

HWorks Mock Exam Results

Level 3 Award in Health and Safety in the Workplace (RQF) Mock Assessment

#1. | Which section of the health and safety policy are risk assessments most likely to be found?
(Time Spent: 16s) (1 mark)

- ☐ Organisation
- ☐ Statement
- ☒ Arrangements
- ☐ Planning

✓

#2. | A risk assessment has been completed and it has identified slips, trips and falls as a hazard. When following the five step approach to risk assessment what is the next step in this process?
(Time Spent: 15s) (1 mark)

- ☐ Evaluate risk by considering existing precautions
- ☒ Identify those people who may be harmed
- ☐ Review and revise the assessment
- ☐ Record the assessment and complete the action plan

✓

#3. | An employee breaks a leg due to slipping on grease in the kitchen. Which key piece of legislation states this must be reported to the enforcing authority?
(Time Spent: 6s) (1 mark)

- ☒ Reporting of Injuries, Diseases and Dangerous Occurrence Regulations
- ☐ Management of Health and Safety at Work Regulations
- ☐ The Social Security, Claims and Payments, Regulations
- ☐ Health and Safety at Work etc. Act

✓

#4. | A maintenance operative is required to replace a light bulb in the entrance hall ceiling which is 2.5 metres high. What method of access is most suitable?
(Time Spent: 10s) (1 mark)

- ☐ Mobile elevated working platform
- ☐ Ladder
- ☒ Stepladder
- ☐ Tower scaffold

✓

#5. | A systematic approach to risk assessment will most likely:
(Time Spent:) (1 mark)

- ☐ reduce costs by being reactive rather than proactive
- ☐ prevent all accidents and ill health in the workplace
- ☐ prevent prosecution, as employers cannot be prosecuted for hazards they have not foreseen
- ☒ assist in creating and maintaining a healthier working environment

✓

- #6. | A warehouse has designated a pedestrian access only area. What colour and shape is the signage to prohibit forklift trucks?
(Time Spent:) (1 mark)
- ☐ Blue and white circle
 - ☐ Green and white square
 - ☒ Red and white circle ✓
 - ☐ Yellow and white triangle
-
- #7. | Which of the following is most likely to be the root cause of an accident?
(Time Spent:) (1 mark)
- ☒ Management's attitude to health and safety is poor ✓
 - ☐ Start-up checks are not completed
 - ☐ Lack of training and instruction
 - ☐ Poor behaviour of the people completing the task
-
- #8. | A keyboard operator has developed repetitive strain injury. What type of health and safety factor is this an example of?
(Time Spent:) (1 mark)
- ☐ Human
 - ☒ Occupational ✓
 - ☐ Organisational
 - ☐ Managerial
-
- #9. | Which of the following groups of people are not covered by health and safety law?
(Time Spent:) (1 mark)
- ☐ Nurses in hospitals
 - ☐ Volunteers in a charity shop
 - ☐ Care workers in private houses
 - ☒ Accountants working in their own home ✓
-
- #10. | Which of the following is a benefit of a successful health and safety management system?
(Time Spent:) (1 mark)
- ☐ It avoids the legal requirement for a written health and safety policy
 - ☒ It will have a positive influence on the attitudes and behaviours of people in the organisation ✓
 - ☐ It will reduce audit and inspection costs
 - ☐ It will reduce the amount of work managers have to do, as workers will be able to make all health and safety decisions
-

