

# HWorks Mock Exam Results

## Level 1 Health and Safety in a Construction Environment (RQF) Mock Assessment

#1. | Employee's responsibilities under current legislation for moving and storing materials are:  
(Time Spent: 3s) (1 mark)

- ☒ following safe manual handling techniques ✓
  - ☐ notifying coworkers about potential hazards
  - ☐ providing their own personal protective equipment (PPE)
  - ☐ seeking permission before lifting or moving any materials
- 

#2. | It is important to keep a safe distance away from plant, machinery or equipment until clear contact is made with the operator to:  
(Time Spent: ) (1 mark)

- ☐ avoid potential interruptions and delays in work processes
  - ☐ minimise the risk of damaging the equipment or tools
  - ☐ prevent unauthorised access to the equipment
  - ☒ reduce the risk of accidents and injuries caused by unexpected movements ✓
- 

#3. | Personal hygiene is important within a construction environment as it:  
(Time Spent: ) (1 mark)

- ☐ complies with local fashion and grooming standards
  - ☐ improves interpersonal relationships among colleagues
  - ☒ prevents the spread of infectious diseases ✓
  - ☐ promotes a professional appearance among workers
- 

#4. | Which of the following is a consequence of failing to prevent accidents and ill health at work?  
(Time Spent: ) (1 mark)

- ☒ A negative impact on employee well-being ✓
  - ☐ An improved work-life balance for employees
  - ☐ Decreased professional development opportunities
  - ☐ Increased opportunities for business expansion
- 

#5. | What individual or group is typically responsible for making accident reports?  
(Time Spent: ) (1 mark)

- ☐ Human Resources department
  - ☒ Immediate supervisor or manager ✓
  - ☐ Injured employee or victim
  - ☐ Occupational Health and Safety committee
-

- #6. | The employee's responsibilities under current legislation and official guidance while working at height are:  
(Time Spent: ) (1 mark)
- ☒ following safe working practices and provided instructions ✓
  - ☐ leaving the work area unattended without notifying supervisors
  - ☐ seeking permission from colleagues before performing tasks at height
  - ☐ wearing comfortable clothing and footwear for better stability
- 

- #7. | Which regulation specifically controls the use of suitable equipment for working at height?  
(Time Spent: ) (1 mark)
- ☐ Control of Substances Hazardous to Health (COSHH) Regulations
  - ☐ Health and Safety at Work etc. Act
  - ☐ Personal Protective Equipment at Work Regulations
  - ☒ Work at Height Regulations ✓
- 

- #8. | What is a common hazard associated with using heavy machinery in a construction environment?  
(Time Spent: ) (1 mark)
- ☒ Exposure to loud noise levels ✓
  - ☐ Inhalation of harmful chemicals
  - ☐ Poor lighting
  - ☐ Slips and trips
- 

- #9. | The main purpose of a risk assessment and method statement is to:  
(Time Spent: ) (1 mark)
- ☐ advertise the company's safety standards and certifications
  - ☐ calculate financial budgets for projects
  - ☒ identify potential hazards and evaluate risks ✓
  - ☐ organise work schedules for employees
- 

- #10. | The purpose of including method statements in the work planning process involving moving plant, machinery or equipment is to:  
(Time Spent: ) (1 mark)
- ☐ determine the appropriate insurance coverage for the machinery
  - ☒ ensure that safe working practices and procedures are followed ✓
  - ☐ plan employee training and development programmes
  - ☐ provide step-by-step instructions on how to operate the equipment
- 

- #11. | The main purpose of dynamic risk assessments is to:  
(Time Spent: ) (1 mark)
- ☒ assess and manage risks in real-time during an ongoing activity ✓

- ☐ assign risk management responsibilities to employees
- ☐ eliminate all risks associated with a task or activity
- ☐ identify potential hazards and risks at project planning stage

---

#12. | What hazards are associated with overhead cables?  
(Time Spent: ) (1 mark)

- ☐ Damage to the environment
- ☐ Exposure to extreme temperatures
- ☐ Increased noise levels and distractions
- ☐ Risk of electrical shocks and electrocution

✓

---

#13. | What is a common health risk associated with exposure to hazardous substances in construction?  
(Time Spent: ) (1 mark)

