

Paper Code: M-HSCON1001

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

Level 1

Information for registered centres

The seal on this examination paper must only be broken by the candidate at the time of the examination. Under no circumstances should a candidate use an unsealed examination paper.

Information for candidates

Under no circumstances should you, the candidate, use an unsealed examination paper.

This examination consists of **40 multiple-choice** questions.

The minimum pass mark is **32 correct answers**.

The duration of this examination is **60 minutes**.

You are **NOT** allowed any assistance to complete the answers.

You must use a pencil to complete the answer sheet - pens must **NOT** be used.

When completed, please leave the **examination answer sheet (EAS)** on the desk.

EXAMINATION ANSWER SHEET (EAS) INSTRUCTIONS:

For each question, fill in **ONE** answer **ONLY**.

If you make a mistake, ensure you erase it thoroughly.

You must mark your choice of answer by shading in **ONE** answer circle only.

Please mark each choice like this:

01 A B C D **ANSWER COMPLETED CORRECTLY**

Examples of how **NOT** to mark your examination answer sheet (EAS). These will not be marked.

01 A B C D **DO NOT** partially shade the answer circle
ANSWER COMPLETED INCORRECTLY

01 A B C D **DO NOT** use ticks or crosses
ANSWER COMPLETED INCORRECTLY

01 A B C D **DO NOT** use circles
ANSWER COMPLETED INCORRECTLY

01 A B C D **DO NOT** shade over more than one answer circle
ANSWER COMPLETED INCORRECTLY

M-HSCON1001 ANSWERS

All candidates **MUST** sign the Examination Answer Sheet (EAS) in the bottom right-hand corner of the page before leaving the examination room.

1

Employee's responsibilities under current legislation for moving and storing materials are:

- A. notifying coworkers about potential hazards
- B. seeking permission before lifting any materials
- C. providing their own personal protective equipment (PPE)
- D. following safe manual handling techniques

2

It is important to keep a safe distance away from plant, machinery or equipment until clear contact is made with the operator to:

- A. avoid potential interruptions and delays in work processes
- B. minimise the risk of damaging the equipment or tools
- C. prevent unauthorised access to the equipment
- D. reduce the risk of accidents and injuries caused by unexpected movements

3

Personal hygiene is important within a construction environment as it:

- A. promotes a professional appearance among workers
- B. prevents the spread of infectious diseases
- C. complies with local fashion and grooming standards
- D. improves interpersonal relationships among colleagues

4

What is a consequence of failing to prevent accidents and ill health at work?

- A. An improved work-life balance for employees
- B. Enhanced professional development opportunities
- C. A negative impact on employee well-being
- D. Increased opportunities for business expansion

5

Typically responsible for making accident reports is the:

- A. injured employee or victim
- B. immediate supervisor or manager
- C. Human Resources department
- D. Occupational Health and Safety committee

6

The employee's responsibilities under current legislation and official guidance while working at height are:

- A. seeking permission from colleagues before performing tasks at height
- B. wearing comfortable clothing and footwear for better stability
- C. following safe working practices and provided instructions
- D. leaving the work area unattended without notifying supervisors

7

Which regulation specifically controls the use of suitable equipment for working at height?

- A. Health and Safety at Work etc. Act 1974
- B. Control of Substances Hazardous to Health (COSHH) Regulations 2002
- C. Personal Protective Equipment at Work Regulations 1992
- D. **Work at Height Regulations 2005**

8

What is a common hazard associated with using heavy machinery in a construction environment?

- A. **Exposure to loud noise levels**
- B. Slips and trips
- C. Inhalation of harmful chemicals
- D. Poor lighting

9

The **main** purpose of a risk assessment and method statement is to:

- A. **identify potential hazards and evaluate risks**
- B. calculate financial budgets for projects
- C. advertise the company's safety standards
- D. 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:

- A. provide step-by-step instructions on how to operate the equipment
- B. determine the appropriate insurance coverage for the machinery
- C. plan employee training and development programmes
- D. **ensure that safe working practices and procedures are followed**

11

The **primary** purpose of dynamic risk assessment is to:

- A. eliminate all risks associated with a task or activity
- B. identify potential hazards and risks at project planning stage
- C. **assess and manage risks in real-time during an ongoing activity**
- D. assign risk management responsibilities to employees

12

What hazards are associated with overhead cables?