- #11. | Employees in a busy kitchen are constantly cutting fingers while slicing vegetables. Following the hierarchy of controls what should the kitchen manager consider first to mitigate against injuries?
(Time Spent:) (1 mark)
- ☐ Further training and instructions
 - ☐ Replace the knives for a model with a sharper blade
 - ☒ Buy the vegetables already sliced ✓
 - ☐ Provide cut protection gloves
-
- #12. | Which of the following are possible examples of direct costs associated with an accident?
(Time Spent:) (1 mark)
- ☒ Fines and compensation payments ✓
 - ☐ Sick pay and production delays
 - ☐ Equipment replacement and loss of goodwill
 - ☐ Production delays and insurance premium increases
-
- #13. | A risk of electric shock has been identified when cleaning electrical equipment. To evaluate the risk what should be considered?
(Time Spent:) (1 mark)
- ☐ Probability and likelihood of harm
 - ☐ Consequence and severity of harm
 - ☒ Likelihood and consequence of harm ✓
 - ☐ Severity of harm and the hierarchy of controls
-
- #14. | Which two enforcement bodies can prosecute for breaches of health and safety legislation?
(Time Spent:) (1 mark)
- ☐ Local Authorities and Environment Executive
 - ☒ Health and Safety Executive and Local Authorities ✓
 - ☐ Insurance companies and the police
 - ☐ Health and Safety Authorities and Environmental Protection Agency
-
- #15. | Which section of the health and safety policy are performance targets most likely to be found?
(Time Spent:) (1 mark)
- ☒ Statement ✓
 - ☐ Organisation
 - ☐ Arrangements
 - ☐ Checking
-
- #16. | Suitable and sufficient workplace risk assessments will most likely enable employers to:
(Time Spent:) (1 mark)

- ☐ eliminate all risks by removing any foreseeable hazards
 - ☐ reduce maintenance costs
 - ☐ foresee and prevent all accidents
 - ☐ identify risks and prioritise for action ✓
-

#17. | A lorry inadvertently sheds its load of building rubble at the site entrance, which blocks the main traffic route. How would this type of event be defined?
(Time Spent:) (1 mark)

- ☐ Incident ✓
 - ☐ Accident
 - ☐ Dangerous occurrence
 - ☐ Near miss
-

#18. | While carrying out maintenance work, an employee suffers a cut finger, which requires hospital treatment and three days off work. What action must the employer take?
(Time Spent:) (1 mark)

- ☐ Inform the health and safety representative
 - ☐ Carry out a thorough investigation
 - ☐ Report to the Health and Safety Executive incident contact centre, as it is a specified RIDDOR injury
 - ☐ Ensure the incident is recorded in the accident book ✓
-

#19. | Lack of ventilation in a hotel kitchen is an example of which type of accident causation factor?
(Time Spent:) (1 mark)

- ☐ Occupational
 - ☐ Organisational
 - ☐ Environmental ✓
 - ☐ Design
-

#20. | The driver of a forklift is using a mobile phone while loading pallets. Due to lack of attention a collision occurs, causing an injury to the driver. What will the operator most likely be prosecuted for?
(Time Spent:) (1 mark)

- ☐ Causing damage to the forklift truck
 - ☐ Not taking reasonable care of themselves ✓
 - ☐ Breaching the Forklift Truck Regulations
 - ☐ Not handling and transporting substances and articles correctly
-

#21. | There are a significant number of slips and falls in a busy commercial kitchen. What control should be considered first to mitigate against this hazard?
(Time Spent:) (1 mark)

- ☐ Provide employees with non-slip footwear
 - ☐ Use a chemical that is effective at removing grease
 - ☐ Instruct employees to take extra care and clean spillages immediately
 - ☐ Replace the floor with a surface that is non slip ✓
-

#22. | What must an employer do when made aware by an employee that she is pregnant?
(Time Spent:) (1 mark)

- ☐ Conduct a specific risk assessment for that employee, which includes general and specific hazards to pregnancy ✓
 - ☐ Conduct a risk assessment that only considers manual handling tasks
 - ☐ Exclude that employee from undertaking any work tasks that have a medium to high-risk rating
 - ☐ Suspend the employee on full pay until a risk assessment is completed
-

#23. | The main causes of ill health in the workplace are:
(Time Spent:) (1 mark)

- ☐ slips, trips and falls and musculoskeletal disorders
 - ☐ occupational hearing loss and work-related violence
 - ☐ asbestos-related diseases and occupational stress
 - ☐ occupational stress and musculoskeletal disorders ✓
-

#24. | If there are insufficient staff to carry out maintenance work according to the safe system of work, this type of risk factor is:
(Time Spent:) (1 mark)

