SMSTS practice questions

91 original questions with explained answers

Original independent study material · 21 topics · Reviewed 12 November 2026

Answer the questions before opening the answer section. A question asking for several answers requires all stated choices. These study sets are untimed and do not reproduce the official examination format or mark weighting.

Use these original notes and practice questions alongside your taught course and current delegate materials. They are not official CITB exam questions, an exam prediction or a substitute for attendance. The safety guidance is for Great Britain; Northern Ireland has separate legislation. All worked situations are fictional learning examples.

Question sets

1. Health and safety law and CDM duties
2. Construction planning and Plan, Do, Check, Act
3. Risk assessment, controls and method statements
4. Competence, induction and worker engagement
5. Inspection, audit, investigation and RIDDOR
6. COSHH, dust, fumes and lead
7. Asbestos information and training limits
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9. Manual handling and work design
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12. Site layout, traffic and mobile plant
13. Lifting operations and equipment examinations
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15. Electrical safety and buried or overhead services
16. Excavation planning, support and inspections
17. Temporary works, demolition and structural stability
18. Confined-space recognition, entry and rescue
19. Fire prevention and emergency planning
20. Environmental controls, waste and pollution
21. Lone work, out-of-hours tasks and driving

Go to the explained answers

1. Health and safety law and CDM duties

1.1 On a commercial project involving three contractors, who coordinates health and safety during the construction phase?

A. The principal designer alone

B. The client's insurer

C. Whichever contractor starts first

D. The principal contractor

My answer: _____

Check the explanation after answering

1.2 Which statement about a site manager's job title is accurate?

A. It transfers all contractor duties to the individual

B. It removes the need for organisational capability

C. It automatically makes the manager the commercial client

D. It does not, by itself, establish the CDM dutyholder appointment

My answer: _____

Check the explanation after answering

1.3 Which situation best explains the purpose of an immediate prohibition notice?

A. A routine improvement is preferred but no relevant risk exists

B. A hazardous activity creates a risk of serious personal injury

C. An accident has already happened, regardless of continuing risk

D. A breach needs remedy but does not involve the serious-injury risk described

My answer: _____

Check the explanation after answering

1.4 Select two duties associated with a commercial client under CDM 2015.

A. Allow suitable time and resources

B. Make appropriate dutyholder appointments

C. Personally carry out every scaffold inspection

D. Approve a generic plan and then stop checking the appointed dutyholders

My answer: _____

Check the explanation after answering

1.5 Which statement correctly distinguishes criminal enforcement from a civil compensation claim?

A. A civil compensation claim and criminal enforcement are the same process

B. Only criminal law can apply after a workplace injury

C. A regulator can enforce a breach while an affected person may separately claim compensation

D. Payment by an insurer removes every preventive duty

My answer: _____

Check the explanation after answering

2. Construction planning and Plan, Do, Check, Act

2.1 A small construction project is below the HSE notification threshold. What follows about its CPP?

A. Only an insurer can decide

B. It can be written after all work ends

C. A proportionate CPP is still required

D. No CPP is required

My answer: _____

Check the explanation after answering

2.2 Which is the clearest example of Check in Plan, Do, Check, Act?

A. Choosing a new approach after a recurring failure

B. Writing a policy statement

C. Ordering barriers

D. Observing whether people use the protected route

My answer: _____

Check the explanation after answering

2.3 Which record best supports follow-through on a delivery-route problem?

A. Discuss access sometime

B. Access issue noted

C. Owner, agreed action, due time and evidence of completion

D. All staff are responsible

My answer: _____

Check the explanation after answering

2.4 Select two statements that distinguish project and task planning.

A. A method statement describes the sequence for particular work

B. A health and safety file is just another name for every method statement

C. A folder of RAMS automatically resolves contractor interfaces

D. The CPP coordinates site-wide construction arrangements

My answer: _____

Check the explanation after answering

3. Risk assessment, controls and method statements

3.1 Which statement describes risk rather than a hazard?

A. A moving vehicle

B. A damaged cable

C. A solvent

D. The chance and seriousness of injury from contact with an exposed conductor

My answer: _____

Check the explanation after answering

3.2 Which change most clearly removes a dust-generating task at the site?

A. Supply suitable components cut to the required size off site

B. Print a larger dust warning sign

C. Use the same saw for a longer shift

D. Use an appropriate respirator while carrying out the same cutting task

My answer: _____

Check the explanation after answering

3.3 A task method omits an adjacent trade working below. What is the key problem?

A. It has not assessed and coordinated the affected interface

B. Every method must have identical headings

C. The document needs a second signature only

D. The assessment has not yet reached its scheduled annual review

My answer: _____

Check the explanation after answering

3.4 Select two circumstances requiring a risk-control review.

A. The assessment was signed by everyone yesterday

B. The task is unchanged and the verified controls remain effective

C. A new substance changes the exposure

D. Workers report that the extraction fails during use

My answer: _____

Check the explanation after answering

4. Competence, induction and worker engagement

4.1 Which is the strongest evidence that a worker understood a changed access arrangement?

A. They signed the attendance list

B. They explain and identify the correct route and restrictions

C. They own a general safety card

D. They stood near the briefing

My answer: _____

Check the explanation after answering

4.2 An experienced operator receives unfamiliar work equipment. What should the manager establish?

A. Only the number of years employed

B. That the worker will learn by trial while production continues

C. That the worker's general training card is still in date, without checking this equipment

D. Relevant competence, information and any further training or supervision

My answer: _____

Check the explanation after answering

4.3 What makes worker consultation different from a one-way announcement?

A. It requires every decision to be unanimous

B. It consists only of collecting signatures

C. Workers can contribute concerns and practical knowledge before decisions are settled

D. It removes the employer's responsibility

My answer: _____

Check the explanation after answering

4.4 The current team has completed this site's induction and understood its briefing. Select two changes that require updated information.

A. A duplicate of the unchanged briefing record is saved in the site file

B. The emergency route changes

C. A worker is assigned a new activity with different significant risks

D. The same team returns after lunch to the unchanged, previously briefed task

My answer: _____

Check the explanation after answering

4.5 A blue circular sign shows eye protection. What is it communicating?

A. A mandatory action is required

B. The location of an emergency exit

C. A prohibition on wearing eye protection

D. Only that eye injuries have occurred in the past

My answer: _____

Check the explanation after answering

5. Inspection, audit, investigation and RIDDOR

5.1 Which finding is most likely to be an underlying cause rather than the immediate event?

A. A person fell

B. Delivery planning provided no suitable storage area, so routes were repeatedly obstructed

C. The worker sustained a bruise

D. A worker's foot contacted a pallet

My answer: _____

Check the explanation after answering

5.2 A near miss does not meet a RIDDOR category. What follows?

A. It proves the controls worked

B. It should be recorded as a different event to make it reportable

C. It can still require internal investigation and corrective action

D. It must be ignored

My answer: _____

Check the explanation after answering

5.3 For an otherwise qualifying GB over-seven-day incapacity case, when is the RIDDOR report due?

A. Exactly seven working days after the accident

B. Within fifteen days of the incident

C. Within fifteen days of returning to normal work

D. Only after the next monthly meeting

My answer: _____

Check the explanation after answering

5.4 Select two features of a useful corrective-action record.

A. A named action owner and due date

B. Evidence that the agreed change was implemented and checked

C. A tick that every issue was discussed

D. The phrase "worker error" with no further enquiries

My answer: _____

Check the explanation after answering

5.5 Which record answers whether a particular scaffold was competently inspected after a damaging event?

A. The construction phase plan alone

B. The relevant scaffold inspection report and action record

C. A training attendance register alone

D. The delivery booking sheet alone

My answer: _____

Check the explanation after answering

6. COSHH, dust, fumes and lead

6.1 Which statement correctly describes a safety data sheet?

A. It covers every substance generated by nearby work

B. It removes the need to consider skin exposure

C. It provides product information to help assess the actual work

D. It automatically approves every use of the product

My answer: _____

Check the explanation after answering

6.2 Which process can create a hazardous substance without opening a chemical container?

A. Reviewing a safety data sheet before the operation

B. Cutting silica-containing material

C. Using an unopened sealed product in its original packaging without exposure

D. Moving sealed pre-cut components without cutting or disturbing them

My answer: _____

Check the explanation after answering

6.3 A worker removes lead-contaminated gloves and eats without washing. Which route of exposure is particularly relevant?

A. Ingestion from contamination transferred to food or the mouth

B. Only breathing contaminated air

C. Only absorption caused by wearing clean gloves

D. There is no route once gloves are removed

My answer: _____

Check the explanation after answering

6.4 Select two issues a dust-control assessment should include.

A. Cleaning and disposal after the main operation

B. Only whether the dust is easy to see

C. Only the product label, without examining the work process

D. Other trades and people exposed nearby

My answer: _____

Check the explanation after answering

6.5 A worker passed a face-fit test on one tight-fitting respirator. A different model is supplied with the same protection rating. What should the manager establish?

