



Health, Signs and Welfare Revision Questions

Welfare Facilities at work - if you are not sure of an answer, revise [Welfare at work \(safetygroupsuk.org.uk\)](http://safetygroupsuk.org.uk)

1. What would you do if the toilet at your workplace is inadequate or does not work?



- (i) Try and find out which regulations deal with welfare provisions at work
- (ii) You try and fix the problems with the toilet facility
- (iii) Speak to your line manager or supervisor about the issue as soon as is practicable
- (iv) Ignore the problem. Close your eyes and use the facility in emergency

2. An employer must provide adequate and appropriate welfare facilities for his employees while they are at work.

- (i) True
- (ii) Not true

3. An employer does not have to consider and provide welfare facilities for the needs of employees with disabilities.

- (i) True
- (ii) Not true

4. There are legal requirements to provide suitable and adequate welfare facilities for employees. These requirements do not include somewhere for them to sit, eat and make hot drinks.

- (i) True
- (ii) Not true

5. Do you consider that the hand washing facility (a 30 cm basin) shown below is large enough to clean hands and arms without water/skin cleaning agent spilling on to the floor?



- (i) Yes
- (ii) No

6. Do you consider that the welfare facility shown below could be considered as adequate, if the place is made tidy and kept clean?



- (i) Yes
- (ii) No

Safety signs and Signals at work - if you are not sure of an answer, revise [Safety Signs and Signals at Work \(safetygroupsuk.org.uk\)](http://safetygroupsuk.org.uk)

7. Identify the purpose of each of the safety signs below.



7A. **Red circle:**

- (i) A mandatory sign
- (ii) An activity prohibiting sign
- (iii) An information giving sign
- (iv) Sign providing a warning about an issue, like in the sign shown

7B. **Yellow triangle:**

- (i) A mandatory sign
- (ii) An activity prohibiting sign
- (iii) An information giving sign
- (iv) A sign providing a warning about an issue, in this case electricity

7C. **Blue Circle:**

- (i) A mandatory sign
- (ii) An activity prohibiting sign
- (iii) An information giving sign
- (iv) Sign providing a warning about an issue

7D. **Green rectangle:**

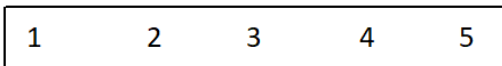
- (i) A mandatory sign
- (ii) An activity prohibiting sign
- (iii) An information giving sign
- (iv) Sign providing a warning about an issue

8. Look at the safety sign below. What information is being given to you?



- (i) Fire alarm point
- (ii) Fire extinguisher location
- (iii) Fire Assembly location
- (iv) Fire reel location

9. Identify the purpose of each of the health hazards signs below.



9A. Sign 1 indicates, the substance associated is a:

- (i) Flammable material
- (ii) Oxidising and flammable material
- (iii) Explosive and flammable material

9B. Sign 2 indicates, the substance associated:

- (i) Is a flammable liquid
- (ii) Could cause irritation to the skin
- (iii) Is corrosive to the skin and other materials

9C. Sign 3 indicates, the substance associated is:

- (i) A poison to the environment
- (ii) Toxic to health
- (iii) A poison to your skull and bones

9D. Sign 4 indicates, the substance associated:

- (i) Means, contact the supplier before use
- (ii) Is harmful to the environment
- (iii) Could cause harm to health

9E. Sign 5 indicates, the substance associated

- (i) Can cause serious health problems
- (ii) Can cause hallucinations
- (iii) Can cause you a heart attack, do not use

Control of Substances Hazardous to Health - if you are not sure of an answer, revise [Health Risks Control Online Modules \(safetygroupsuk.org.uk\)](http://www.healthriskscontrol.org.uk)

10. One of the key health and safety regulations, is known by the acronym COSHH. What is the purpose of this regulation?

- (i) To ensure food safety is maintained in factories
- (ii) To give guidance to medical doctors including GPs on how to treat patients with hazardous substances related health problems
- (iii) To lay down what should be done by employers to protect the health of their workers, when manufacturing, using, transporting, moving or handling hazardous substances
- (iv) To tell medical doctors and nurses what specific types of health monitoring/tests are needed when employees are working with hazardous chemicals

11. LEV is one of the key acronyms most likely to be used in workplaces where hazardous substances are used. What does it stand for?

