

HWorks Mock Exam Results

Highfield Level 2 Award in Safe Moving and Handling (RQF) Mock Assessment

#1. | Employees have a duty to:
(Time Spent: 3s) (1 mark)

- ☐ provide manual handling equipment for heavy loads
- ☐ complete a risk assessment before carrying out manual handling tasks
- ☒ read and follow instructions before using manual handling equipment ✓
- ☐ adapt manual handling equipment so it can be used for all tasks

#2. | What is a potential injury associated with incorrect manual handling?
(Time Spent: 6s) (1 mark)

- ☐ Muscular dystrophy
- ☒ Carpal tunnel syndrome ✓
- ☐ Asthma
- ☐ Burns

#3. | What are the requirements for the testing, servicing and examination of manual handling and lifting equipment?
(Time Spent: 6s) (1 mark)

- ☐ Monthly lubrication of the equipment's moving parts
- ☐ Annual calibration of the equipment's weight measurements
- ☒ Regular inspections of the equipment by a qualified professional ✓
- ☐ Quarterly replacement of the equipment's components

#4. | Factors that are considered when carrying out a manual handling risk assessment are:
(Time Spent: 12s) (1 mark)

- ☐ load and temperature
- ☒ load and individual ✓
- ☐ environment and time
- ☐ environment and team

#5. | A possible consequence of a business not complying with health and safety requirements could be:
(Time Spent: 6s) (1 mark)

- ☐ increased social welfare costs
 - ☒ an increased number of accidents ✓
 - ☐ a decrease in personal injury claims
 - ☐ a decreased likelihood of prosecution
-

#6. | To correctly lift a load in accordance with the safe movement principles, the load must be lifted by the:
(Time Spent: 11s) (1 mark)

- ☐ arms and hands
- ☐ back
- ☒ legs ✓
- ☐ full body

#7. | Reducing the risk of injury as far as reasonably practicable is part of the risk control hierarchy. Risk can be reduced by:
(Time Spent: 3s) (1 mark)

- ☐ automating the process
- ☒ providing training and instruction ✓
- ☐ mechanically moving all loads
- ☐ not moving loads in the workplace

#8. | A definition of a hazard in the context of manual handling work is a:
(Time Spent: 1s) (1 mark)

- ☒ potential source of harm ✓
- ☐ tool used to lift heavy objects
- ☐ type of safety equipment
- ☐ type of insurance

#9. | What is a consequence of non-compliance with health and safety requirements at work?
(Time Spent: 6s) (1 mark)

- ☒ Legal action ✓
- ☐ A pay raise
- ☐ Increased job security
- ☐ An extended lunch break

#10. | The completion of manual handling risk assessments is the responsibility of:
(Time Spent: 3s) (1 mark)

- ☒ the employer ✓
- ☐ an enforcement officer
- ☐ a safety representative
- ☐ the employee

#11. | What is a manual handling risk?
(Time Spent: 4s) (1 mark)

- ☒ Repetitive lifting by an individual with back problems ✓
- ☐ Providing and maintaining lifting equipment

- ☐ Increased supervision when lifting
- ☐ Assessing an individual's capability when lifting

#12. | An example of equipment used for manual handling tasks is:
(Time Spent:) (1 mark)

- ☐ an office chair on wheels
- ☐ a fall arrest harness
- ☐ a seat belt
- ☐ an electric hoist

✓

#13. | A factor to consider when carrying out a manual handling risk assessment is:
(Time Spent:) (1 mark)

- ☐ effort
- ☐ energy
- ☐ efficiency
- ☐ environment

✓

#14. | A key principle of safe manual handling is to maintain a natural:
(Time Spent:) (1 mark)

- ☐ loose grip
- ☐ upright posture
- ☐ straight arm
- ☐ positive approach

✓

#15. | What type of injury can occur due to incorrect manual handling?
(Time Spent:) (1 mark)

- ☐ Whiplash
- ☐ Headache
- ☐ Depression
- ☐ Stroke

✓

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

Expected Time Limit: 30m

Time Spent: 1m 1s