- ☐ Allergic reactions and skin irritations
- ☐ Dehydration and heat-related illnesses
- ☐ Eye strain and visual impairment
- ☐ Mental health issues and stress

✓

---

#14. | It is important that safeguards are located near where plant, machinery and equipment are being used to:  
(Time Spent: ) (1 mark)

- ☐ enhance the visual appeal of the workplace
- ☐ minimise the risk of accidents and injuries
- ☐ prevent unauthorised access to the equipment
- ☐ provide additional storage space for tools and materials

✓

---

#15. | The visual indicator commonly used to draw attention to potential dangers associated with operating machinery or equipment is a:  
(Time Spent: ) (1 mark)

- ☐ information sign with general safety guidelines
- ☐ notice sign with detailed operational instructions
- ☐ prohibition sign with a crossed-out equipment symbol
- ☐ warning sign with a prominent colour and symbol

✓

---

#16. | It is important to use site safety equipment when handling materials and equipment to:  
(Time Spent: ) (1 mark)

- ☐ comply with project requirements
- ☐ enhance worker productivity and efficiency
- ☐ increase the weight capacity of materials
- ☐ minimise the risk of injuries and accidents

✓

---

#17. | Hazards and potential risks associated with working at height can be controlled by:  
(Time Spent: ) (1 mark)

- ☐ assigning inexperienced workers to tasks at height
- ☒ implementing proper fall prevention and protection measures ✓
- ☐ minimising the use of personal protective equipment (PPE)
- ☐ relying on personal judgement and more experienced employees

---

#18. | Who is responsible for conducting risk assessments and preparing method statements?  
(Time Spent: ) (1 mark)

- ☒ The employer ✓
- ☐ The local authorities
- ☐ The project manager
- ☐ The subcontractors

---

#19. | What is a common requirement in accident reporting procedures?  
(Time Spent: ) (1 mark)

- ☐ Allowing the injured party to conduct the investigation
- ☒ Communicate the incident within a specified timeframe ✓
- ☐ Outline inaccurate or incomplete information
- ☐ Seeking medical attention only for severe injuries

---

#20. | The term 'working at height' refers to:  
(Time Spent: ) (1 mark)

- ☐ any task performed while standing or walking
- ☐ being on the upper floors of a building
- ☐ engaging in physical activities during work hours that could cause injury
- ☒ operating in a place where a person could fall a distance and cause injury ✓

---

#21. | The correct storage of combustibles and chemicals is important on a construction site to:  
(Time Spent: ) (1 mark)

- ☐ ensure proper organisation and inventory management
- ☐ maintain a clean and tidy work environment
- ☒ minimise the risk of fire and explosions ✓
- ☐ prevent theft and unauthorised access to materials

---

#22. | The use of plant and equipment pose risks to the health and safety of workers by:  
(Time Spent: ) (1 mark)

- ☐ causing electrical hazards
- ☐ creating fire hazards
- ☐ increasing the risk of falls from heights

☐ presenting the risk of entanglement ✓

---

#23. | Which of the following represents a main group of hazardous substances commonly found in construction?  
(Time Spent: ) (1 mark)

- ☐ Air pollutants
  - ☒ Flammable materials ✓
  - ☐ Foodborne pathogens
  - ☐ Household cleaning products
- 

#24. | The recommended procedures for safe lifting according to official guidance are:  
(Time Spent: ) (1 mark)

- ☐ lifting objects with a bent back and straight knees
  - ☐ lifting objects with extended arms to maximise reach
  - ☐ rapidly lifting heavy objects to minimise strain
  - ☒ using the leg muscles and keeping the back slightly bent while lifting ✓
- 

#25. | What is the meaning of a hazard in relation to health and safety at work?  
(Time Spent: ) (1 mark)

- ☐ A routine activity that is inconvenient
  - ☐ A situation where there is no potential for harm
  - ☐ An event that is highly unlikely to occur
  - ☒ Any act that has the potential to cause harm ✓
- 

#26. | What is a potential injury risk associated with the operation of moving machinery?  
(Time Spent: ) (1 mark)

- ☐ Eye strain and visual impairment
  - ☒ Limb amputations or fractures from machine parts ✓
  - ☐ Musculoskeletal disorders from repetitive tasks
  - ☐ Respiratory problems due to poor air quality
- 

#27. | What types of hazards and potential risks are linked with the use of drugs and alcohol in the workplace?  
(Time Spent: ) (1 mark)

