected to excessive load, it can give way, causing the structure to collapse and workers to fall. Why the other options are incorrect: • Better posture for workers: How workers hold their bodies is not impacted by excessive weight on scaffolding. • Lower noise output: The amount of noise generated on a site is not related to how much weight a scaffold is carrying. • Improved air flow: Air circulation is not affected by whether a scaffold is overloaded. • Increased worker morale: Staff morale has no influence on the structural integrity of scaffolding.

16. A — Slower reaction time

Substance misuse slows an employee's reaction time considerably, making vehicle accidents far more probable during work-related driving. Why the other options are incorrect: • Heightened road awareness: Awareness of road conditions decreases rather than increases when substances are misused. • Greater capacity to concentrate: Concentration is impaired, not enhanced, by substance misuse. • Reduced chance of collision: The likelihood of a collision rises, not falls, when driving under the influence of substances. • Sharper



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visual acuity: Vision can be blurred or distorted by substances rather than made sharper.

17. A — Impact incidents between people

Congested corridors raise the likelihood of people colliding with one another. Why the other options are incorrect: • Increased work output: Congestion tends to reduce rather than improve productivity, but the primary hazard is collisions. • Improved staff cooperation: Staff cooperation is not a physical hazard associated with crowded passageways. • Enhanced staff wellbeing: Staff wellbeing is not directly linked to corridor congestion risks. • More secure item storage: How safely items are stored is a separate concern from corridor overcrowding.

18. A — A no-tolerance stance on violent behaviour

Adopting a no-tolerance approach sends a clear message that violence is unacceptable and acts as a deterrent, underpinning prevention efforts. Why the other options are incorrect: • Staff clothing requirements: Clothing requirements relate to professional appearance and have no effect on aggressive incidents. • Guidelines for reimbursing work costs: Cost reimbursement procedures are a financial tool and do not address violent behaviour. • Procedures for requesting annual leave: Leave request systems manage staff absence and are unrelated to preventing aggression. • Rules governing staff meals and refreshments: Policies about staff meals relate to catering provision and offer no protection against violence.

19. A — Designated rest spaces fitted with seating

Designated rest areas with adequate seating must be provided so that workers can take breaks comfortably, eat meals, and recover from physical or mental fatigue. Why the other options are incorrect: • Physical guards on machinery: Machine guarding is a safety measure to prevent contact with moving parts and does not function as a rest provision. • Devices enabling emergency machine shutdown: Emergency stop devices allow rapid machine shutdown but have no connection to rest facilities. • Automated fire detection and alarm systems: Fire detection and alarm systems support emergency evacuation and cannot substitute for welfare rest facilities. • Permit-to-work documentation: Permit-to-work systems control hazardous activities and are entirely unrelated to rest arrangements.

20. A — Failure of the safety equipment

A harness that has not been inspected may have undetected defects, causing it to fail during use and resulting in a potentially fatal fall. Why the other options are incorrect: • Better body posture: Body posture is unrelated to whether a harness has been inspected prior to use. • Improved air quality: Air quality and ventilation are not affected by the condition of a safety harness. • Lower noise exposure: Exposure to noise at work is an entirely separate issue from harness inspection and use. • Stronger team collaboration: How well a team works together has no effect on whether a harness will fail due to lack of inspection.

21. A — Respiratory illness

Airborne dust generated during construction can be inhaled and cause respiratory illness in workers and bystanders. Why the other options are incorrect: • Better posture: Posture problems are not caused by exposure to construction dust. • Higher staff morale: Staff morale is not a health hazard resulting from dust inhalation. • Lower noise levels: Site noise is a separate issue and is not linked to the dust hazard. • Improved material storage: Storage conditions for materials are not affected by dust generated during construction.

22. A — Dedicated canteen or rest areas that are clean

Employers are required to provide clean canteens or designated rest areas so that employees can eat without exposure to hazardous substances. Why the other options are incorrect: • Respiratory protection equipment:



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Respiratory protection guards against inhaling hazards but does not create a facility for safe eating. • Sound level monitoring: Measuring noise levels addresses hearing risk, not safe eating arrangements. • Safety railings: Safety railings are fall prevention measures and have no relevance to eating facilities. • Access ladders: Ladders are access tools with no connection to workplace welfare eating facilities.

