

Unit 301 Principles of health and safety

[SAMPLE]

Test duration: 45 minutes

Read the following notes before you answer any questions:

- Attempt all questions
- If you find a question difficult, leave it and return to it later

This paper contains 30 questions. All questions have equal marks.

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- 1 Which of the following is not a potential consequence for a business of poor standards of health and safety practice?
- a) Reduced employee moral
 - b) Increased insurance premiums
 - c) Reduced social activity and independence**
 - d) Bad publicity and loss of reputation.
- 2 The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 require employers to record and report which of the following?
- a) If an employee is injured on the way to work in a road traffic accident
 - b) If an employee is injured in any way at work
 - c) Work-related accidents resulting in an employee being away from work for more than three consecutive days
 - d) Work-related accidents involving members of the public who are injured and taken from the scene of the accident to hospital for treatment to that injury**
- 3 The Health and Safety at Work Act 1974
- a) Places all the responsibilities for health and safety on the employer
 - b) Places all the responsibilities for health and safety on the employee
 - c) Shares the responsibility for health and safety between the employer and the employee**
 - d) Shares the responsibility for health and safety between the employer and the local council
- 4 When should employees be given training?
- a) When they are given new responsibilities at work
 - b) When they first join the business/company
 - c) At regular intervals during their employment
 - d) All of the above**
- 5 Which of the following is not a legal responsibility of an employee?
- a) To co-operate with their employer on health and safety matters
 - b) Not to interfere with anything provided for health and safety purposes
 - c) To undertake risk assessments for all activities involving significant hazards**

- d) To take care of the health and safety of others
- 6 Which of the following is not a formal action or penalty which the Health and Safety Executive (HSE) may impose if it believes there has been a breach of health and safety law?
- a) Prohibition notice
- b) Compensation notice**
- c) Intervention fee
- d) Improvement notice
- 7 If found guilty of a breach of health and safety law, which of the following correctly identifies the maximum fine that may be imposed by the courts?
- a) £20000 in the Magistrates Court and no limit in the Crown Court**
- b) £15000 in the Country Court and no limit in the High Court
- c) £20000 in the Magistrates Court and no limit in the County Court
- d) £15000 in the Crown Court and no limit in the High Court
- 8 Which of the following is not a good example of how to contribute to a positive health and safety culture at work?
- a) Complete tasks as quickly as possible**
- b) Correct poor practices shown by others
- c) Avoid risk-taking behaviour
- d) Prompt reporting of defective equipment
- 9 Which of the following is not a good reason for an employer to investigate accidents which happen at work?
- a) For insurance purposes
- b) To demonstrate to their employees that they care
- c) To prevent similar accidents happening again
- d) To fine employees for damaging equipment**
- 10 Which of the following best describes "accidents"?
- a) They are usually preventable**
- b) They cannot be avoided

- c) They are completely unpredictable
 - d) They only happen to people who deserve them
- 11 Why are lone workers potentially more at risk than other workers?
- a) Lone workers work long hours.
 - b) Lone workers may have difficulty in summoning assistance.**
 - c) Lone workers need long rest breaks.
 - d) Lone workers have to carry a suitable first aid kit.
- 12 Which of the following best defines the term “Hazard”?
- a) Anything at work that can potentially cause harm**
 - b) The probability of being harmed at work
 - c) The potential seriousness of an accident at work
 - d) The consequence of not completing a risk assessment
- 13 Which of the following factors contribute to accidents and ill-health in the workplace?
- a) Human factors
 - b) Environmental factors
 - c) Work factors
 - d) All of the above**
- 14 What is the first step in the risk assessment process?
- a) Identify who might be harmed
 - b) Decide how the level of risk may be controlled
 - c) Identify any hazards**
 - d) Evaluate the risks
- 15 Which of the following best explains “safe systems of work”?
- a) Procedures or routines put in place by an employer that must be followed**
 - b) Trained and competent workers
 - c) Risk assessments carried out before work starts

- d) Personal Protective Equipment provided and worn where necessary
- 16 Your employer must supply you with personal protective equipment:
- a) If you pay for it
 - b) Once a year
 - c) If you need it to be protected**
 - d) If it is in your contract of employment
- 17 Safety signs consisting of a blue circle with a white symbol are:
- a) Safe condition signs providing you with information
 - b) Warning signs informing you of danger
 - c) Mandatory signs meaning you must do something**
 - d) Prohibition signs meaning you must not do something
18. What are the aims of first aid?
- a) To prevent accidents happening in the workplace
 - b) Preserve life, prevent injuries worsening and promote recovery**
 - c) Airway, Breathing and Circulation
 - d) To record accidents and maintain the first aid kits
19. As a minimum requirement, every employer must have at least:
- a) One person trained in emergency first aid at work
 - b) One appointed person to take charge of first-aid arrangements**
 - c) One person trained in first aid at work
 - d) One person with first-aid training appropriate to the particular circumstances of the workplace
20. Which of the following is not recommended to be kept in a first aid kit at work?
- a) Sterile eye pads
 - b) Bandages
 - c) Medication**
 - d) Mouth guard

- 21 What is the first thing you should do if you find someone injured in an accident?
- a) Tell your employer
 - b) Ask the injured person what happened
 - c) Check you are not in any danger**
 - d) Check the injured person is breathing
- 22 When should you place a casualty in the recovery position?
- a) When the casualty is unconscious and breathing**
 - b) When the casualty is conscious and not breathing
 - c) When the casualty is conscious and breathing
 - d) When the casualty is unconscious and not breathing
- 23 What is the first thing a first aider should consider when encountering an adult casualty who is choking?
- a) Abdominal thrusts
 - b) Back blows
 - c) Encourage the casualty to cough**
 - d) Dial 999 or 112 for emergency help
- 24 A work colleague is complaining of breathlessness and a tight pain in the chest. You suspect a heart attack. What should you do?
- a) Get them to lay down flat on their back
 - b) Encourage they to stand up and move around slowly
 - c) Sit them in a comfortable position**
 - d) Place them in the recovery position
- 25 Which of the following is the most common injury associated with poor manual handling?
- a) Fractures
 - b) Sprains and strains**
 - c) Anaphylaxis
 - d) Contusions

- 26 Which of the following is an example of a control measure which may reduce manual handling injuries at work?
- a) Use a mechanical lifting aid
 - b) Reduce the size or weight of the load
 - c) Avoid hazardous manual handling
 - d) All of the above**
- 27 If you discover a fire at work, what is the first thing you should do?
- a) Try to put out the fire
 - b) Raise the alarm**
 - c) Find the nearest fire extinguisher
 - d) Finish what you are doing if it is safe to do so
- 28 Which of the following best describes the “fire assembly point”?
- a) Where the fire started
 - b) Where the fire extinguishers can be found
 - c) Where people must go if they hear the fire alarm**
 - d) Where the fire service will go when they arrive
- 29 Which of the following fire extinguishers are suitable to be used on electrical fires?
- a) Dry powder and foam
 - b) Foam and water
 - c) Water and carbon dioxide
 - d) Carbon dioxide and dry powder**
- 30 The colour coding for a dry powder fire extinguisher is?
- a) Black
 - b) Red
 - c) Blue**
 - d) Cream