A. The matching protection rating means the previous fit test automatically covers it

B. The new facepiece is suitable for the task and the wearer achieves a successful fit test for it

C. A daily user seal check permanently replaces fit testing

D. Select a larger tight-fitting facepiece to accommodate hair beneath the seal

My answer: _____

Check the explanation after answering

7. Asbestos information and training limits

7.1 What is the most relevant question when deciding whether an asbestos report supports intrusive refurbishment?

A. Does the report contain any statement that accessible rooms were clear?

B. Does it cover the work areas, materials and purpose of the proposed disturbance?

C. Does the report carry a recent date, regardless of its exclusions?

D. Was the same report accepted for a different area of the building?

My answer: _____

Check the explanation after answering

7.2 Which training statement is accurate?

A. Awareness training alone qualifies a worker to remove asbestos

B. Awareness training supports avoiding disturbance but is not removal training

C. Every asbestos task is covered by a general SMSTS certificate

D. No further checks are needed if a contractor has any training certificate

My answer: _____

Check the explanation after answering

7.3 A survey excludes the ceiling void that the contractor must enter and disturb. What does that exclusion mean?

A. The information gap must be resolved for the proposed work

B. The oldest worker should identify the material visually

C. The work may proceed because adjacent rooms were surveyed

D. The void has been confirmed free from asbestos

My answer: _____

Check the explanation after answering

7.4 Select two actions that help prevent unintended asbestos disturbance.

A. Ask each trade to remove a small sample without further arrangements

B. Treat an old survey as universal approval for all future alterations

C. Give relevant survey information to those planning and doing the work

D. Brief the procedure for unexpected suspect material

My answer: _____

Check the explanation after answering

8. Noise and vibration: values, exposure and controls

8.1 Which daily or weekly noise exposure value is the upper action value in Great Britain?

A. 85 dB(A)

B. 87 dB(A)

C. 80 dB(A)

D. 90 dB(A)

My answer: _____

Check the explanation after answering

8.2 What does 2.5 m/s^2 A(8) represent for GB hand-arm vibration?

A. The daily hand-arm vibration exposure limit value

B. A universal safe exposure for exactly eight hours on every tool

C. A vibration level measured at one instant without considering duration

D. The daily exposure action value

My answer: _____

Check the explanation after answering

8.3 Why must a lower-vibration replacement tool still be assessed for the task?

A. Vibration matters only after symptoms appear

B. The manufacturer's lower emission figure guarantees the daily exposure is below the action value

C. Longer use and actual operating conditions may change total exposure

D. New tools can never reduce risk

My answer: _____

Check the explanation after answering

8.4 Select two sound management approaches to noise and vibration.

A. Assume protection removes every need to assess exposure

B. Reduce exposure through suitable methods and equipment

C. Arrange relevant health surveillance without treating it as a substitute for control

D. Wait for permanent symptoms before changing the work

My answer: _____

Check the explanation after answering

8.5 When applying GB noise action and limit values, how is hearing-protection reduction treated?

A. Deduct it for both action values and limits

B. Ignore it for both action values and limits

C. Deduct it only when choosing a tool, never when assessing exposure

D. Consider it for limit values, but not for lower or upper action values

My answer: _____

Check the explanation after answering

9. Manual handling and work design

9.1 What should be considered first for a hazardous repeated carrying operation?

A. Which poster should be placed nearby

B. How quickly the strongest worker can finish it

C. Whether the boxes look familiar

D. Whether the handling can be avoided through work design or suitable assistance

My answer: _____

Check the explanation after answering

9.2 Which statement about a trolley is correct?

A. It can always carry any load that fits physically

B. Using it means no instruction is needed

C. It removes every manual-handling risk

D. Its suitability depends on the load, route and operation

My answer: _____

Check the explanation after answering

9.3 Why can a large lightweight board be difficult to handle safely?

A. A weight label addresses the whole task

B. It can obstruct vision, be hard to grip and react to wind

C. Only heavy loads can cause injury

D. Light objects cannot affect balance

My answer: _____

Check the explanation after answering

9.4 Select two changes that can justify reviewing a handling assessment.

A. The carrying route gains a staircase

B. The frequency of lifts increases substantially

C. The same worker continues the same load, route and frequency with verified effective controls

D. An unchanged task remains within the existing review schedule and no new concern has arisen

My answer: _____

Check the explanation after answering

10. Welfare, fatigue, stress and wellbeing

10.1 Which welfare arrangement needs correction?

A. Cleaning and fault reporting have named owners

B. Capacity is reviewed when the workforce increases

C. Suitable facilities remain accessible, supplied and maintained for all working shifts

D. The only washing facility is locked while the evening crew is working

My answer: _____

Check the explanation after answering

10.2 Repeated stress complaints concern conflicting instructions and impossible deadlines. Which response addresses the likely work-related causes?

A. Increase every deadline's urgency

B. Review role clarity, workload and management priorities with the workers

C. Only display a positive-thinking poster

D. Assume every complaint is a personal weakness

My answer: _____

Check the explanation after answering

10.3 A worker's behaviour changes unexpectedly. What is the appropriate management approach?

A. Record observable concerns, address immediate safety and use the employer's support process

B. Announce a diagnosis to the whole crew

C. Assume alcohol is the only possible cause

D. Ignore the concern until an accident happens

My answer: _____

Check the explanation after answering

10.4 Select two matters to reassess when moving work into the evening.

A. Fatigue, supervision and suitable lighting

B. Only the date printed on the original method

C. Nothing if the tools are unchanged

D. Availability of welfare and emergency support

My answer: _____

Check the explanation after answering

11. Work at height, access and fall protection

11.1 Which option should be considered first when planning work at height?

A. The fastest ladder already on site

B. A suitable method that avoids the need to work at height

C. The cheapest available harness

D. A warning to take care near the edge

My answer: _____

Check the explanation after answering

11.2 What is the purpose of a work-restraint system?

A. Prevent the user reaching a position from which they could fall

B. Stop a fall only after it begins

C. Replace every edge barrier automatically

D. Make any anchor suitable

My answer: _____

Check the explanation after answering

11.3 A scaffold was inspected three days ago and has since been struck by a vehicle. Which statement is correct?

A. Its condition after impact requires competent assessment before affected use resumes

B. Any worker can straighten it and sign the tag

C. The tag is more reliable than visible damage

D. The seven-day date means it can continue unchanged

My answer: _____

Check the explanation after answering

11.4 Select two matters essential when planning fall arrest.

A. Only whether a harness is available

B. Assuming emergency services alone are the rescue plan

C. Suitable anchors, compatibility and sufficient clearance

D. A practicable rescue arrangement

My answer: _____

Check the explanation after answering

11.5 Which arrangement is intended to prevent a fall rather than arrest one after it starts?

A. A fall-arrest lanyard with sufficient clearance

B. A rescue kit ready for a suspended casualty

C. A suitable restraint system that prevents reaching the edge

D. An emergency-service contact number

My answer: _____

Check the explanation after answering

12. Site layout, traffic and mobile plant

12.1 Which change most directly reduces a recurring pedestrian-delivery conflict?

A. Redesign the route or delivery sequence so the movements are separated

B. Issue brighter vests while leaving the route blocked

C. Tell pedestrians to move faster

D. Remove the incident-reporting box

My answer: _____

Check the explanation after answering

12.2 Why does hired mobile equipment still need task and site checks?

A. Hire equipment is always defective

B. A hire agreement replaces operator competence

C. The machine can be used beyond its limits if the hire period is short

D. Ownership does not establish suitability for the ground, attachment or work

My answer: _____

Check the explanation after answering

12.3 A delivery blocks the only protected pedestrian route. What is the planning issue?

A. It is acceptable if the blockage lasts less than an hour

B. A driver's horn provides the same protection as a suitable route

C. People may be diverted into a vehicle area outside the agreed separation

D. Only the appearance of the storage area matters

My answer: _____

Check the explanation after answering

12.4 Select two factors when assessing mobile plant use.

A. Only whether the engine starts

B. Ground conditions, slopes and the intended load

C. Operator competence and visibility

D. Only whether the machine was used on another project last week

My answer: _____

Check the explanation after answering

13. Lifting operations and equipment examinations

13.1 Which statement best describes the manager's role when a specialist lift is planned?

A. Select all lifting accessories from memory because they hold SMSTS

B. Treat the crane's arrival as proof of a complete plan

C. Leave every neighbouring trade to decide independently

D. Ensure competent planning, resources and coordination without exceeding their own competence

My answer: _____

Check the explanation after answering

13.2 Without a competent examination scheme setting another interval, how often are lifting accessories normally thoroughly examined in service?