- (i) Light Emitting Vessels
- (ii) Leave in Emergency Via (as specified)
- (iii) Local Emergency Vehicle
- (iv) Local Exhaust Ventilation

12. Which one of these groups will not be considered as substances hazardous to health under the Control of Substances Hazardous to Health (COSHH) Regulations?

- (i) Waste materials at a construction site
- (ii) Bacteria found in the water of a building cooling tower
- (iii) Peanut butter in a bottle and a sachet
- (iv) Wood dust created when sawing timber at a timber yard

13. Substances hazardous to health can be present in air in many forms to present the potential for breathing (inhalation exposure). Which one is not?

- (i) Dusts
- (ii) Fume
- (iii) Gases
- (iv) Welding rods
- (v) Mist
- (vi) Vapours

14. Substances hazardous to health can enter the body via nose, mouth, eyes and skin. What are the common terms used to describe these entry sites? Circle the applicable terms.

- (i) Danger routes

- (ii) Risky routes
- (iii) Exposure pathways
- (iv) Exposure routes
- (v) Hazard routes

15. Does a suitable and sufficient COSHH risk assessment must include what STEPS will be taken to prevent or control workers exposure to substances hazardous to health.

- (i) Yes
- (ii) No

16. Which two statements, below, do not form part of a COSHH risk assessment?

- (i) Health hazards of the substances involved
- (ii) Potential health risks that might arise from the exposure to the hazardous stances
- (iii) Potential routes of exposure
- (iv) Qualifications of the person written the risk assessment
- (v) About the shape of the container to warn persons handling it to avoid manual handling related diseases

17. There is no need to waste time and money doing a COSHH risk assessment because the information needed is already documented on the safety data sheet and the product label associated with the product you and others are using in your workplace.

- (i) True
- (ii) Not true

18. One of your workmates said that slate stone is a natural material. You don't have to worry about dry cutting. Dust is like sand on beaches or like a dust storm in Dubai. Is your workmate, right?

- (i) Yes
- (ii) No

19. Which part of the Local Exhaust Ventilation (LEV) is involved in extracting dusts and fumes at the point where they are created?

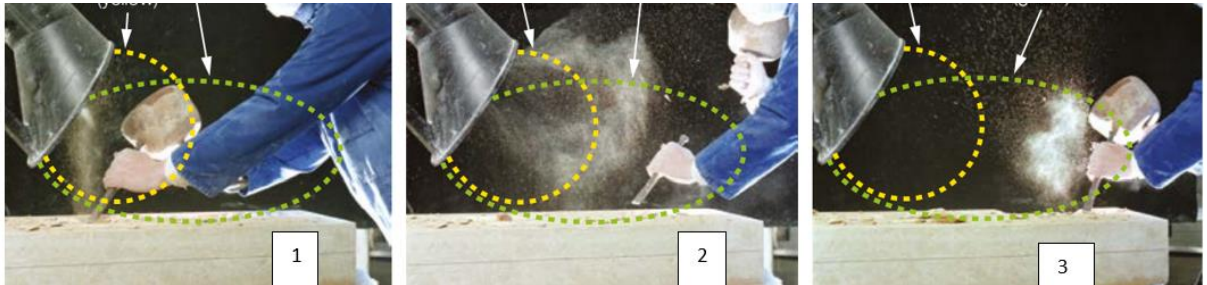
- (i) Ducts
- (ii) Flow indicator
- (iii) Filter box
- (iv) Hood
- (v) Fan

20. When using LEV, a dust creating work must be done within:

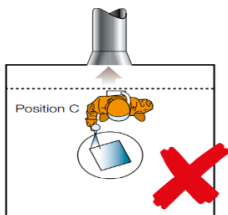
- (i) The capture zone of the hood
- (ii) Working zone of the work activity
- (iii) Right at the face of the movable hood
- (iv) Keep it somewhere around the hood as the extractor fan will do the job

21. Which picture below shows the correct use of LEV hood when undertaking the dust creating activity?

- (i) Picture 1
- (ii) Picture 2
- (iii) Picture 3



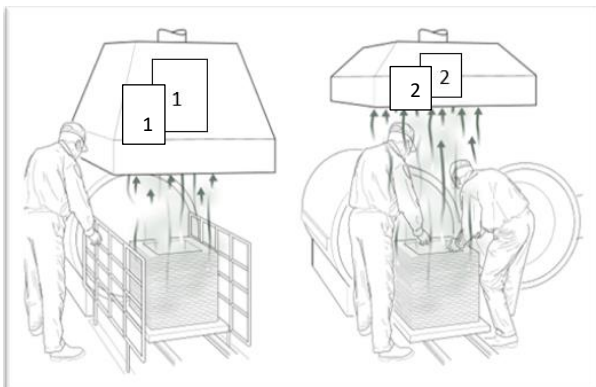
22. Why do HSE think that the way operator is working isn't a recommended position for the Sprayer?



