



White Card (CPCCWHS1001)

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Practice Questions

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1. What is the hierarchy of controls listed from most to least effective?

- A. Elimination, Substitution, Engineering controls, Administrative controls, PPE
- B. PPE, Administrative controls, Engineering controls, Substitution, Elimination
- C. Administrative controls, PPE, Elimination, Substitution, Engineering controls
- D. Substitution, Elimination, PPE, Administrative controls, Engineering controls

2. What is the primary limitation of PPE as a risk control measure?

- A. It only protects the wearer and does not eliminate the hazard
- B. It is the most effective control available
- C. It removes the hazard from the workplace
- D. It replaces the need for engineering controls

3. Under Australian WHS regulations, what height triggers 'high-risk construction work' requiring a SWMS?

- A. 2 metres or more
- B. 1 metre or more
- C. 3 metres or more
- D. 4 metres or more

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4. What colour are the active (live) wires in standard Australian three-phase electrical cabling (AS/NZS 3000)?

- A. Brown, black, and grey
- B. Red, white, and blue
- C. Black, red, and yellow
- D. Green, orange, and purple



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5. What is the emergency services number in Australia?

- A. 000
- B. 112
- C. 999
- D. 911

6. The Work Health and Safety Act 2011 imposes a duty of care on which of the following?

- A. All persons at a workplace, including workers, employers, designers, and manufacturers
- B. Only employers and principal contractors
- C. Only licensed tradespeople
- D. Only the principal contractor and the government

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7. Under the Globally Harmonised System (GHS), where would you find detailed information about a hazardous chemical's health effects and safe handling?

- A. Safety Data Sheet (SDS)
- B. Material certificate of conformance
- C. Delivery docket
- D. Product marketing brochure

8. The primary risk associated with manual tasks (e.g. lifting, carrying, pushing) is:

- A. Musculoskeletal disorders (MSDs) such as strains, sprains, and back injuries
- B. Respiratory disease
- C. Electric shock
- D. Chemical burns

9. What does the abbreviation 'WHS' stand for in the Australian construction industry?

- A. Workplace Hazard Standards
- B. Work Health and Safety
- C. Worker Housing Scheme
- D. Workforce Health Services

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10. A 'hazard' on a construction site is best defined as:

- A. Something with the potential to cause injury or illness
- B. An injury that has already occurred
- C. Any tool used on site
- D. A written risk assessment

11. Which type of hard hat is required when working near overhead electrical hazards?

- A. Class E (Electrical)
- B. Class G (General)
- C. Class C (Conductive)
- D. Any hard hat is sufficient

12. Which is the preferred method for managing fall risks from height?

- A. Eliminate the need to work at height where practicable
- B. Use a fall arrest harness as the first control
- C. Install warning lines and rely on worker awareness
- D. Provide training and assume workers will be careful

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13. What minimum distance should workers maintain from overhead power lines when using plant or equipment?

- A. At least 3 metres (or the safe approach distance set by the network operator)
- B. 0.5 metres is sufficient
- C. Distance only matters for cranes, not other plant
- D. Workers may approach as close as needed if lines appear de-energised

14. The acronym DRSABCD in first aid stands for:

- A. Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation
- B. Danger, Rescue, Safe, Airway, Breathing, Call, Defibrillation
- C. Direct, Respond, Signal, Aid, Bandage, Compress, Defibrillate
- D. Danger, React, Stabilise, Assist, Breathe, Call, Defibrillate



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15. A worker's general duties under WHS legislation include:

- A. Taking reasonable care of their own safety and the safety of others who may be affected by their acts or omissions
- B. Only following their immediate supervisor's instructions
- C. Reporting hazards only when asked by management
- D. Participating in risk assessments only for tasks above 2 metres

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16. GHS pictograms on chemical labels are:

- A. Standardised symbols that indicate the type and severity of hazard
- B. Branding images chosen by the manufacturer
- C. Optional marketing icons
- D. Only required on products exported overseas

17. When planning a manual lift, you should assess:

- A. The weight, size, shape, grip quality, and the distance and height of the carry
- B. The colour of the object
- C. The number of people watching
- D. Only the weight of the object

18. Under the WHS Act, a 'worker' includes which of the following?

- A. Only full-time employees on a permanent contract
- B. Employees, contractors, subcontractors, labour-hire staff, apprentices, trainees and volunteers
- C. Only licensed tradespeople
- D. Only people directly paid by the head contractor

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19. Which document formally identifies hazards and describes control measures for a specific high-risk task?