A. Only when first bought

B. Only after an injury

C. Every six months

D. Every twelve months in every case

My answer: _____

Check the explanation after answering

13.3 A current examination report exists, but an accessory is visibly damaged. What matters?

A. A photograph of the certificate is enough

B. The defect must be addressed before the item is used

C. The report cancels the visible defect

D. The lift may continue if it is the final one

My answer: _____

Check the explanation after answering

13.4 Select two changes that can invalidate assumptions in a lift plan.

A. A different load or lifting radius

B. Changed ground or supporting conditions

C. A different shift supervisor, with the same verified operation and competent team

D. A replacement document copy containing the same accepted arrangements

My answer: _____

Check the explanation after answering

14. Work equipment, guards and safe maintenance

14.1 Which statement about work equipment is correct?

A. A new machine needs no task assessment

B. A pre-use visual check alone proves all maintenance requirements are met

C. Suitable equipment must also be maintained and used by adequately trained people

D. Hiring it transfers every duty away from the user's employer

My answer: _____

Check the explanation after answering

14.2 Why is an emergency stop not automatically a safe-isolation method?

A. Stored energy exists only in electrical equipment

B. Energy may remain and restart may still be possible

C. Emergency stops are never useful

D. A warning label removes the need for isolation

My answer: _____

Check the explanation after answering

14.3 A guard fails but the operator offers to be careful. Which assessment is sound?

A. The protective function is missing and the affected use must not continue on that promise

B. Experience replaces the protective device

C. The last few items are exempt from guarding

D. Signing the method statement replaces the guard

My answer: _____

Check the explanation after answering

14.4 Select two issues to include when planning maintenance.

A. Provide competent people, suitable access and a controlled handover

B. Assume normal production instructions cover every repair

C. Return equipment to service whenever the shift ends

D. Prevent unintended restart and control stored energy

My answer: _____

Check the explanation after answering

15. Electrical safety and buried or overhead services

15.1 What can a utility plan reliably be used as?

A. A replacement for competent planning

B. An information source within a wider locating and safe-digging process

C. Proof of exact cable depth everywhere

D. Permission to ignore detector indications

My answer: _____

Check the explanation after answering

15.2 Why can a crane be in danger near an overhead line without touching it?

A. Electricity can arc across a gap

B. Only the height of the crane while parked matters

C. Overhead lines are harmless until physically cut

D. Rubber tyres make every approach safe

My answer: _____

Check the explanation after answering

15.3 An electrical lead has new visible damage but an in-date inspection label. Which statement is correct?

A. The label authorises use until its expiry

B. Tape applied by any worker always resolves it

C. A short task removes the risk

D. The current defect needs action before affected use

My answer: _____

Check the explanation after answering

15.4 Select two matters to plan around overhead services.

A. A universal distance guessed from a past project

B. Assuming wooden poles always carry communications cables

C. The full reach and movement of plant and long materials

D. Suitable arrangements agreed with relevant competent people and the line owner

My answer: _____

Check the explanation after answering

16. Excavation planning, support and inspections

16.1 Which statement about excavation depth is accurate?

A. Depth alone cannot show that the excavation is safe

B. Every excavation below a remembered depth needs no precautions

C. Only excavations deeper than a person can collapse

D. Depth removes the need to locate services

My answer: _____

Check the explanation after answering

16.2 Why can a new stockpile near an excavation matter?

A. It matters only if the stockpile physically touches a support

B. Loads outside the excavation cannot affect it

C. It matters only after a collapse begins

D. It can change loading assumptions and stability

My answer: _____

Check the explanation after answering

16.3 A morning inspection was satisfactory, but substantial material falls from the side later. What follows?

A. Workers should enter quickly to remove the material

B. The event matters only if someone was struck

C. The earlier record remains sufficient until tomorrow

D. The affected excavation must be assessed and made safe before work continues

My answer: _____

Check the explanation after answering

16.4 Select two items of information needed when planning an excavation.

A. Only whether the operator has worked nearby before

B. Existing services and ground conditions

C. Nearby structures, water and anticipated loads

D. Only the excavator's current inspection report

My answer: _____

Check the explanation after answering

17. Temporary works, demolition and structural stability

17.1 Which is a temporary-works management issue?

A. Only whether the structure is used for less than a month

B. Only whether the materials will be reused

C. Only the final appearance of the permanent structure

D. Controlling the design, installation, use and removal of a support arrangement

My answer: _____

Check the explanation after answering

17.2 Why must a proposed prop removal return to the competent temporary-works process?

A. The delivery driver can approve the change

B. A general site induction authorises structural changes

C. It can change structural stability and load paths

D. Every short removal is automatically harmless

My answer: _____

Check the explanation after answering

17.3 Which statement about a temporary works coordinator is accurate?

A. The role removes every contractor's duty

B. Suitable authority and competence are needed for the role

C. The title alone proves every design is correct

D. Anyone with SMSTS can design all temporary works

My answer: _____

Check the explanation after answering

17.4 Select two matters to establish before demolition or structural alteration.

A. The structure's stability and a suitable sequence

B. Services, hazardous materials and effects on neighbouring structures

C. Only how quickly the rubble can be removed

D. That previous buildings on the street were demolished without incident

My answer: _____

Check the explanation after answering

18. Confined-space recognition, entry and rescue

18.1 Which description best identifies a confined-space issue?

A. Only a space with no door

B. Only a place where someone has already collapsed

C. An enclosed or largely enclosed space with a foreseeable specified risk

D. Any room with a low ceiling

My answer: _____

Check the explanation after answering

18.2 What should be considered first when planning a task involving a confined space?

A. Whether there is no unusual smell

B. Whether the task can be completed without entry

C. Which worker can fit through the opening fastest

D. Whether the hatch has been open for ten minutes

My answer: _____

Check the explanation after answering

18.3 Why can a permit alone not make a confined-space task safe?

A. It records and controls authorisation but cannot physically control every hazard

B. Permits are never useful

C. A signature guarantees the atmosphere will never change

D. The permit replaces competent rescue arrangements

My answer: _____

Check the explanation after answering

18.4 Select two components of suitable planned rescue arrangements.

A. A communicated and practised method with appropriate alarm arrangements

B. An untrained colleague ready to enter immediately

C. Only the emergency-services telephone number

D. Trained people and equipment suited to the space and task

My answer: _____

Check the explanation after answering

19. Fire prevention and emergency planning

19.1 Which set describes the fire triangle?

A. Fuel, a naked flame and a permit

B. Fuel, ignition or heat, and oxygen

C. Fuel, heat and a closed compartment

D. Fuel, oxygen and a fire extinguisher

My answer: _____

Check the explanation after answering

19.2 A new work enclosure blocks an occupied building's escape route. What is the key issue?

A. The work must be coordinated so existing fire protection and escape remain effective

B. The enclosure is temporary, so escape can wait

C. Only the construction crew's route matters

D. A sign on the blocked exit provides equivalent escape

My answer: _____

Check the explanation after answering

19.3 Why is a fixed fire-watch duration copied from another site insufficient?

A. Fire checks are never needed after hot work

B. A signature eliminates hidden ignition risks

C. A fixed period is sufficient whenever the same tool is used

D. Monitoring must fit the assessed work, materials and permit arrangements

My answer: _____

Check the explanation after answering

19.4 Select two features of a workable emergency plan.

A. Only a list of telephone numbers

B. A route diagram that is never checked after changes

C. People know the alarm, roles and escape arrangements

D. Access and support remain available during the actual shift

My answer: _____

Check the explanation after answering

19.5 The first-aid needs assessment requires trained first-aider cover. Evening work is added after the usual first aider leaves. What is the appropriate management response?

A. Rely on an untrained appointed person because the titles mean the same thing

B. Treat the daytime assessment as covering all later working hours automatically

C. Provide suitable trained cover and other assessed arrangements for the evening work

D. Add the emergency phone number to the sign-in sheet without checking any other provision

My answer: _____

Check the explanation after answering

20. Environmental controls, waste and pollution

20.1 Which action is highest in the waste hierarchy?

A. Preventing unnecessary material from becoming waste

B. Sending all material to landfill

C. Mixing reusable material with contaminated waste

D. Choosing the largest skip available

My answer: _____

Check the explanation after answering

20.2 Why should a manager identify where a drain leads before planning washout?

A. Every drain goes to a treatment plant

B. Dilution automatically authorises any discharge

C. Only visibly coloured liquids can pollute

D. It may provide a direct pollution route to water or ground

My answer: _____

Check the explanation after answering

20.3 Which statement about construction waste is accurate?

A. A verbal assurance always replaces transfer records

B. All UK nations use identical procedures for every waste type

C. The producer must use the relevant checks and documentation for the waste and location

D. Any collector with a van is authorised

My answer: _____

Check the explanation after answering

20.4 Select two useful pollution-prevention planning actions.

A. Wait for the first spill before deciding who responds

B. Choose suitable containment and storage locations

C. Identify drainage and establish the spill-response responsibilities

D. Plan to wash every spill into the nearest drain

My answer: _____

Check the explanation after answering

21. Lone work, out-of-hours tasks and driving

21.1 Which situation can count as lone working?

A. Only someone who is self-employed

B. Only work outside normal office hours

C. Only work outside a building

D. A worker isolated from close supervision and immediate help in a remote part of a large site

My answer: _____

Check the explanation after answering

21.2 What makes a check-in arrangement incomplete?

A. Communication coverage has been checked

B. The task has been assessed for lone-working suitability

C. Nobody is assigned to respond when expected contact is missed

D. The worker knows when to make contact

My answer: _____

Check the explanation after answering

21.3 A programme adds a long work journey after an exhausting shift. What should management consider?

A. Only whether the destination has parking

B. Fatigue, realistic timing and safer travel or work arrangements

C. Only whether the employee owns the car

D. That site duties ended, so the work journey has no relevance

My answer: _____

Check the explanation after answering

21.4 Select two matters to verify for an isolated out-of-hours task.

A. Reliable communication and an effective missed-contact response

B. Suitable emergency support, welfare and access for the actual period

C. Only that the same task was done in daylight

D. Only that the worker is willing to go alone

My answer: _____

Check the explanation after answering

Explained answers

Review every explanation, including questions you answered correctly by guessing. Return to the corresponding notes when a concept is unclear.

1. Health and safety law and CDM duties

1.1 On a commercial project involving three contractors, who coordinates health and safety during the construction phase?

Correct answer: D. CDM allocates roles by their responsibilities and appointments, not by who arrives first.

A. The principal designer alone. The principal designer coordinates the pre-construction phase and liaises with the principal contractor.

B. The client's insurer. Insurance does not perform the statutory coordination role.

C. Whichever contractor starts first. Start order does not define the appointment or duty.

D. The principal contractor. Correct: construction-phase coordination is a principal contractor duty.

Primary references: HSE01, HSE02, HSE03, NI01, HSE49, LAW02.

1.2 Which statement about a site manager's job title is accurate?

Correct answer: D. A manager can carry out tasks for a dutyholder without replacing that dutyholder.

A. It transfers all contractor duties to the individual. Contractors retain duties for their work.

B. It removes the need for organisational capability. The organisation still needs the capability and resources for its role.

C. It automatically makes the manager the commercial client. The client is the party for whom the project is carried out, not a title assigned to a site employee.

D. It does not, by itself, establish the CDM dutyholder appointment. Correct: identify the appointed party and delegated authority.

Primary references: HSE01, HSE02, HSE03, NI01, HSE49, LAW02.

1.3 Which situation best explains the purpose of an immediate prohibition notice?

Correct answer: B. Prohibition focuses on preventing a dangerous activity, not waiting for harm.

A. A routine improvement is preferred but no relevant risk exists. The prohibition criterion concerns serious personal injury risk.

B. A hazardous activity creates a risk of serious personal injury. Correct: the notice can prevent the activity continuing before anyone is injured.

C. An accident has already happened, regardless of continuing risk. An accident is not required and does not alone explain the prohibition power.

D. A breach needs remedy but does not involve the serious-injury risk described. That may be relevant to an improvement notice; it does not explain the immediate prohibition criterion.

Primary references: HSE01, HSE02, HSE03, NI01, HSE49, LAW02.

1.4 Select two duties associated with a commercial client under CDM 2015.

Correct answers: A, B. Client arrangements enable safe delivery; they do not erase the roles of designers and contractors.

A. Allow suitable time and resources. Correct: suitable project arrangements include time and resources.

B. Make appropriate dutyholder appointments. Correct: the client must arrange relevant appointments.

C. Personally carry out every scaffold inspection. Inspection requires suitable arrangements and competence; it is not a universal personal client task.