- ☐ Exposure to harmful substances and chemical burns
  - ☐ Higher chance of muscle injuries and musculoskeletal disorders
  - ☒ Impaired judgment, reduced coordination and accidents ✓
  - ☐ Increased risk of fire hazards and electrical accidents
-

#28. | The risks associated with working around plant, machinery or equipment can be effectively controlled by:  
(Time Spent: ) (1 mark)

- ☒ implementing engineering controls and safe work practices
- ☐ implementing strict disciplinary actions for non-compliance
- ☐ increasing the speed and efficiency of work operations
- ☐ providing regular training on equipment operation

---

#29. | The main risk related to the stability of ladders is:  
(Time Spent: ) (1 mark)

- ☐ damage to nearby structures or equipment
- ☐ decreased visibility for workers in the working area
- ☐ exposure to extreme weather conditions during ladder use
- ☒ falls due to the ladder collapsing or tipping

---

#30. | Which of the following are assistance aids for manual handling in the workplace?  
(Time Spent: ) (1 mark)

- ☐ Desktop computers and monitors
- ☐ First aid kits and medical supplies
- ☐ Gloves and hand sanitiser
- ☒ Slings and harnesses

---

#31. | Which of the following is a common risk to health within a construction environment?  
(Time Spent: ) (1 mark)

- ☒ Air pollution and respiratory irritants
- ☐ Electrical shocks
- ☐ Foodborne illnesses and improper food handling
- ☐ Repetitive strain injuries

---

#32. | Which types of personal protective equipment (PPE) are commonly used when dealing with hazardous materials?  
(Time Spent: ) (1 mark)

- ☐ Gloves, aprons and earplugs
- ☐ High-visibility vests, fall arrest harnesses and safety harnesses
- ☒ Respirators, coveralls and chemical-resistant suits
- ☐ Safety goggles, hard hats and steel-toed boots

---

#33. | What is a common cause of work-related injuries?  
(Time Spent: ) (1 mark)

- ☐ Frequent team-building exercises
- ☒ Improper use of equipment and machinery

- ☐ Regular ergonomic assessments
- ☐ Taking too many breaks

---

#34. | It is important to report accidents and near misses to:  
(Time Spent: ) (1 mark)

- ☐ allocate blame and determine liability
- ☐ avoid unnecessary paperwork and documentation
- ☐ discourage employees from reporting minor incidents
- ☐ identify hazards to inform action

✓

---

#35. | Employees can meet safe work practices during manual handling tasks by:  
(Time Spent: ) (1 mark)

- ☐ following established procedures and using provided equipment
- ☐ ignoring safety guidelines to complete tasks faster
- ☐ keeping problems regarding manual handling to themselves
- ☐ requesting additional training and refresher courses

✓

---

#36. | Which of the following is an example of a hazard in the workplace?  
(Time Spent: ) (1 mark)

- ☐ A malfunctioning electrical outlet
- ☐ An employee taking a coffee break
- ☐ Office chairs with appropriate features
- ☐ Well-lit corridors and staircases

✓

---

#37. | Incorrect manual handling could lead to:  
(Time Spent: ) (1 mark)

- ☐ decreased physical fitness and strength
- ☐ enhanced coordination and agility
- ☐ improved respiratory function and lung capacity
- ☐ musculoskeletal disorders and back injuries

✓

---

#38. | What are typical hazards and potential risks associated with 'obstructions' in the workplace?  
(Time Spent: ) (1 mark)

- ☐ Exposure to harmful substances, chemicals and gases
- ☐ Lack of proper signage and warnings
- ☐ Poor training on emergency procedures
- ☐ Slip, trips and falls

✓

---

#39. | Which of the following is a potential risk to the health of workers exposed to asbestos?  
(Time Spent: ) (1 mark)

- ☐ Allergic reactions
- ☐ Increased risk of strains
- ☐ Respiratory diseases
- ☐ Vision impairments



---

#40. | Which of the following is a type of asbestos waste?  
(Time Spent: )

(1 mark)

- ☐ Carbon
- ☐ Chrysotile
- ☐ Clay
- ☐ Creosote



---

Grade: Fail | Multi Choice Question Score: 0/40

Expected Time Limit: 1h  
Time Spent: 3s