- ☐ human
 - ☐ occupational
 - ☐ organisational ✓
 - ☐ environmental
-

#25. | An employee is driving the forklift truck too fast and, as a result, overturns while going around a sharp corner. What type of accident causation factor is this an example of?
(Time Spent:) (1 mark)

- ☐ Organisational
 - ☐ Human ✓
 - ☐ Design
 - ☐ Environmental
-

#26. | An employee is seeking compensation due to an injury sustained at work. The courts that would hear their case are:
(Time Spent:) (1 mark)

- ☐ Magistrates' court and Crown Court
- ☐ Crown Court and High Court

- ☐ County Court and High Court ✓
 - ☐ Magistrates' court and County Court
-

#27. | To comply with legislation, an employer must appoint a competent person to assist with health and safety. What should the employer take into account when selecting an appropriate person?
(Time Spent:) (1 mark)

- ☐ Knowledge, skills and experience ✓
 - ☐ Accredited qualifications, length of service and personality
 - ☐ Knowledge of the activity, age and experience
 - ☐ Skills, experience and membership of professional bodies
-

#28. | Construction workers are using an electric powered drill. Which of the following would be the most effective way of reducing risk?
(Time Spent:) (1 mark)

- ☐ Minimise the time spent using the drill
 - ☐ Only use the drill in dry conditions
 - ☐ Reduce the voltage to 110v
 - ☐ Replace with battery power ✓
-

#29. | Suitable and sufficient risk assessments will benefit employees by:
(Time Spent:) (1 mark)

- ☐ reducing the amount of training they must undertake
 - ☐ increasing overtime payments due to the additional procedures they must to comply with
 - ☐ providing a working environment that is safe so far as is reasonably practicable ✓
 - ☐ removing all hazards in the workplace, therefore eliminating risk
-

#30. | Which of the following is an office worker most likely to suffer from while using a shredder?
(Time Spent:) (1 mark)

- ☐ Cutting from the rotating mechanism when clearing a jam ✓
 - ☐ Electric shock due to a faulty plug
 - ☐ Noise from the cutting action
 - ☐ Dust from the paper when emptying the bin
-

#31. | When must an employer provide a separate area to eat meals in the workplace?
(Time Spent:) (1 mark)

- ☐ If a trade union specifies it as a requirement
 - ☐ When there is a risk of food becoming contaminated ✓
 - ☐ If the premises are large enough to have a separate canteen
 - ☐ If the employees have requested this during the consultation process
-

- #32. | You are assisting the supervisor to complete the risk assessment for slips, trips and falls. What action must be taken when the risk assessment has been completed?
(Time Spent:) (1 mark)
- ☐ Review and revise the risk assessment if there are more than 10 employees
 - ☐ If there are more than 5 employees compile and record an action plan
 - ☐ Discuss the risk assessment at the next health and safety meeting
 - ☐ If there are 5 or more employees record any significant findings ✓
-

- #33. | A lifting mechanism failed while moving heavy items of stock from the loading bay to the ground floor. What action must be taken?
(Time Spent:) (1 mark)
- ☐ Increase the frequency of maintenance and inspection to comply with Lifting Operations and Lifting Equipment Regulations
 - ☐ Report the incident to the Health and Safety Executive contact centre as it is a dangerous occurrence ✓
 - ☐ Notify all employees to limit the weight in the lift during future use
 - ☐ Record the incident in the accident book to comply with social security legislation
-

- #34. | An employee is injured in the workplace. What costs will the insurance company contribute to?
(Time Spent:) (1 mark)
- ☐ Compensation payments ✓
 - ☐ Fines given by the courts
 - ☐ Loss of goodwill and subsequent sales
 - ☐ Accident investigation time
-

- #35. | Which of the following is a common hazard to housekeepers cleaning hotel bedrooms?
(Time Spent:) (1 mark)
- ☐ Puncture wounds
 - ☐ Falling from height
 - ☐ Violence from guests
 - ☐ Manual handling injuries ✓
-