D. Approve a generic plan and then stop checking the appointed dutyholders. Client duties include suitable arrangements and checking the relevant dutyholders carry out their duties.

Primary references: HSE01, HSE02, HSE03, NI01, HSE49, LAW02.

1.5 Which statement correctly distinguishes criminal enforcement from a civil compensation claim?

Correct answer: C. Understand the purpose of each route rather than assuming that payment resolves prevention or enforcement.

A. A civil compensation claim and criminal enforcement are the same process. They are separate legal routes with different purposes.

B. Only criminal law can apply after a workplace injury. Civil compensation can also be relevant.

C. A regulator can enforce a breach while an affected person may separately claim compensation. Correct: both routes can be relevant and are not interchangeable.

D. Payment by an insurer removes every preventive duty. Compensation does not itself discharge health and safety duties.

Primary references: HSE49.

2. Construction planning and Plan, Do, Check, Act

2.1 A small construction project is below the HSE notification threshold. What follows about its CPP?

Correct answer: C. Small scale changes the appropriate detail, not the existence of the planning duty.

A. Only an insurer can decide. The construction planning requirement is not an insurance option.

B. It can be written after all work ends. It must support planning before the construction phase, then remain useful.

C. A proportionate CPP is still required. Correct: the CPP requirement applies to every construction project.

D. No CPP is required. Notification and planning are separate requirements.

Primary references: HSE04, HSE03, HSE07, HSE05.

2.2 Which is the clearest example of Check in Plan, Do, Check, Act?

Correct answer: D. A check compares actual behaviour and conditions with what the plan intended.

A. Choosing a new approach after a recurring failure. That is acting on findings.

B. Writing a policy statement. That establishes intent within planning.

C. Ordering barriers. That helps resource implementation.

D. Observing whether people use the protected route. Correct: this tests the control in real conditions.

Primary references: HSE04, HSE03, HSE07, HSE05.

2.3 Which record best supports follow-through on a delivery-route problem?

Correct answer: C. Specific ownership prevents an open concern being mistaken for a completed control.

A. Discuss access sometime. There is no owner, deadline or verifiable action.

B. Access issue noted. This records a concern but not its resolution.

C. Owner, agreed action, due time and evidence of completion. Correct: these make action and verification traceable.

D. All staff are responsible. Shared awareness does not identify who will deliver the specific change.

Primary references: HSE04, HSE03, HSE07, HSE05.

2.4 Select two statements that distinguish project and task planning.

Correct answers: D, A. Different documents contribute different information; their presence alone is not coordination.

A. A method statement describes the sequence for particular work. Correct: it explains the task's planned execution.

B. A health and safety file is just another name for every method statement. Its purpose is relevant information for later work on the structure.

C. A folder of RAMS automatically resolves contractor interfaces. Interfaces still require active coordination.

D. The CPP coordinates site-wide construction arrangements. Correct: it addresses the project's management arrangements.

Primary references: HSE04, HSE03, HSE07, HSE05.

3. Risk assessment, controls and method statements

3.1 Which statement describes risk rather than a hazard?

Correct answer: D. Risk describes possible harm in context, not just the object or substance.

A. A moving vehicle. That identifies a source of potential harm.

B. A damaged cable. That is a source of potential harm.

C. A solvent. That identifies a hazardous substance.

D. The chance and seriousness of injury from contact with an exposed conductor. Correct: it considers likelihood and consequences.

Primary references: HSE06, HSE07, HSE14, HSE25, HSE30.

3.2 Which change most clearly removes a dust-generating task at the site?

Correct answer: A. Planning procurement can prevent exposure before work starts, provided the supplied components suit the job.

A. Supply suitable components cut to the required size off site. Correct: this can eliminate that site cutting operation; remaining risks still need assessment.

B. Print a larger dust warning sign. A sign communicates risk but does not remove the source.

C. Use the same saw for a longer shift. This may increase exposure.

D. Use an appropriate respirator while carrying out the same cutting task. Respiratory protection can reduce inhalation exposure when properly selected and used, but does not remove the dust-generating operation.

Primary references: HSE06, HSE07, HSE14, HSE25, HSE30.

3.3 A task method omits an adjacent trade working below. What is the key problem?

Correct answer: A. The question is whether the method works safely in its actual surroundings.

A. It has not assessed and coordinated the affected interface. Correct: the work may expose people outside the author's crew.

B. Every method must have identical headings. A prescribed appearance does not prove suitability.

C. The document needs a second signature only. A signature alone cannot supply missing controls.

D. The assessment has not yet reached its scheduled annual review. The missing interface needs attention now; the calendar date is not the key defect.

Primary references: HSE06, HSE07, HSE14, HSE25, HSE30.

3.4 Select two circumstances requiring a risk-control review.

Correct answers: C, D. Review is responsive to changed risk and control performance, as well as planned intervals.

A. The assessment was signed by everyone yesterday. Recent signatures do not themselves change risk or prove a need for review; changed hazards or control failure do.

B. The task is unchanged and the verified controls remain effective. These facts do not themselves identify a new review trigger.

C. A new substance changes the exposure. Correct: assessment assumptions may no longer hold.

D. Workers report that the extraction fails during use. Correct: ineffective controls require investigation and action.

Primary references: HSE06, HSE07, HSE14, HSE25, HSE30.

4. Competence, induction and worker engagement

4.1 Which is the strongest evidence that a worker understood a changed access arrangement?

Correct answer: B. A check of application is more informative than a record of presence.

A. They signed the attendance list. Signing alone does not show the content was understood.

B. They explain and identify the correct route and restrictions. Correct: applying the information exposes misunderstandings.

C. They own a general safety card. The card does not prove knowledge of today's layout.

D. They stood near the briefing. Presence does not establish comprehension.

Primary references: HSE09, HSE08, HSE10, HSE50.

4.2 An experienced operator receives unfamiliar work equipment. What should the manager establish?

Correct answer: D. The same role can include different tasks requiring different preparation.

A. Only the number of years employed. Experience length does not prove task-specific capability.

B. That the worker will learn by trial while production continues. Uncontrolled trial is not a suitable competence arrangement.

C. That the worker's general training card is still in date, without checking this equipment. A current card can be evidence, but it does not by itself establish competence with the unfamiliar equipment.

D. Relevant competence, information and any further training or supervision. Correct: capability must fit this equipment and task.

Primary references: HSE09, HSE08, HSE10, HSE50.

4.3 What makes worker consultation different from a one-way announcement?

Correct answer: C. Workers can help identify how proposed controls will work in real conditions.

A. It requires every decision to be unanimous. Consultation does not mean that every decision needs unanimity.

B. It consists only of collecting signatures. Signatures do not demonstrate an exchange of views.

C. Workers can contribute concerns and practical knowledge before decisions are settled. Correct: consultation involves exchange and consideration.

D. It removes the employer's responsibility. Listening does not transfer legal duties.

Primary references: HSE09, HSE08, HSE10, HSE50.

4.4 The current team has completed this site's induction and understood its briefing. Select two changes that require updated information.

Correct answers: B, C. Update information when the site, work or people's relevant information needs change; the question assumes the original induction and understanding were already suitable.

A. A duplicate of the unchanged briefing record is saved in the site file. An administrative copy does not change the work, audience or safety arrangements.

B. The emergency route changes. Correct: people need the new route information.

C. A worker is assigned a new activity with different significant risks. Correct: the changed activity creates new information needs.

D. The same team returns after lunch to the unchanged, previously briefed task. No change in work or conditions is described; the facts do not identify a new briefing need.

Primary references: HSE09, HSE08, HSE10, HSE50.

4.5 A blue circular sign shows eye protection. What is it communicating?

Correct answer: A. Read the pictogram and sign family together; the sign supports the assessed protection arrangements.

A. A mandatory action is required. Correct: the sign directs the specified protective action.

B. The location of an emergency exit. Escape signs use the emergency-information family, usually green.

C. A prohibition on wearing eye protection. Prohibition uses a different sign family and meaning.

D. Only that eye injuries have occurred in the past. The sign specifies required behaviour, not incident history.

Primary references: HSE50.

5. Inspection, audit, investigation and RIDDOR

5.1 Which finding is most likely to be an underlying cause rather than the immediate event?

Correct answer: B. Investigation should identify why the conditions arose, so controls can prevent recurrence.

A. A person fell. That describes the event.

B. Delivery planning provided no suitable storage area, so routes were repeatedly obstructed. Correct: this is an organisational condition producing repeated exposure.

C. The worker sustained a bruise. That is an outcome.

D. A worker's foot contacted a pallet. That describes the immediate contact.

Primary references: HSE05, HSE07, HSE11, HSE12, HSE13, LAW03.

5.2 A near miss does not meet a RIDDOR category. What follows?

Correct answer: C. RIDDOR defines reporting duties; it does not define every event worth learning from.

A. It proves the controls worked. Avoiding harm by chance is not proof of effective control.

B. It should be recorded as a different event to make it reportable. Records must reflect the facts.

C. It can still require internal investigation and corrective action. Correct: prevention does not depend on statutory reportability.

D. It must be ignored. A non-reportable event can reveal serious risk.

Primary references: HSE05, HSE07, HSE11, HSE12, HSE13, LAW03.

5.3 For an otherwise qualifying GB over-seven-day incapacity case, when is the RIDDOR report due?

Correct answer: B. Separate the incapacity threshold from the deadline for submitting the report.

A. Exactly seven working days after the accident. The incapacity and reporting tests are not this rule.

B. Within fifteen days of the incident. Correct: this category has the fifteen-day reporting deadline.

C. Within fifteen days of returning to normal work. The deadline runs from the incident, not return.

D. Only after the next monthly meeting. A meeting schedule cannot postpone the statutory deadline.

Primary references: HSE05, HSE07, HSE11, HSE12, HSE13, LAW03.

5.4 Select two features of a useful corrective-action record.

Correct answers: A, B. An action is useful when someone delivers it and its effectiveness can be verified.