- A. Safe Work Method Statement (SWMS)
- B. Material Safety Data Sheet (MSDS)
- C. Site induction form
- D. First aid register



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20. Safety footwear on a construction site must include:

- A. Steel-capped toes and puncture-resistant soles
- B. Only a reinforced heel
- C. Ankle support but no toe protection
- D. Any closed-toe shoe

21. A scaffolding system must be erected, altered, and dismantled by:

- A. A licensed scaffolder
- B. Any experienced construction worker
- C. The site foreman
- D. Anyone who has completed a site induction

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22. A Residual Current Device (RCD) protects workers by:

- A. Detecting leakage current and switching off power within milliseconds
- B. Regulating voltage to prevent surges
- C. Increasing the resistance of the circuit
- D. Preventing water from entering electrical outlets

23. When providing CPR to an adult, the correct compression-to-breath ratio is:

- A. 30 compressions to 2 rescue breaths
- B. 15 compressions to 1 rescue breath
- C. 10 compressions to 2 rescue breaths
- D. 50 compressions to 5 rescue breaths

24. A Health and Safety Representative (HSR) is elected to:

- A. Represent workers in health and safety matters and liaise with the PCBU
- B. Manage payroll and rostering for the work group
- C. Approve all risk assessments before work starts
- D. Act as a first-aider for the work group

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25. What does the skull-and-crossbones GHS pictogram indicate?

- A. Acute toxicity (fatal or toxic if swallowed, inhaled, or in contact with skin)
- B. Flammable material
- C. Environmental hazard
- D. Oxidising substance

26. The correct technique for lifting a heavy object from the floor is to:

- A. Bend at the knees, keep the back straight and the load close to the body
- B. Bend at the waist with straight legs
- C. Twist the back to face the destination while lifting
- D. Lift as quickly as possible to reduce muscle fatigue

27. Which national body develops the model WHS laws and codes of practice that the states and territories adopt?

- A. Fair Work Commission
- B. Safe Work Australia
- C. The Australian Building and Construction Commission
- D. Master Builders Australia

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28. Before starting work in a new area of a construction site, what should you do?

- A. Conduct a hazard inspection of the area
- B. Begin work immediately to save time
- C. Wait for a supervisor to start first
- D. Put on all available PPE without assessing hazards

29. When must safety glasses or goggles be worn?

- A. Whenever there is a risk of eye injury from dust, debris, chemicals, or impact
- B. Only when working directly below another worker
- C. Only when operating power tools indoors
- D. Only when the temperature exceeds 30°C

30. What is the maximum safe working load (SWL) indicated on scaffolding used to mean?

- A. The total load (workers + materials + tools) the scaffold is designed to carry
- B. The weight of materials only, excluding workers
- C. The weight limit for tools stored overnight
- D. The weight of the scaffold itself



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Answer Key & Explanations

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1. A — Elimination, Substitution, Engineering controls, Administrative controls, PPE

The hierarchy starts with the most effective—Elimination—and ends with the least effective—PPE.

2. A — It only protects the wearer and does not eliminate the hazard

PPE is the last resort—it protects only the user and does not reduce the hazard at its source.

3. A — 2 metres or more

Work at 2 metres or above is classified as high-risk construction work requiring a SWMS.

4. A — Brown, black, and grey

Post-2000 Australian wiring uses brown (active 1), black (active 2), and grey (active 3) for three-phase circuits.