- #36. | When completing risk assessments it is useful to refer to accident statistics. Who is responsible for complying and publishing these?
(Time Spent:) (1 mark)
- ☐ Labour Force Survey Organisation
 - ☐ Local Authorities
 - ☐ Health and Safety Executive ✓
 - ☐ Office of National Statistics
-

- #37. | An entry in the accident book states that an employee slipped due to an oil spill. Why is it important to find the root cause of this accident?
(Time Spent:) (1 mark)
- ☐ Finding the root cause will significantly reduce the risk of prosecution
 - ☒ The root cause is the failing from which other causes originate ✓
 - ☐ The root cause will identify the immediate cause of the accident
 - ☐ Finding the root cause will identify what short-term actions must be put in place to prevent a reoccurrence
-

- #38. | The organisation section of a health and safety policy is most likely to contain:
(Time Spent:) (1 mark)
- ☐ risk assessment structure
 - ☐ duties of employees
 - ☐ permits to work procedures
 - ☒ responsibilities for accident investigation ✓
-

- #39. | Which type of occupation is most likely to be exposed to falling objects?
(Time Spent:) (1 mark)
- ☒ Construction ✓
 - ☐ Roofer
 - ☐ Sales assistant
 - ☐ Grounds keeper
-

- #40. | A gas explosion that destroys a factory but injures no one would typically be defined as:
(Time Spent:) (1 mark)
- ☐ an accident
 - ☒ a dangerous occurrence ✓
 - ☐ a health and safety violation
 - ☐ a minor accident
-

- #41. | A risk assessment that uses numerical values is a:
(Time Spent:) (1 mark)
- ☐ dynamic risk assessment
 - ☐ site specific risk assessment
 - ☒ quantitative risk assessment ✓
 - ☐ qualitative risk assessment
-

- #42. | Office staff have to carry paper deliveries to the second floor stationery cupboard. Which of the following would be the most effective control to reduce manual handling injuries?
(Time Spent:) (1 mark)
- ☒ Use a trolley ✓

- ☐ Carry out the task in pairs
- ☐ Have frequent rest breaks
- ☐ Reduce the weight of the paper

#43. | Which of the following welfare facilities must be provided for workers who handle contaminated waste?
(Time Spent:) (1 mark)

- ☐ Showers, liquid soap and hot air hand dryers
- ☐ Hand sanitisers, soap and showers
- ☐ Paper towels, liquid soap and warm running water
- ☐ Hot and cold running water, soap and a hand-drying facility ✓

#44. | When completing a risk assessment on office cleaning, who would be the best people to consult?
(Time Spent:) (1 mark)

- ☐ People who do the cleaning and their representatives ✓
- ☐ The office manager and the local authority
- ☐ A health and safety consultant and the local authority
- ☐ Representatives from the cleaning product suppliers and the health and safety executive

#45. | The most likely benefit of using a successful health and safety management system is that:
(Time Spent:) (1 mark)

- ☐ accidents will not occur due to the many control measures in place
- ☐ occupational health and safety will continually improve ✓
- ☐ prosecution is unlikely as the organisation will have all relevant documentation in place
- ☐ it removes the need to carry out audits and inspections

#46. | The root cause of an accident can best be described as:
(Time Spent:) (1 mark)

- ☐ start-up checks are not completed
- ☐ lack of training and instruction
- ☐ poor behaviour of the people completing the task
- ☐ management's attitude to health and safety is poor ✓

#47. | Workers on a waste transfer site are suffering from ill health and sickness after exposure to biological agents. What is this an example of?
(Time Spent:) (1 mark)

- ☐ A dangerous occurrence
- ☐ An incident
- ☐ An occupational risk ✓

☐ Occupational ill health

#48. | Welding exposes employees to hazardous fumes. Which of the following provides the most effective control to protect welders from these fumes?
(Time Spent:) (1 mark)

- ☐ Local exhaust ventilation ✓
 - ☐ General ventilation
 - ☐ Health surveillance
 - ☐ Reduced time exposure
-

#49. | What type of risk assessment would be most suitable for a fire fighter to use when attending a factory explosion?
(Time Spent:) (1 mark)