A. A named action owner and due date. Correct: responsibility and timing make follow-up possible.

B. Evidence that the agreed change was implemented and checked. Correct: closure needs more than a promise.

C. A tick that every issue was discussed. Discussion alone does not show resolution.

D. The phrase "worker error" with no further enquiries. This can conceal preventable planning or system failures.

Primary references: HSE05, HSE07, HSE11, HSE12, HSE13, LAW03.

5.5 Which record answers whether a particular scaffold was competently inspected after a damaging event?

Correct answer: B. Choose a record by its actual purpose and check that it relates to the equipment, event and time in question.

A. The construction phase plan alone. It describes project arrangements, not that specific inspection finding.

B. The relevant scaffold inspection report and action record. Correct: these document the inspection and any defects or corrective action.

C. A training attendance register alone. It records attendance, not the scaffold condition after the event.

D. The delivery booking sheet alone. It may help explain the event but is not the inspection record.

Primary references: HSE07, HSE26.

6. COSHH, dust, fumes and lead

6.1 Which statement correctly describes a safety data sheet?

Correct answer: C. Assessment connects substance information to the real process and people exposed.

A. It covers every substance generated by nearby work. Generated dust or fumes may need separate identification.

B. It removes the need to consider skin exposure. Skin contact can still be a relevant route.

C. It provides product information to help assess the actual work. Correct: it is an input to the workplace assessment.

D. It automatically approves every use of the product. Different processes and exposure conditions need consideration.

Primary references: HSE14, HSE15, HSE16, HSE53.

6.2 Which process can create a hazardous substance without opening a chemical container?

Correct answer: B. The substance can be produced by the work itself, so a container-based inventory is incomplete.

A. Reviewing a safety data sheet before the operation. That is a planning action; it does not itself generate the hazardous substance.

B. Cutting silica-containing material. Correct: the process can generate respirable silica dust.

C. Using an unopened sealed product in its original packaging without exposure. The stated facts do not create the generated dust or fume exposure described.

D. Moving sealed pre-cut components without cutting or disturbing them. The stated task does not generate cutting dust.

Primary references: HSE14, HSE15, HSE16, HSE53.

6.3 A worker removes lead-contaminated gloves and eats without washing. Which route of exposure is particularly relevant?

Correct answer: A. Hygiene arrangements help prevent contamination reaching the mouth as well as managing airborne exposure.

A. Ingestion from contamination transferred to food or the mouth. Correct: swallowing contaminated material can lead to absorption.

B. Only breathing contaminated air. Inhalation can matter in lead work, but the eating scenario specifically describes a swallowing pathway.

C. Only absorption caused by wearing clean gloves. The described concern is contamination transferred to the mouth, not the clean glove itself.

D. There is no route once gloves are removed. Removing gloves does not establish that hands are uncontaminated.

Primary references: HSE14, HSE15, HSE16, HSE53.

6.4 Select two issues a dust-control assessment should include.

Correct answers: D, A. Assess the whole process, affected people and exposure pathways.

A. Cleaning and disposal after the main operation. Correct: later tasks can create further exposure.

B. Only whether the dust is easy to see. Visibility is not a sufficient measure of risk or control.

C. Only the product label, without examining the work process. A label is information, not the full exposure assessment.

D. Other trades and people exposed nearby. Correct: exposure can extend beyond the tool user.

Primary references: HSE14, HSE15, HSE16, HSE53.

6.5 A worker passed a face-fit test on one tight-fitting respirator. A different model is supplied with the same protection rating. What should the manager establish?

Correct answer: B. Fit testing selects a facepiece that fits the individual. Correct fitting and a user check on each use are additional requirements.

A. The matching protection rating means the previous fit test automatically covers it. Protection rating does not establish how the different facepiece seals to this wearer.

B. The new facepiece is suitable for the task and the wearer achieves a successful fit test for it. Correct: suitability and individual fit both matter; provide the tested make, model, type and size.

C. A daily user seal check permanently replaces fit testing. A user check is needed when wearing the mask, but does not replace the individual fit test.

D. Select a larger tight-fitting facepiece to accommodate hair beneath the seal. Hair in the sealing area can permit leakage; a larger facepiece does not solve that incompatibility.

Primary references: HSE53.

7. Asbestos information and training limits

7.1 What is the most relevant question when deciding whether an asbestos report supports intrusive refurbishment?

Correct answer: B. The information must answer the risks created by the actual work.

A. Does the report contain any statement that accessible rooms were clear? A limited finding cannot be assumed to cover hidden or excluded areas.

B. Does it cover the work areas, materials and purpose of the proposed disturbance? Correct: scope and suitability are essential.

C. Does the report carry a recent date, regardless of its exclusions? Recency alone cannot establish coverage of the planned disturbance.

D. Was the same report accepted for a different area of the building? Acceptance for another area does not establish this scope.

Primary references: HSE17, HSE18.

7.2 Which training statement is accurate?

Correct answer: B. Match the competence and training to the actual asbestos activity.

A. Awareness training alone qualifies a worker to remove asbestos. Awareness does not provide asbestos-work competence.

B. Awareness training supports avoiding disturbance but is not removal training. Correct: asbestos work needs appropriate additional arrangements.

C. Every asbestos task is covered by a general SMSTS certificate. A management course does not establish specialist task competence.

D. No further checks are needed if a contractor has any training certificate. Check relevance, competence and the type of work.

Primary references: HSE17, HSE18.

7.3 A survey excludes the ceiling void that the contractor must enter and disturb. What does that exclusion mean?

Correct answer: A. Uninspected areas require an appropriate information and control decision before disturbance.

A. The information gap must be resolved for the proposed work. Correct: planned disturbance needs suitable information.

B. The oldest worker should identify the material visually. Visual familiarity is not a suitable substitute for required assessment.

C. The work may proceed because adjacent rooms were surveyed. Adjacent findings do not establish the excluded area.

D. The void has been confirmed free from asbestos. Exclusion means it was not covered, not that it was clear.

Primary references: HSE17, HSE18.

7.4 Select two actions that help prevent unintended asbestos disturbance.

Correct answers: C, D. Useful information and a clear response procedure support prevention; neither permits untrained asbestos work.

A. Ask each trade to remove a small sample without further arrangements. Unplanned sampling can create exposure and requires competence.

B. Treat an old survey as universal approval for all future alterations. Scope and changing work must be checked.

C. Give relevant survey information to those planning and doing the work. Correct: hidden information cannot inform the method.

D. Brief the procedure for unexpected suspect material. Correct: the team needs to know how to prevent further disturbance and obtain assessment.

Primary references: HSE17, HSE18.

8. Noise and vibration: values, exposure and controls

8.1 Which daily or weekly noise exposure value is the upper action value in Great Britain?

Correct answer: A. Keep the upper action value separate from the noise exposure limit.

A. 85 dB(A). Correct: 85 dB(A) is the upper action value.

B. 87 dB(A). That is the exposure limit value, allowing for hearing protection.

C. 80 dB(A). That is the lower noise action value, not the upper action value.

D. 90 dB(A). This is not the current upper action value in the GB regulations.

Primary references: HSE19, HSE20, HSE42, LAW01, HSE45, HSE46, HSE47.

8.2 What does 2.5 m/s^2 A(8) represent for GB hand-arm vibration?

Correct answer: D. The value relates to daily vibration exposure, combining magnitude and duration.

A. The daily hand-arm vibration exposure limit value. The limit is 5 m/s^2 A(8), not 2.5.

B. A universal safe exposure for exactly eight hours on every tool. A(8) is a normalised exposure measure, not a universal tool timer.

C. A vibration level measured at one instant without considering duration. A(8) is a daily exposure measure that incorporates exposure time.

D. The daily exposure action value. Correct: it is the action value for daily exposure.

Primary references: HSE19, HSE20, HSE42, LAW01, HSE45, HSE46, HSE47.

8.3 Why must a lower-vibration replacement tool still be assessed for the task?

Correct answer: C. Select equipment by its performance in the planned operation and verify exposure assumptions.

A. Vibration matters only after symptoms appear. Control should prevent harm rather than wait for it.

B. The manufacturer's lower emission figure guarantees the daily exposure is below the action value. Daily exposure also depends on the actual operation, duration and other vibrating tools used.

C. Longer use and actual operating conditions may change total exposure. Correct: the daily result depends on more than the quoted magnitude.

D. New tools can never reduce risk. Suitable equipment can reduce risk; it still needs assessment.

Primary references: HSE19, HSE20, HSE42, LAW01, HSE45, HSE46, HSE47.

8.4 Select two sound management approaches to noise and vibration.

Correct answers: B, C. Control exposure proactively and use health arrangements to support, not replace, prevention.

A. Assume protection removes every need to assess exposure. Assessment and effective source controls still matter.

B. Reduce exposure through suitable methods and equipment. Correct: address the source and operation.

C. Arrange relevant health surveillance without treating it as a substitute for control. Correct: surveillance and prevention have different roles.

D. Wait for permanent symptoms before changing the work. This misses the preventive purpose.

Primary references: HSE19, HSE20, HSE42, LAW01, HSE45, HSE46, HSE47.

8.5 When applying GB noise action and limit values, how is hearing-protection reduction treated?

Correct answer: D. Do not use hearing-protection reduction to make an action-value duty disappear.

A. Deduct it for both action values and limits. The regulation distinguishes these tests.

B. Ignore it for both action values and limits. The limit test does take the reduction into account.

C. Deduct it only when choosing a tool, never when assessing exposure. This is not the rule for applying the values.

D. Consider it for limit values, but not for lower or upper action values. Correct: this is the distinction in regulation 4.

Primary references: LAW01, HSE19.

9. Manual handling and work design

9.1 What should be considered first for a hazardous repeated carrying operation?

Correct answer: D. Planning the supply and movement of materials can avoid exposure before it reaches the crew.

A. Which poster should be placed nearby. A poster does not redesign the operation.

B. How quickly the strongest worker can finish it. Speed and perceived strength do not complete an assessment.

C. Whether the boxes look familiar. Familiarity does not establish acceptable risk.

D. Whether the handling can be avoided through work design or suitable assistance. Correct: prevention comes before relying on technique.