5. A — 000

000 is Australia's emergency number for police, fire, and ambulance services.

6. A — All persons at a workplace, including workers, employers, designers, and manufacturers

The WHS Act 2011 covers all persons conducting a business or undertaking (PCBUs) and workers, creating shared duties.

7. A — Safety Data Sheet (SDS)

The SDS (formerly MSDS) contains 16 standardised sections covering health hazards, PPE, storage, and spill response.

8. A — Musculoskeletal disorders (MSDs) such as strains, sprains, and back injuries

MSDs are the most common outcome of hazardous manual tasks; they affect muscles, tendons, nerves, and joints.

9. B — Work Health and Safety

WHS stands for Work Health and Safety. Australia's harmonised laws are the model WHS Act and WHS Regulations.

10. A — Something with the potential to cause injury or illness

A hazard is anything with the potential to cause harm, before any injury occurs.

11. A — Class E (Electrical)

Class E hard hats are designed to reduce electrical hazards and are required near live conductors.

12. A — Eliminate the need to work at height where practicable

Elimination (redesigning the task so work at height is not needed) is always the first preferred option.

13. A — At least 3 metres (or the safe approach distance set by the network operator)

A minimum 3 m (or greater, per network operator guidelines) exclusion zone applies to overhead power lines.



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14. A — Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation

DRSABCD is the Australian first aid action plan; Danger is always assessed first to protect the rescuer.

15. A — Taking reasonable care of their own safety and the safety of others who may be affected by their acts or omissions

Section 28 of the WHS Act requires workers to take care of themselves and others and comply with reasonable instructions.

16. A — Standardised symbols that indicate the type and severity of hazard

GHS pictograms are internationally standardised hazard communication symbols required on labels and SDS.

17. A — The weight, size, shape, grip quality, and the distance and height of the carry

Multiple load characteristics—weight, size, shape, grip, and carry distance—all contribute to MSD risk.

18. B — Employees, contractors, subcontractors, labour-hire staff, apprentices, trainees and volunteers

The WHS Act defines a worker broadly as any person who carries out work in any capacity for a PCBU.

19. A — Safe Work Method Statement (SWMS)

A SWMS is required for high-risk construction work and outlines hazards and controls step-by-step.

20. A — Steel-capped toes and puncture-resistant soles

Steel-capped, puncture-resistant boots protect against crushing, sharp objects, and penetration hazards.

21. A — A licensed scaffolder

Australian law requires scaffolding work over a specified height to be performed by a licensed scaffolder.

22. A — Detecting leakage current and switching off power within milliseconds

RCDs (safety switches) detect earth leakage current and trip within 30 ms, preventing electrocution.

23. A — 30 compressions to 2 rescue breaths

Current Australian Resuscitation Council guidelines recommend 30:2 for adult CPR.

24. A — Represent workers in health and safety matters and liaise with the PCBU

HSRs are elected worker representatives with powers to inspect, require investigations, and issue Provisional Improvement Notices.

25. A — Acute toxicity (fatal or toxic if swallowed, inhaled, or in contact with skin)

The skull-and-crossbones signals acute toxicity—substances that can cause death or serious harm at low doses.

26. A — Bend at the knees, keep the back straight and the load close to the body

Bending at the knees and keeping the load close uses leg muscles and protects the spine from injury.

27. B — Safe Work Australia

Safe Work Australia develops the model WHS Act, Regulations and Codes of Practice; states and territories enforce what they adopt.

28. A — Conduct a hazard inspection of the area

Always inspect the work area for hazards before commencing work to prevent incidents.



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29. A — Whenever there is a risk of eye injury from dust, debris, chemicals, or impact

Eye protection is required any time there is potential for eye injury; this includes grinding, cutting, and chemical handling.

30. A — The total load (workers + materials + tools) the scaffold is designed to carry

SWL is the maximum combined load the scaffold can safely support; exceeding it risks structural failure.



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