

HWorks Mock Exam Results

Level 1 Award in the Principles of Health and Safety within the Workplace (RQF) Mock Assessment

#1. | A key responsibility of employees when ensuring health and safety in the workplace is:
(Time Spent: 5s) (1 mark)

- ☐ ignoring safety protocols for personal convenience
 - ☒ reporting hazards and unsafe conditions to supervisors ✓
 - ☐ encouraging co-workers to engage in risky behaviours
 - ☐ not using safety equipment provided by the employer
-

#2. | Vehicle collisions in the workplace are most likely to be caused by:
(Time Spent:) (1 mark)

- ☐ lack of fire safety equipment
 - ☐ poor ventilation systems
 - ☒ improper traffic management ✓
 - ☐ no training programmes
-

#3. | A yellow triangle with a black border and symbol indicates a:
(Time Spent:) (1 mark)

- ☒ warning ✓
 - ☐ mandatory message
 - ☐ prohibition
 - ☐ safe condition
-

#4. | A main responsibility of employers when ensuring health and safety in the workplace is to:
(Time Spent:) (1 mark)

- ☐ provide free car parking spaces
 - ☐ provide free meals and snacks to employees
 - ☒ identify and control workplace hazards ✓
 - ☐ arrange team-building activities
-

#5. | A recommended control measure for promoting safe lifting techniques in the workplace is:
(Time Spent:) (1 mark)

- ☐ providing regular breaks and rest periods
 - ☒ offering correct equipment training ✓
 - ☐ providing safety footwear and goggles
 - ☐ conducting hazard identification
-

#6. | When there is a risk of falling objects, the type of personal protective equipment (PPE) that should be worn is:
(Time Spent:) (1 mark)

- ☐ a hard hat and a high visibility jacket
- ☐ safety boots and cut resistant gloves
- ☒ a hard hat and safety boots
- ☐ goggles and a high visibility jacket

✓

#7. | Employees can help to maintain a safe and healthy work environment by:
(Time Spent:)

(1 mark)

- ☐ engaging in practical jokes and pranks
- ☐ taking shortcuts to increase productivity
- ☐ intentionally ignoring safety guidelines
- ☒ participating in safety training programmes

✓

#8. | A hazard is:
(Time Spent:)

(1 mark)

- ☒ something with the potential to cause harm
- ☐ the likelihood of a negative event occurring
- ☐ the seriousness of a potential danger
- ☐ a consequence of an unsafe action

✓

#9. | A common cause of manual handling injuries is:
(Time Spent:)

(1 mark)

- ☐ exposure to loud noises and bright light
- ☐ incorrect use of personal protective equipment (PPE)
- ☐ exposure to hazardous substances
- ☒ incorrect lifting techniques and heavy lifting loads

✓

#10. | The most effective control measure in protecting employees from falling objects in the workplace is:
(Time Spent:)

(1 mark)

- ☐ implementing noise control measures
- ☐ enforcing strict disciplinary policies
- ☒ installing barriers around overhead storage areas
- ☐ providing correct personal protective equipment (PPE)

✓

#11. | What personal protective equipment (PPE) is most suitable to use when handling sharp objects?
(Time Spent:)

(1 mark)

- ☒ Cut resistant gloves
- ☐ A hard hat
- ☐ A high visibility jacket
- ☐ Chemical resistant gloves

✓

#12. | Trips and falls are most likely to be caused by:
(Time Spent:) (1 mark)

- ☐ exposure to harmful fumes
- ☒ dim lighting in work areas
- ☐ insufficient office supplies
- ☐ lack of ventilation

#13. | A tidy and well organised workplace can contribute to employee morale by:
(Time Spent:) (1 mark)

- ☐ increasing stress levels and job dissatisfaction
- ☐ causing more accidents that result in time off work
- ☐ higher productivity bonus payments
- ☒ promoting a sense of pride and job satisfaction

#14. | A definition of a risk is the:
(Time Spent:) (1 mark)

- ☒ possibility of something resulting in harm
- ☐ absence of a dangerous situation
- ☐ process of assessing workplace hazards
- ☐ act of intentionally putting a person in danger

#15. | What colour is a safety sign that tells employees to wear a safety helmet?
(Time Spent:) (1 mark)

- ☐ Yellow and black
- ☒ Blue and white
- ☐ Green and white
- ☐ Red and black

Grade: Fail | Multi Choice Question Score: 0/15

Expected Time Limit: 30m
Time Spent: 5s