- (i) The sprayer is standing in the path of the contaminant cloud and the extraction port
- (ii) It will not help with good quality spraying job
- (iii) Lots of flammable gases will build up in front of the sprayer to cause an explosion

23. One of the LEV designs below is not the correct one for controlling inhalation exposure of workers handling products releasing rubber fume. Which one:

- (i) Figure 1
- (ii) Figure 2



24. Keep looking at the figure in the previous question, which figure shows adequate and practicable measures have been taken to minimise inhalation exposure?

- (i) Figure 1
- (ii) Figure 2

25. There are the two types of dermatitis commonly associated with skin exposure to substances hazardous to health. What are they? (circle the correct descriptions)

- (i) Burns type
- (ii) Allergic type
- (iii) Corrosive type
- (iv) Irritant type

26. Which one is not a skin exposure pathway for substances hazardous to health?

- (i) Immersion
- (ii) Direct handling
- (iii) Inhalation
- (iv) Surface contact

27. To avoid skin disease caused by exposure to hazardous substances, three interlinked approaches are needed, two of them are described below, write down the third one.

- (i) Prevent/or avoid skin contact
- (ii) If prevention is not practicable, skin
- (iii) Regularly inspect the skin for early signs of skin disease

28. Work-related dermatitis is mostly seen on legs and face.

- (i) True
- (ii) Not true

29. Allergic Contact Dermatitis (ACD) is caused by skin exposure to any substance used at work.

- (i) True
- (ii) Not true

30. Once a worker has become allergic to a substance, employer should take appropriate action(s) to prevent his/her future exposures to that substance.

- (i) True
- (ii) Not true

Noise at Work - if you are not sure of an answer, revise [Preventing noise induced hearing loss at work \(safetygroupsuk.org.uk\)](http://safetygroupsuk.org.uk)

31. At your work area, you need to shout to talk to a workmate, who is just under 2 metres away from you. It is an indicator that there is a noise exposure problem.

- (i) Yes
- (ii) No

32. You regularly increase car radio volume on your return journey after work. Can it be a sign of exposure to excessive noise at work?

- (i) Yes
- (ii) No

33. Exposure to high levels of noise at work can damage or destroy tiny nerve ending in your inner ears.

- (i) Yes
- (ii) No

34. Noise induced hearing loss, resulting from damage to nerve endings in ears, is not permanent.

- (i) True
- (ii) Not true

35. Regular exposure to noise from high impact nail guns can be a source for Noise Induced Hearing Loss.

- (i) Yes
- (ii) No

36. A self-employed subcontractor is doing high level noise (85dB to 90dB) creating work activities in an area of the factory (not owned by her) where other workers are present. As a self-employed and as a subcontractor, she does not have a duty to implement noise control measures or cooperate with the factory employer who is employing you.

- (i) True
- (ii) Not true

37. Employers, undertaking noisy work activities that could cause Noise Induced Hearing Loss to their workers, have no specified actions under law to protect the hearing of their employees working just 2-days a week.

- (i) True
- (ii) Not true

38. This sign means that in designated areas, it is obligatory to correctly wear suitable and adequate hearing protectors – earmuffs or ear plugs.



The sign indicates areas where you must wear hearing protection.

- (i) True
- (ii) Not true

39. Employees have to wear hearing protectors correctly (even if they do not believe in noise induced hearing loss) and as shown and instructed by their employers.

- (i) True
- (ii) Not true

40. Inserting earplugs just at the entrance of your ear canal and not fully-in is okay to get adequate protection against noise.