- ☐ Site specific risk assessment
 - ☐ Generic risk assessment
 - ☐ Qualitative risk assessment
 - ☐ Dynamic risk assessment ✓
-

#50. | A gardener is clearing shrubs and general rubbish. What type of illness is the most serious risk from a puncture wound that they may suffer?
(Time Spent:) (1 mark)

- ☐ Tuberculosis
 - ☐ Dermatitis
 - ☐ Tetanus ✓
 - ☐ Legionellosis
-

#51. | An employer is unsure how to comply with the requirement in the Workplace (Health, Safety and Welfare) Regulations to provide lighting that is suitable and sufficient. What source of information can be used to assist the employer?
(Time Spent:) (1 mark)

- ☐ An approved code of practice to the regulations ✓
 - ☐ Health and Safety Guidance 65 (HSG65)
 - ☐ Health and Safety at Work etc. Act
 - ☐ Construction, Design and Management Regulations
-

#52. | Plan, Do, Check and Act is an occupational health and safety management system. Which section are health surveillance methods most likely to be found?
(Time Spent:) (1 mark)

- ☐ Check
 - ☐ Act
 - ☐ Plan
 - ☐ Do ✓
-

- #53. | What is the best control to reduce the risk of slips, trips and falls while cleaning floors in a busy retail store?
(Time Spent:) (1 mark)
- ☐ Clean in small sections so there is always a dry path through the area
 - ☐ Place a portable barrier around the wet floor
 - ☒ Clean the floor when the store is closed ✓
 - ☐ Place wet floor signs around the area
-

- #54. | The main cause of fatalities in the workplace is caused by:
(Time Spent:) (1 mark)
- ☐ falling from height and being struck by a moving vehicle
 - ☒ being struck by a moving object and falling from height ✓
 - ☐ contact with moving machinery and being struck by a moving vehicle
 - ☐ being struck by a moving vehicle and asbestos-related lung diseases
-

- #55. | The Health and Safety Executive (HSE) identifies five steps to risk assessment. Which of the following are the first recommended process steps?
(Time Spent:) (1 mark)
- ☒ Identify hazards and who may be harmed ✓
 - ☐ Identify current controls and evaluate risk
 - ☐ Review current controls and level of risk
 - ☐ Identify who may be harmed and current controls
-

- #56. | Digging foundations for buildings creates a risk of manual handling injuries. Taking into account 'so far as is reasonably practicable', what action should be considered first to mitigate against injuries?
(Time Spent:) (1 mark)
- ☐ Use larger shovels with short handles
 - ☐ Job rotation, so workers can have prolonged periods of risk from digging
 - ☐ Training in the correct technique to shovel
 - ☒ Use a mechanical aid, for example an excavator ✓
-

- #57. | An organisation has identified hearing protection zones in the factory. Which of the following methods must be used to inform employees?
(Time Spent:) (1 mark)
- ☐ Written signage at all entrances stating the dB level
 - ☒ Mandatory blue and white signage ✓
 - ☐ Yellow and black hazard sign
 - ☐ An annual training session
-

#58. | An accident has occurred in the workplace. What information is required to carry out the accident investigation?
(Time Spent:) (1 mark)

- ☐ The injured person's job role and pay grade
- ☐ The names of the emergency services who attended
- ☒ The sequence of events and who and what was involved ✓
- ☐ The dates of birth and contact details of all witnesses

#59. | The noise levels in a nightclub bar are excessively high, and bar staff have to shout to be heard. Before coming to a decision on how to mitigate against noise, what must the employer do first?
(Time Spent:) (1 mark)

- ☒ Complete a noise risk assessment ✓
- ☐ Reduce the sound level
- ☐ Provide ear protection
- ☐ Consult with the nightclub managers

#60. | Which of the following is a benefit of a health and safety management system:
(Time Spent:) (1 mark)

- ☐ there will be no reason for a business to have a health and safety policy
- ☐ it will reduce costs associated with external audits and inspections
- ☒ management of health and safety risks is improved ✓
- ☐ employees will have increased job security

Grade: Fail | Multi Choice Question Score: 0/60

Expected Time Limit: 2h
Time Spent: 47s