23. A — Dedicated pedestrian lanes

Dedicated pedestrian lanes protect people by physically dividing them from vehicle traffic. Why the other options are incorrect: • Additional warning signs: Warning signs can alert people to hazards but do not create a physical barrier between pedestrians and vehicles. • Informal dress code: What someone wears has no bearing on preventing vehicle-pedestrian accidents. • Regular team briefings: Team briefings enhance information sharing but do not directly protect pedestrians from vehicles. • Employee performance reviews: Performance reviews evaluate staff work quality rather than addressing movement-related risks.

24. A — Training for platform operators

Thorough training for those who operate mobile elevating work platforms ensures they are used correctly and safely. Why the other options are incorrect: • Additional on-site signs: Additional signage can highlight hazards but does not guarantee safe operation of the platform. • Informal dress for workers: What an operator wears has no impact on the safe operation of an elevating platform. • Internal staff communications: Internal communications keep staff informed but do not reduce the risks of using elevating platforms. • Additional paid leave as a bonus: Reward schemes may motivate staff but have no effect on the safe use of mobile elevating platforms.

25. A — Arguments over ticket prices or payments

Disagreements about fares or payment frequently trigger aggressive responses from members of the public, putting transport workers at heightened risk of violence. Why the other options are incorrect: • Being required to wear a uniform: Wearing a uniform helps the public identify transport workers but does not in itself make them more vulnerable to aggression. • Adhering to scheduled service times: Following service schedules organises working patterns but is not a source of violence risk. • Maintaining safe driving standards: Safe driving practices reduce the risk of road incidents but have no bearing on aggressive behaviour from passengers. • Filling in required administrative forms: Completing administrative forms is part of the job but does not contribute to the risk of encountering violence.

26. A — Disorientation and collisions

Insufficient signage in walkways leads to disorientation and increases the chance of collisions. Why the other options are incorrect: • Better air circulation: Air circulation relates to environmental conditions, not walkway navigation. • Greater work output: Work output is an organisational outcome, not the immediate hazard from poor signage. • Stronger team collaboration: Team collaboration is not affected by whether walkways are properly signed. • Improved staff spirit: While poor conditions may lower morale, the direct hazard is collision.

27. A — Ensuring the indoor temperature is kept at a comfortable level

Employers are legally required to maintain indoor workplace temperatures at a reasonable level to protect the comfort and welfare of their workforce. Why the other options are incorrect: • Supplying respiratory protective equipment: Respiratory equipment controls exposure to airborne substances, not thermal conditions. • Fitting automatic fire suppression systems: Sprinkler systems are designed to suppress fires and have no bearing on workplace temperature. • Equipping workers with fall-arrest harnesses: Fall-arrest harnesses protect against falls from height and are unrelated to temperature management. • Organising fire evacuation practice sessions: Fire evacuation drills rehearse emergency procedures and do not influence indoor temperature.



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28. A — Protective covers or physical barriers

Physical covers or barriers placed over fragile roof lights stop workers from falling through them. Why the other options are incorrect: • Staff bonus payments: Bonus payments are a financial incentive and provide no physical barrier against falling through a roof light. • Workplace social events: Social events raise team spirit but offer no structural safeguard against skylight falls. • Informational display boards: Display boards can convey warnings but cannot physically prevent a worker from falling through a fragile roof. • Adjustable working schedules: Altering shift patterns has no effect on the physical danger posed by brittle roof lights.

29. A — Camera monitoring systems

Camera monitoring discourages aggressive conduct and captures footage that can be used as evidence following any incident. Why the other options are incorrect: • Yearly financial incentives: Financial rewards can drive productivity but play no role in preventing aggressive behaviour. • Adjustable shift schedules: Adjustable schedules benefit staff wellbeing but offer no protection against violent incidents. • Complimentary staff parking: Complimentary parking reduces commuting costs but has no effect on aggression at work. • Informal clothing guidelines: Informal clothing policies shape workplace culture but do nothing to reduce the likelihood of violence.

30. A — Fitness for work assessments

Fitness for work assessments establish whether employees are in a suitable condition to work safely and are not impaired by substances. Why the other options are incorrect: • Holding weekly team social events: Team social events help build relationships and morale but are not a mechanism for checking whether staff are impaired. • Developing a corporate brand identity: Developing a brand identity supports organisational image but does not assess staff fitness or substance use. • Introducing a casual dress code: A casual dress code affects what employees wear to work and has no role in identifying impairment. • Redesigning the office floor plan: Changing the layout of office space affects the working environment but is not relevant to detecting substance-related impairment.



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