Primary references: HSE21, HSE30.

9.2 Which statement about a trolley is correct?

Correct answer: D. An aid should be assessed as part of the whole operation, not treated as an automatic solution.

A. It can always carry any load that fits physically. Capacity, stability and intended use must be considered.

B. Using it means no instruction is needed. Users still need suitable information and competence.

C. It removes every manual-handling risk. Pushing and pulling are also manual handling.

D. Its suitability depends on the load, route and operation. Correct: slopes, surfaces, control and capacity still matter.

Primary references: HSE21, HSE30.

9.3 Why can a large lightweight board be difficult to handle safely?

Correct answer: B. A complete assessment looks beyond the number on the label.

A. A weight label addresses the whole task. It supplies one piece of information.

B. It can obstruct vision, be hard to grip and react to wind. Correct: size and control can create risk independently of weight.

C. Only heavy loads can cause injury. This ignores posture, reach, visibility and control.

D. Light objects cannot affect balance. Bulk and movement can affect balance.

Primary references: HSE21, HSE30.

9.4 Select two changes that can justify reviewing a handling assessment.

Correct answers: A, B. Review when the factors that determine risk change, not only on a calendar date.

A. The carrying route gains a staircase. Correct: the task and environment changed.

B. The frequency of lifts increases substantially. Correct: repeated exposure changed.

C. The same worker continues the same load, route and frequency with verified effective controls. No changed risk factor or ineffective control is described.

D. An unchanged task remains within the existing review schedule and no new concern has arisen. These facts do not themselves identify an additional review trigger; scheduled reviews still apply.

Primary references: HSE21, HSE30.

10. Welfare, fatigue, stress and wellbeing

10.1 Which welfare arrangement needs correction?

Correct answer: D. Welfare is about actual access and suitability throughout the work.

A. Cleaning and fault reporting have named owners. This supports maintenance.

B. Capacity is reviewed when the workforce increases. This is a useful planning check.

C. Suitable facilities remain accessible, supplied and maintained for all working shifts. This describes an arrangement that supports the actual work.

D. The only washing facility is locked while the evening crew is working. Correct: listed provision is not usable provision.

Primary references: HSE22, HSE23, HSE24, HSE39, HSE41.

10.2 Repeated stress complaints concern conflicting instructions and impossible deadlines. Which response addresses the likely work-related causes?

Correct answer: B. Support is useful, but management must also examine preventable causes in the work.

A. Increase every deadline's urgency. That can intensify the pressure.

B. Review role clarity, workload and management priorities with the workers. Correct: this acts on the work design.

C. Only display a positive-thinking poster. That does not resolve conflicting demands.

D. Assume every complaint is a personal weakness. This discourages reporting and misses organisational causes.

Primary references: HSE22, HSE23, HSE24, HSE39, HSE41.

10.3 A worker's behaviour changes unexpectedly. What is the appropriate management approach?

Correct answer: A. Respond to the facts and use competent health or employment support where needed.

A. Record observable concerns, address immediate safety and use the employer's support process. Correct: it avoids unsupported diagnosis while dealing with risk.

B. Announce a diagnosis to the whole crew. A manager should not invent a diagnosis or disclose personal information widely.

C. Assume alcohol is the only possible cause. Many factors can affect behaviour.

D. Ignore the concern until an accident happens. An immediate safety concern deserves appropriate action.

Primary references: HSE22, HSE23, HSE24, HSE39, HSE41.

10.4 Select two matters to reassess when moving work into the evening.

Correct answers: D, A. Time of work can change the people, support and conditions around the task.

A. Fatigue, supervision and suitable lighting. Correct: the operating conditions have changed.

B. Only the date printed on the original method. The actual conditions are more important than the printed date alone.

C. Nothing if the tools are unchanged. Unchanged tools do not mean unchanged risk.

D. Availability of welfare and emergency support. Correct: daytime arrangements may no longer operate.

Primary references: HSE22, HSE23, HSE24, HSE39, HSE41.

11. Work at height, access and fall protection

11.1 Which option should be considered first when planning work at height?

Correct answer: B. The planning hierarchy starts with avoiding exposure before selecting fall protection.

A. The fastest ladder already on site. Availability and speed do not establish suitability.

B. A suitable method that avoids the need to work at height. Correct: avoidance is the first stage of the hierarchy.

C. The cheapest available harness. Equipment price does not determine the hierarchy.

D. A warning to take care near the edge. A warning does not prevent a fall.

Primary references: HSE25, HSE26, HSE43, HSE48, HSE51, HSE52.

11.2 What is the purpose of a work-restraint system?

Correct answer: A. Understand the system's function before judging whether it suits the work.

A. Prevent the user reaching a position from which they could fall. Correct: restraint prevents access to the fall position.

B. Stop a fall only after it begins. That describes fall arrest.

C. Replace every edge barrier automatically. Selection must follow the hierarchy and actual assessment.

D. Make any anchor suitable. Anchor suitability remains essential.

Primary references: HSE25, HSE26, HSE43, HSE48, HSE51, HSE52.

11.3 A scaffold was inspected three days ago and has since been struck by a vehicle. Which statement is correct?

Correct answer: A. Inspection intervals do not remove the need to respond to events that may jeopardise safety.

A. Its condition after impact requires competent assessment before affected use resumes. Correct: the earlier record does not cover later damage.

B. Any worker can straighten it and sign the tag. Alteration and inspection require appropriate competence.

C. The tag is more reliable than visible damage. Current condition must be addressed.

D. The seven-day date means it can continue unchanged. A relevant event can require inspection sooner.

Primary references: HSE25, HSE26, HSE43, HSE48, HSE51, HSE52.

11.4 Select two matters essential when planning fall arrest.

Correct answers: C, D. Personal fall protection requires the complete system and response, not a single item of PPE.

A. Only whether a harness is available. Availability alone does not establish a safe system.

B. Assuming emergency services alone are the rescue plan. Management needs suitable planned rescue arrangements.

C. Suitable anchors, compatibility and sufficient clearance. Correct: the complete system must function in the location.

D. A practicable rescue arrangement. Correct: arresting the fall is not the end of the emergency.

Primary references: HSE25, HSE26, HSE43, HSE48, HSE51, HSE52.

11.5 Which arrangement is intended to prevent a fall rather than arrest one after it starts?

Correct answer: C. The distinction is about what the system physically does, not whether the worker is wearing a harness.

A. A fall-arrest lanyard with sufficient clearance. This limits a fall after it begins.

B. A rescue kit ready for a suspended casualty. That supports rescue after an event.

C. A suitable restraint system that prevents reaching the edge. Correct: restraint prevents the user reaching the fall position.

D. An emergency-service contact number. A number alone does not prevent or arrest a fall.

Primary references: HSE52, HSE51.

12. Site layout, traffic and mobile plant

12.1 Which change most directly reduces a recurring pedestrian-delivery conflict?

Correct answer: A. Controls that remove or separate the conflicting activities reduce reliance on constant vigilance.

A. Redesign the route or delivery sequence so the movements are separated. Correct: it acts on the interaction itself.

B. Issue brighter vests while leaving the route blocked. Visibility alone does not resolve the route conflict.

C. Tell pedestrians to move faster. This leaves them exposed to the same vehicle movement.

D. Remove the incident-reporting box. Suppressing reports does not remove risk.

Primary references: HSE27, HSE30.

12.2 Why does hired mobile equipment still need task and site checks?

Correct answer: D. Check what the equipment will do and the conditions in which it will work.

A. Hire equipment is always defective. That is an unsupported generalisation.

B. A hire agreement replaces operator competence. The operator still needs appropriate competence.

C. The machine can be used beyond its limits if the hire period is short. Duration does not authorise unsuitable use.

D. Ownership does not establish suitability for the ground, attachment or work. Correct: actual conditions and use determine suitability.

Primary references: HSE27, HSE30.

12.3 A delivery blocks the only protected pedestrian route. What is the planning issue?

Correct answer: C. A control must remain usable in real conditions; a blocked route is not working separation.

A. It is acceptable if the blockage lasts less than an hour. A short duration does not remove the exposure.

B. A driver's horn provides the same protection as a suitable route. A warning is not equivalent to segregation.

C. People may be diverted into a vehicle area outside the agreed separation. Correct: the intended route no longer functions.

D. Only the appearance of the storage area matters. The issue is safe movement, not appearance.

Primary references: HSE27, HSE30.

12.4 Select two factors when assessing mobile plant use.

Correct answers: B, C. Mobile plant safety combines equipment, people and the operating environment.

A. Only whether the engine starts. Starting does not establish condition or task suitability.

B. Ground conditions, slopes and the intended load. Correct: these affect stability and suitability.

C. Operator competence and visibility. Correct: the user and ability to see the operating area matter.

D. Only whether the machine was used on another project last week. Past use does not establish suitability or condition for this site.

Primary references: HSE27, HSE30.

13. Lifting operations and equipment examinations

13.1 Which statement best describes the manager's role when a specialist lift is planned?

Correct answer: D. Management responsibility includes arranging specialist competence, not pretending it is unnecessary.

A. Select all lifting accessories from memory because they hold SMSTS. SMSTS alone does not establish specialist lifting competence.

B. Treat the crane's arrival as proof of a complete plan. Equipment availability is not planning.

C. Leave every neighbouring trade to decide independently. Interfaces need coordination.

D. Ensure competent planning, resources and coordination without exceeding their own competence. Correct: management must provide the arrangements and resolve interfaces.

Primary references: HSE28, HSE29.

13.2 Without a competent examination scheme setting another interval, how often are lifting accessories normally thoroughly examined in service?

Correct answer: C. Keep the regular interval distinct from additional checks and event-triggered examination.

A. Only when first bought. Ongoing deterioration and other triggers require attention.

B. Only after an injury. Examination is preventive.

C. Every six months. Correct: this is the specified regular interval for lifting accessories.

D. Every twelve months in every case. Twelve months generally concerns other lifting equipment, not all accessories.

Primary references: HSE28, HSE29.