- (i) True
- (ii) Not true

Hand Arm Vibration at Work - if you are not sure of an answer, revise [Preventing work related vibration disease \(safetygroupsuk.org.uk\)](http://safetygroupsuk.org.uk)

41. Regularly using hand-held tools like manual hammers is likely to cause Hand Arm Vibration damage.

- (i) True
- (ii) Not true

42. A long-term but three days-a-week use of hand-held powered road-breaking tools are unlikely to cause permanent damage to hands.

- (i) True
- (ii) Not true

43. Powered hand-held tools are the only cause for exposure to Hand Arm Vibration.

- (i) True
- (ii) Not True

44. Manually holding or feeding vibrating workpieces isn't a problem for Hand Arm Vibration exposure.

- (i) True
- (ii) Not True

45. The Control of Vibration at Work Regulations don't place duties on employers to eliminate Hand Arm Vibration at source (where it is reasonably practical).

- (i) True
- (ii) Not true

46. Employers don't have a legal duty to consult their employees or their representatives on matters affecting their health and safety at their workplace

- (i) True
- (ii) Not true

47. Rules of Thumb are a waste of time for checking whether tools /work activities could cause Hand Arm Vibration to myself or other employees.

- (i) True
- (ii) Not true

48. I strictly follow the vibrating tool use and trigger times. They are just a time waster.

- (i) You are right
- (ii) You are not right

49. Wearing anti-vibrations gloves is adequate enough to protect me from Hand Arm Vibration exposure to powered hand-held tools and that is why PPE supplier make them available.

- (i) True
- (ii) Not true

50. Early signs observed due to Hand Arm Vibration exposure are temporary. I can carry on using the tools causing the temporary symptoms. My body will carry out the natural repair anyway.

- (i) True
- (ii) Not true

Manual Handling at Work - if you are not sure of an answer, revise [Preventing manual handling related disease \(safetygroupsuk.org.uk\)](http://www.safetygroupsuk.org.uk)

51. Manual Handling related injuries are of concern only when heavy loads are (e.g. 30 Kg or more) handled on a regular basis.

- (i) True
- (ii) Not true

52. Our Lower backs are more susceptible to injuries caused by work-related Hazardous Manual Handling activities.

- (i) True
- (ii) Not true

53. When doing manual lifting, it is not important to maintain the shape of our spine as normal as practicable.

- (i) True
- (ii) Not true

54. A risk assessment for hazardous manual handling activity MUST NOT involve the application of any "Rules of Thumb" because they are is not listed in the Manual Handling Operations Regulations.

- (i) True
- (ii) Not true

55. The Manual Handling Operations Regulations laydown specific weight limits for Lifting; for men it is 25kg per lift and for females 16kg per lift.

- (i) True
- (ii) Not true

56. An employer has legal duties to reduce repetitive hazardous manual handling activities, so far as is reasonably practicable. This is necessary to prevent injuries to his employees.

- (i) True
- (ii) Not true

57. Employers (when lifting loads) don't have to consider protection measures for daily activities involving cramped working conditions and jerky movements of the body, because these are part and parcel of the work.

- (i) True
- (ii) Not true

58. Providing suitable and adequate training to workers involved in hazardous manual handling forms part of the control measures.

- (i) True
- (ii) Not true

59. Employers do not have any duty to avoid hazardous manual handling activities. They just take actions to try and reduce the risk of injury.

- (i) True
- (ii) Not true

60. When moving a load from one place to another, keeping the load close to the body will cause strain to the lower back.

- (i) True
- (ii) Not true

Work-Related Stress (WRS) - if you are not sure of an answer, revise [Wellbeing](http://www.wellbeing.org.uk) ([safetygroupsuk.org.uk](http://www.safetygroupsuk.org.uk))

61. According to the definition of HSE, WRS is the adverse reaction people have (i) to excessive work pressures placed on them (ii) other types of demand placed on them.

- (i) True
- (ii) Not true

62. Which statements cannot be considered as areas that can influence and affect stress levels at work? Circle incorrect statements.

- (i) Unable to cope with demands placed by their jobs

- (ii) Unable to have reasonable control in the way they can deliver their job
- (iii) Unable to watch their favourite football team's town parade during work
- (iv) Unable to know whatever is being done by the directors to secure extra cash for the organisation
- (v) Unable to find the support they need
- (vi) Finding that some fire-exit doors are blocked by storage materials

63. For work related stress, there are no specific regulations like noise at work. Therefore, employers have no legal duties to do any risk assessment and put in place control measures.

- (i) True
- (ii) Not true