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Practice Questions

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1. What is the main purpose of health and safety legislation?

- A. To protect workers' health and safety
- B. To increase company profits
- C. To reduce paperwork
- D. To eliminate all risks

2. What do the CDM Regulations primarily support?

- A. Health and safety on site
- B. Project scheduling
- C. Cost management
- D. Worker training programs

3. What is essential for maintaining a health and safety management system?

- A. Regular monitoring and updates
- B. Cutting costs
- C. Limiting employee training
- D. Reducing safety inspections

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4. What is the purpose of writing a risk assessment?

- A. To identify potential hazards
- B. To create a budget
- C. To promote team bonding
- D. To schedule meetings

5. What should be included in a method statement?

- A. Detailed steps for tasks
- B. Company profit margins
- C. Employee personal information
- D. Meeting schedules



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6. Why is communication important in health and safety management?

- A. To ensure all are aware of risks
- B. To promote office gossip
- C. To boost morale unrelated to safety
- D. To schedule breaks

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7. What is a key component of effective risk assessments?

- A. Identifying who is at risk
- B. Listing employee hobbies
- C. Setting sales goals
- D. Planning office layouts

8. What should be prioritized in risk assessments?

- A. Most serious risks
- B. Least expensive solutions
- C. Employee preferences
- D. Company image

9. What does a safe working environment require?

- A. Regular safety training
- B. High employee turnover
- C. Infrequent inspections
- D. Ignoring feedback

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10. What is a key requirement of health and safety legislation?

- A. Regular risk assessments
- B. Only annual audits
- C. Limited employee involvement
- D. Ignoring previous incidents



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11. What role do employees have in health and safety?

- A. Active participation in safety practices
- B. Only reporting incidents
- C. Completing administrative tasks
- D. Attending meetings only when required

12. What must be documented in a health and safety management system?

- A. Procedures for managing safety risks
- B. Personal employee opinions
- C. Social events planning
- D. Financial reports only

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13. What is a method statement?

- A. A document detailing how a task will be carried out safely
- B. A financial report on project costs
- C. A training manual for new employees
- D. A marketing plan for the project

14. Why is monitoring a health and safety management system important?

- A. To ensure compliance and continuous improvement
- B. To reduce staff numbers
- C. To increase project costs
- D. To limit employee feedback

15. Who is responsible for health and safety on a construction site?

- A. The site manager
- B. The clients only
- C. The local council
- D. The suppliers

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16. What should be done after a risk assessment is completed?

- A. Implement control measures
- B. File it away
- C. Share with competitors
- D. Ignore it

17. What is a benefit of implementing health and safety legislation in the workplace?

- A. Reduces workplace accidents
- B. Increases number of staff
- C. Improves product quality
- D. Enhances brand image

18. How often should a health and safety management system be reviewed?

- A. Regularly and after incidents
- B. Once every few years
- C. Only when new employees start
- D. Before audits only

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19. What must be done if an employee is injured on site?

- A. Administer first aid immediately
- B. Wait for them to recover
- C. Ignore the injury
- D. Call an untrained worker

20. What should be included in hazardous substance training?

- A. Safe handling procedures
- B. Ignoring material data sheets
- C. How to use materials incorrectly
- D. Only theory without practice

21. How often should health checks be conducted for workers?

- A. Regularly and consistently
- B. Only when accidents occur
- C. Once a year
- D. Every few years



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22. What is the main reason for using PPE?

- A. To protect against hazards
- B. To look more professional
- C. To comply with personal preferences
- D. To increase productivity

23. What should be done if a hazardous substance is spilled?

- A. Follow spill response procedures
- B. Leave it to others
- C. Ignore it until the shift ends
- D. Try to clean it without protection

24. What is a critical element of an emergency plan?

- A. Clear communication
- B. Lack of designated roles
- C. Irregular drills
- D. Ignoring potential hazards

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25. What is an important step in first aid on-site?

- A. Assess the situation calmly
- B. Panic and move quickly
- C. Ignore the injured person
- D. Continue working as if nothing happened

26. Which procedure is vital for handling hazardous substances?

- A. Following proper storage guidelines
- B. Keeping them in open containers
- C. Ignoring safety data sheets
- D. Storing with food items



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27. What should workers do if they feel unwell on-site?

- A. Report to a supervisor immediately
- B. Continue working despite feeling ill
- C. Ignore symptoms
- D. Leave without notification

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28. What is a safe lifting technique to prevent injury?

- A. Bend knees and keep back straight
- B. Lift with arms only
- C. Twist while lifting
- D. Keep feet together while lifting

29. What should be done when working with materials that contain asbestos?

- A. Follow safety protocols strictly
- B. Work without protective gear
- C. Take shortcuts for efficiency
- D. Ignore warnings about asbestos

30. What is an important part of controlling dust on site?

- A. Regular cleaning of work areas
- B. Wearing long sleeves
- C. Using mobile phones
- D. Taking rest days



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Answer Key & Explanations

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1. A — To protect workers' health and safety

Health and safety legislation is designed to protect workers' health and safety in the workplace.

2. A — Health and safety on site

The CDM Regulations enhance health and safety on construction sites.

3. A — Regular monitoring and updates

Monitoring and updates ensure the system stays effective.

4. A — To identify potential hazards

Risk assessments identify hazards so risks can be managed.

5. A — Detailed steps for tasks

Method statements detail safe steps to complete work.

6. A — To ensure all are aware of risks

Communication ensures workers know the risks and procedures.

7. A — Identifying who is at risk

You must identify who could be harmed by hazards.

8. A — Most serious risks

The most serious risks must be addressed first.

9. A — Regular safety training

Training ensures all staff know how to work safely.

10. A — Regular risk assessments

Law requires regular risk assessments to manage hazards.

11. A — Active participation in safety practices

Employees must actively engage in safety for it to be effective.

12. A — Procedures for managing safety risks

Systems must include procedures for risk control.

13. A — A document detailing how a task will be carried out safely

Method statements describe safe systems of work.

14. A — To ensure compliance and continuous improvement

Monitoring ensures compliance and ongoing improvements.

15. A — The site manager

The site manager leads on implementing safety measures.



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16. A — Implement control measures

The point of risk assessment is to act on findings.

17. A — Reduces workplace accidents

Main benefit: fewer accidents at work.

18. A — Regularly and after incidents

Systems must be reviewed regularly and after incidents.

19. A — Administer first aid immediately

Administering first aid immediately can prevent further injury or complications.

20. A — Safe handling procedures

Training must include proper handling, risks, and protective measures.

21. A — Regularly and consistently

Regular and consistent health checks help maintain workforce well-being.

22. A — To protect against hazards

PPE is essential for protecting workers from potential hazards on site.

23. A — Follow spill response procedures

Following spill response procedures ensures safety and compliance.

24. A — Clear communication

Clear communication ensures everyone understands their roles in an emergency.

25. A — Assess the situation calmly

Assessing calmly allows for a rational response to the emergency.

26. A — Following proper storage guidelines

Proper storage guidelines prevent accidental exposure and spills.

27. A — Report to a supervisor immediately

Reporting ensures that health issues are addressed promptly.

28. A — Bend knees and keep back straight

Bending the knees and keeping the back straight prevents injury during lifting.

29. A — Follow safety protocols strictly

Asbestos must be handled following strict safety protocols to protect health.

30. A — Regular cleaning of work areas

Regular cleaning of work areas minimizes dust accumulation.



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