13.3 A current examination report exists, but an accessory is visibly damaged. What matters?

Correct answer: B. Historical evidence and current condition must both be considered.

A. A photograph of the certificate is enough. Documentation is not a repair or condition assessment.

B. The defect must be addressed before the item is used. Correct: the present condition cannot be ignored.

C. The report cancels the visible defect. It cannot establish condition after new damage.

D. The lift may continue if it is the final one. Schedule position does not make damaged equipment suitable.

Primary references: HSE28, HSE29.

13.4 Select two changes that can invalidate assumptions in a lift plan.

Correct answers: A, B. The plan must match the actual load, equipment and conditions of the lift.

A. A different load or lifting radius. Correct: these can affect capacity and the method.

B. Changed ground or supporting conditions. Correct: stability and support assumptions can change.

C. A different shift supervisor, with the same verified operation and competent team. A change of name alone does not establish a changed lifting assumption, though handover and competence must remain suitable.

D. A replacement document copy containing the same accepted arrangements. A duplicate copy does not itself change the lift.

Primary references: HSE28, HSE29.

14. Work equipment, guards and safe maintenance

14.1 Which statement about work equipment is correct?

Correct answer: C. Equipment safety combines its selection, condition, safeguards and competent use.

A. A new machine needs no task assessment. It may be unsuitable for the intended use or environment.

B. A pre-use visual check alone proves all maintenance requirements are met. Pre-use checks and planned maintenance serve different purposes.

C. Suitable equipment must also be maintained and used by adequately trained people. Correct: suitability alone is not the whole requirement.

D. Hiring it transfers every duty away from the user's employer. Use and control still create responsibilities.

Primary references: HSE30, HSE31.

14.2 Why is an emergency stop not automatically a safe-isolation method?

Correct answer: B. Stopping movement and making maintenance access safe are different decisions.

A. Stored energy exists only in electrical equipment. Pressure, springs and gravity can also store energy.

B. Energy may remain and restart may still be possible. Correct: safe isolation must address the relevant energy sources and restart risks.

C. Emergency stops are never useful. They have an important emergency function but not every isolation function.

D. A warning label removes the need for isolation. Labels do not control energy.

Primary references: HSE30, HSE31.

14.3 A guard fails but the operator offers to be careful. Which assessment is sound?

Correct answer: A. Correct the failed protective arrangement through the appropriate competent process.

A. The protective function is missing and the affected use must not continue on that promise. Correct: personal care is not equivalent to the guard.

B. Experience replaces the protective device. Even experienced people can contact a danger zone.

C. The last few items are exempt from guarding. Production quantity does not restore protection.

D. Signing the method statement replaces the guard. A signature cannot physically prevent access.

Primary references: HSE30, HSE31.

14.4 Select two issues to include when planning maintenance.

Correct answers: D, A. Maintenance needs its own controlled arrangements, not a production shortcut.

A. Provide competent people, suitable access and a controlled handover. Correct: these support a safe maintenance process.

B. Assume normal production instructions cover every repair. Maintenance can create different risks.

C. Return equipment to service whenever the shift ends. Return requires the appropriate confirmation, not a calendar trigger.

D. Prevent unintended restart and control stored energy. Correct: maintenance exposes people to energy hazards.

Primary references: HSE30, HSE31.

15. Electrical safety and buried or overhead services

15.1 What can a utility plan reliably be used as?

Correct answer: B. Use several complementary controls rather than relying on a single drawing.

A. A replacement for competent planning. The plan is an input to that planning.

B. An information source within a wider locating and safe-digging process. Correct: plans help planning but do not establish every exact location.

C. Proof of exact cable depth everywhere. Plans may not provide accurate depths or complete locations.

D. Permission to ignore detector indications. Conflicting evidence needs resolution.

Primary references: HSE31, HSE30, HSE33, HSE32.

15.2 Why can a crane be in danger near an overhead line without touching it?

Correct answer: A. Plan the full movement envelope and use the appropriate line-owner and competent arrangements.

A. Electricity can arc across a gap. Correct: dangerous close approach can cause flashover.

B. Only the height of the crane while parked matters. The full operating movement, not merely its parked position, must be considered.

C. Overhead lines are harmless until physically cut. That ignores arcing and contact risks.

D. Rubber tyres make every approach safe. Tyres do not justify unsafe proximity.

Primary references: HSE31, HSE30, HSE33, HSE32.

15.3 An electrical lead has new visible damage but an in-date inspection label. Which statement is correct?

Correct answer: D. Present condition matters alongside records.

A. The label authorises use until its expiry. It records an earlier inspection, not future condition.

B. Tape applied by any worker always resolves it. Repair needs suitable competence and a valid method.

C. A short task removes the risk. Duration alone does not make damaged equipment safe.

D. The current defect needs action before affected use. Correct: the previous label cannot establish safety after damage.

Primary references: HSE31, HSE30, HSE33, HSE32.

15.4 Select two matters to plan around overhead services.

Correct answers: C, D. Service risk management depends on verified information and the actual activity.

A. A universal distance guessed from a past project. Clearance and precautions depend on the actual line and work.

B. Assuming wooden poles always carry communications cables. HSE warns against this assumption.

C. The full reach and movement of plant and long materials. Correct: all foreseeable movements matter.

D. Suitable arrangements agreed with relevant competent people and the line owner. Correct: site-specific electrical information is needed.

Primary references: HSE31, HSE30, HSE33, HSE32.

16. Excavation planning, support and inspections

16.1 Which statement about excavation depth is accurate?

Correct answer: A. Treat depth as one piece of the risk picture, not a permission rule.

A. Depth alone cannot show that the excavation is safe. Correct: conditions and hazards determine the precautions.

B. Every excavation below a remembered depth needs no precautions. There is no such universal safe depth.

C. Only excavations deeper than a person can collapse. Shallower excavations can also cause serious harm.

D. Depth removes the need to locate services. Services can be present at varying depths.

Primary references: HSE34, HSE35, HSE33.

16.2 Why can a new stockpile near an excavation matter?

Correct answer: D. Information about adjacent loads belongs in excavation planning and change control.

A. It matters only if the stockpile physically touches a support. Adjacent loading can affect stability without direct contact.

B. Loads outside the excavation cannot affect it. Nearby surcharge can be important.

C. It matters only after a collapse begins. Planning must prevent the unsafe condition.

D. It can change loading assumptions and stability. Correct: additional load can affect the sides or support system.

Primary references: HSE34, HSE35, HSE33.

16.3 A morning inspection was satisfactory, but substantial material falls from the side later. What follows?

Correct answer: D. Inspections and action must respond to actual conditions as well as routine timing.

A. Workers should enter quickly to remove the material. Unassessed entry can expose them to further collapse.

B. The event matters only if someone was struck. A fall of material can reveal instability without injury.

C. The earlier record remains sufficient until tomorrow. A relevant event requires reassessment.

D. The affected excavation must be assessed and made safe before work continues. Correct: changed conditions cannot be covered by the earlier finding.

Primary references: HSE34, HSE35, HSE33.

16.4 Select two items of information needed when planning an excavation.

Correct answers: B, C. The plan needs the site conditions and interfaces that could affect people in and around the excavation.

A. Only whether the operator has worked nearby before. Past familiarity is not complete current information.

B. Existing services and ground conditions. Correct: both affect the method and precautions.

C. Nearby structures, water and anticipated loads. Correct: these can affect stability and other risks.

D. Only the excavator's current inspection report. That does not establish ground, services, water or structural conditions.

Primary references: HSE34, HSE35, HSE33.

17. Temporary works, demolition and structural stability

17.1 Which is a temporary-works management issue?

Correct answer: D. Temporary works require control through every stage, including changes and removal.

A. Only whether the structure is used for less than a month. Duration does not determine the need for safe design and management.

B. Only whether the materials will be reused. Reuse is not the defining safety issue.

C. Only the final appearance of the permanent structure. Intermediate support and stability also matter.

D. Controlling the design, installation, use and removal of a support arrangement. Correct: the whole lifecycle needs suitable management.

Primary references: HSE35, HSE36.

17.2 Why must a proposed prop removal return to the competent temporary-works process?

Correct answer: C. A physical obstruction is not a reason to improvise changes to an engineered support.

A. The delivery driver can approve the change. Convenience does not establish the relevant competence or authority.

B. A general site induction authorises structural changes. Induction does not provide design approval.

C. It can change structural stability and load paths. Correct: the effect must be assessed before the arrangement changes.

D. Every short removal is automatically harmless. Duration does not establish structural adequacy.

Primary references: HSE35, HSE36.

17.3 Which statement about a temporary works coordinator is accurate?

Correct answer: B. Coordination is a management function that connects, rather than replaces, the required technical work.

A. The role removes every contractor's duty. Organisations and people retain relevant responsibilities.

B. Suitable authority and competence are needed for the role. Correct: the title must be backed by capability and a functioning process.

C. The title alone proves every design is correct. Design and checking still require appropriate competence.

D. Anyone with SMSTS can design all temporary works. SMSTS does not establish specialist design competence.

Primary references: HSE35, HSE36.

17.4 Select two matters to establish before demolition or structural alteration.

Correct answers: A, B. Planning must use information about this structure and the work that will change it.

A. The structure's stability and a suitable sequence. Correct: intermediate stages must be considered.

B. Services, hazardous materials and effects on neighbouring structures. Correct: these affect safe planning.

C. Only how quickly the rubble can be removed. Programme speed alone does not establish safety.

D. That previous buildings on the street were demolished without incident. Anecdotes do not establish this structure's condition.

Primary references: HSE35, HSE36.

18. Confined-space recognition, entry and rescue

18.1 Which description best identifies a confined-space issue?

Correct answer: C. Assess the space and foreseeable hazards, not just its dimensions.

A. Only a space with no door. Access design alone does not establish the definition.

B. Only a place where someone has already collapsed. The risk must be recognised before harm.

C. An enclosed or largely enclosed space with a foreseeable specified risk. Correct: both enclosure and relevant risk matter.

D. Any room with a low ceiling. Size alone does not define the risk.

Primary references: HSE37, HSE31, HSE39.

18.2 What should be considered first when planning a task involving a confined space?

Correct answer: B. Avoid entry before designing the arrangements for unavoidable entry.

A. Whether there is no unusual smell. Smell is not a reliable safety test.

B. Whether the task can be completed without entry. Correct: avoiding entry removes that exposure where practicable.

C. Which worker can fit through the opening fastest. Speed does not address the risk.

D. Whether the hatch has been open for ten minutes. Time open does not establish safe conditions.

Primary references: HSE37, HSE31, HSE39.

18.3 Why can a permit alone not make a confined-space task safe?

Correct answer: A. Authorisation must reflect a functioning safe system, not substitute for one.

A. It records and controls authorisation but cannot physically control every hazard. Correct: the underlying measures must be suitable and implemented.

B. Permits are never useful. A permit can be valuable as part of the safe system.

C. A signature guarantees the atmosphere will never change. Conditions can change and need appropriate control.

D. The permit replaces competent rescue arrangements. Rescue planning remains necessary.

Primary references: HSE37, HSE31, HSE39.

18.4 Select two components of suitable planned rescue arrangements.

Correct answers: D, A. Rescue is part of the planned operation and must not depend on improvisation.

A. A communicated and practised method with appropriate alarm arrangements. Correct: people need to know how the response works.

B. An untrained colleague ready to enter immediately. That can create another casualty.

C. Only the emergency-services telephone number. A number alone does not establish the necessary rescue capability.

D. Trained people and equipment suited to the space and task. Correct: the response must be practicable.

Primary references: HSE37, HSE31, HSE39.

19. Fire prevention and emergency planning

19.1 Which set describes the fire triangle?

Correct answer: B. Understanding the combustion conditions helps identify prevention opportunities.

A. Fuel, a naked flame and a permit. Ignition need not be a naked flame, and a permit is not the oxygen element.

B. Fuel, ignition or heat, and oxygen. Correct: removing or controlling these conditions supports prevention.

C. Fuel, heat and a closed compartment. Enclosure can influence fire development, but it is not the third element of the fire triangle.

D. Fuel, oxygen and a fire extinguisher. An extinguisher is a control resource, not the ignition or heat element.

Primary references: HSE38, HSE39, HSE44, HSE54.

19.2 A new work enclosure blocks an occupied building's escape route. What is the key issue?

Correct answer: A. Assess how a site change affects everyone relying on the existing arrangements.

A. The work must be coordinated so existing fire protection and escape remain effective. Correct: construction arrangements must account for other occupants.

B. The enclosure is temporary, so escape can wait. Temporary changes can still create serious danger.

C. Only the construction crew's route matters. Other occupants can be affected by the work.

D. A sign on the blocked exit provides equivalent escape. A sign cannot create a usable route.

Primary references: HSE38, HSE39, HSE44, HSE54.

19.3 Why is a fixed fire-watch duration copied from another site insufficient?

Correct answer: D. Use task-specific assessment and the agreed conditions instead of an unsupported universal rule.

A. Fire checks are never needed after hot work. Residual ignition risk may need monitoring.

B. A signature eliminates hidden ignition risks. The actual conditions and controls still matter.

C. A fixed period is sufficient whenever the same tool is used. The surroundings, materials and task conditions can change the monitoring needed.

D. Monitoring must fit the assessed work, materials and permit arrangements. Correct: one duration cannot be assumed suitable for every task.

Primary references: HSE38, HSE39, HSE44, HSE54.

19.4 Select two features of a workable emergency plan.

Correct answers: C, D. The plan needs people, communication and physical arrangements that work together.

A. Only a list of telephone numbers. Contacts are not a complete response plan.

B. A route diagram that is never checked after changes. An outdated route may not function.

C. People know the alarm, roles and escape arrangements. Correct: the response must be understood.

D. Access and support remain available during the actual shift. Correct: the plan must fit operating conditions.

Primary references: HSE38, HSE39, HSE44, HSE54.

19.5 The first-aid needs assessment requires trained first-aider cover. Evening work is added after the usual first aider leaves. What is the appropriate management response?

Correct answer: C. Match personnel, equipment, information and access to help to the actual working period, including absence and shift cover.

A. Rely on an untrained appointed person because the titles mean the same thing. An appointed person is not automatically a trained first aider.

B. Treat the daytime assessment as covering all later working hours automatically. Different work periods and staffing can leave the assessed provision unavailable.

C. Provide suitable trained cover and other assessed arrangements for the evening work. Correct: arrangements need to be appropriate and available throughout the work.

D. Add the emergency phone number to the sign-in sheet without checking any other provision. A number alone does not provide the trained cover required by the stated assessment.

Primary references: HSE54.

20. Environmental controls, waste and pollution

20.1 Which action is highest in the waste hierarchy?

Correct answer: A. The best point to reduce waste is often procurement, design or storage before it is generated.

A. Preventing unnecessary material from becoming waste. Correct: prevention comes before downstream treatment.

B. Sending all material to landfill. Disposal is the last option in the hierarchy.

C. Mixing reusable material with contaminated waste. This can reduce recovery options and create further problems.

D. Choosing the largest skip available. Skip size alone does not prevent waste.

Primary references: EA01, EA02.

20.2 Why should a manager identify where a drain leads before planning washout?

Correct answer: D. Drainage information is part of prevention, not a detail to discover after a spill.

A. Every drain goes to a treatment plant. That assumption is unsafe.

B. Dilution automatically authorises any discharge. Discharge requirements do not disappear through dilution.

C. Only visibly coloured liquids can pollute. Appearance does not establish environmental harm.

D. It may provide a direct pollution route to water or ground. Correct: the pathway determines who or what could be affected.

Primary references: EA01, EA02.

20.3 Which statement about construction waste is accurate?

Correct answer: C. Use the applicable duty-of-care process rather than assuming collection alone completes it.

A. A verbal assurance always replaces transfer records. Required documentation cannot simply be replaced by a promise.

B. All UK nations use identical procedures for every waste type. Requirements and regulators differ.

C. The producer must use the relevant checks and documentation for the waste and location. Correct: duties depend on the applicable rules and material.

D. Any collector with a van is authorised. Authorisation needs verification.

Primary references: EA01, EA02.

20.4 Select two useful pollution-prevention planning actions.

Correct answers: B, C. Prevention connects the material, storage, pathways and planned response.

A. Wait for the first spill before deciding who responds. Response arrangements should exist in advance.

B. Choose suitable containment and storage locations. Correct: these reduce escape and spread.

C. Identify drainage and establish the spill-response responsibilities. Correct: people need to know pathways and actions.

D. Plan to wash every spill into the nearest drain. That can spread pollution.

Primary references: EA01, EA02.

21. Lone work, out-of-hours tasks and driving

21.1 Which situation can count as lone working?

Correct answer: D. Assess supervision and access to help, not simply whether anyone else is on the project.

A. Only someone who is self-employed. Employment status does not define lone working.

B. Only work outside normal office hours. Lone work can occur during the day.

C. Only work outside a building. Indoor workers can also be isolated.

D. A worker isolated from close supervision and immediate help in a remote part of a large site. Correct: other people elsewhere do not guarantee assistance.

Primary references: HSE40, HSE41, HSE39.

21.2 What makes a check-in arrangement incomplete?

Correct answer: C. A scheduled call without an owner and escalation response is not a complete monitoring system.

A. Communication coverage has been checked. This supports reliability.

B. The task has been assessed for lone-working suitability. That is an essential planning step.

C. Nobody is assigned to respond when expected contact is missed. Correct: monitoring needs an action when something is wrong.

D. The worker knows when to make contact. That is useful but must connect to a response.

Primary references: HSE40, HSE41, HSE39.

21.3 A programme adds a long work journey after an exhausting shift. What should management consider?

Correct answer: B. The journey, person and vehicle must be considered together with how work is scheduled.

A. Only whether the destination has parking. Parking is one detail, not the whole risk.

B. Fatigue, realistic timing and safer travel or work arrangements. Correct: the schedule contributes to driving risk.

C. Only whether the employee owns the car. Ownership does not resolve work-driving risk.

D. That site duties ended, so the work journey has no relevance. Work-related driving remains a work activity.

Primary references: HSE40, HSE41, HSE39.

21.4 Select two matters to verify for an isolated out-of-hours task.

Correct answers: A, B. The plan must match the actual time, place, task and support available.

A. Reliable communication and an effective missed-contact response. Correct: these support timely help.

B. Suitable emergency support, welfare and access for the actual period. Correct: daytime facilities may not remain available.

C. Only that the same task was done in daylight. Conditions and available support may differ.

D. Only that the worker is willing to go alone. Willingness does not establish a safe arrangement.

Primary references: HSE40, HSE41, HSE39.

Primary sources

Sources reviewed on 12 November 2026. The notes and questions are independently written; the links let you read the underlying guidance.

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[LAW02] HSWA 1974: employee duties, section 7

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[HSE45] Choosing quieter equipment and machinery

https://www.hse.gov.uk/noise/choosequieter.htm

[HSE46] Vibration risk assessment

https://www.hse.gov.uk/vibration/hav/assessrisks.htm

[HSE47] Hand-arm vibration: symptoms and prevention

https://www.hse.gov.uk/vibration/hav/yourhands.htm

[HSE48] How and when to use a ladder at work

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[HSE49] Health and safety: criminal and civil law

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[HSE50] Safety signs and signals: L64

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[HSE51] Construction work at height: rescue and access questions

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[HSE52] Assessing work at height: restraint and arrest

https://www.hse.gov.uk/construction/safetytopics/assess.htm

[HSE53] Respiratory protective equipment: fit testing basics

https://www.hse.gov.uk/respiratory-protective-equipment/fit-testing-basics.htm

[HSE54] First aid at work: employer arrangements and needs assessment

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[LAW03] RIDDOR 2013: non-fatal worker injuries, regulation 4

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