- A. **Risk of electrical shocks and electrocution**
- B. Increased noise levels and distractions
- C. Damage to the environment
- D. Exposure to extreme temperatures

13

What is a common health risk associated with exposure to hazardous substances in construction?

- A. Eye strain and visual impairment
- B. **Allergic reactions and skin irritations**
- C. Dehydration and heat-related illnesses
- D. Mental health issues and stress

14

It is important that safeguards are located near where plant, machinery and equipment are being used to:

- A. enhance the visual appeal of the workplace
- B. provide additional storage space for tools and materials
- C. prevent unauthorised access to the equipment
- D. **minimise the risk of accidents and injuries**

15

The visual indicator commonly used to draw attention to potential dangers associated with operating machinery or equipment is a:

- A. **warning sign with a prominent colour and symbol**
- B. notice sign with detailed operational instructions
- C. information sign with general safety guidelines
- D. prohibition sign with a crossed-out equipment symbol

16

It is important to use site safety equipment when handling materials and equipment to:

- A. increase the weight capacity of materials
- B. comply with project requirements
- C. enhance worker productivity and efficiency
- D. **minimise the risk of injuries and accidents**

17

Hazards and potential risks associated with working at height can be controlled by:

- A. ignoring safety protocols and relying on personal judgment
- B. minimising the use of personal protective equipment (PPE)
- C. **implementing proper fall prevention and protection measures**
- D. assigning inexperienced workers to tasks at height

18

Who is responsible for conducting risk assessments and preparing method statements?

- A. The project manager
- B. **The employer**
- C. The subcontractors
- D. The local authorities

19

What is a common requirement in accident reporting procedures?

- A. Seeking medical attention only for severe injuries
- B. Outline inaccurate or incomplete information
- C. **Communicate the incident within a specified timeframe**
- D. Allowing the injured party to conduct the investigation

20

The term 'working at height' refers to:

- A. any task performed while standing or walking
- B. engaging in physical activities during work hours that could cause injury
- C. **operating in a place where a person could fall a distance and cause injury**
- D. being on the upper floors of a building

21

The correct storage of combustibles and chemicals is important on a construction site to:

- A. ensure proper organisation and inventory management
- B. prevent theft and unauthorised access to materials
- C. **minimise the risk of fire and explosions**
- D. maintain a clean and tidy work environment

22

The use of plant and equipment pose risks to the health and safety of workers by:

- A. causing electrical hazards
- B. creating fire hazards
- C. **presenting the risk of entanglement**
- D. increasing the risk of falls from heights

23

Which of the following represents a **main** group of hazardous substances commonly found in construction?

- A. **Flammable materials**
- B. Foodborne pathogens
- C. Air pollutants
- D. Household cleaning products

24

The recommended procedures for safe lifting according to official guidance are:

- A. lifting objects with an arched back and bent knees
- B. rapidly lifting heavy objects to minimise strain
- C. **using the leg muscles and keeping the back straight while lifting**
- D. lifting objects with extended arms to maximise reach

25

What is the meaning of a hazard in relation to health and safety at work?

- A. An event that is highly unlikely to occur
- B. A situation where there is no potential for harm
- C. **Any act that has the potential to cause harm**
- D. A routine activity that poses no risk to employees

26

What is a potential injury risk associated with the operation of moving machinery?

- A. Eye strain and visual impairment
- B. Musculoskeletal disorders from repetitive tasks
- C. Respiratory problems due to poor air quality
- D. **Limb amputations or fractures from machine parts**

27

What types of hazards and potential risks are linked with the use of drugs and alcohol in the workplace?

- A. Increased risk of fire hazards and electrical accidents
- B. Higher chance of muscle injuries and musculoskeletal disorders
- C. **Impaired judgment, reduced coordination and accidents**
- D. Exposure to harmful substances and chemical burns

28

The risks associated with working around plant, machinery or equipment can be effectively controlled by:

- A. increasing the speed and efficiency of work operations
- B. implementing strict disciplinary actions for non-compliance
- C. providing regular training on equipment operation
- D. implementing engineering controls and safe work practices**

29

A potential risk related to the stability of ladders is:

- A. damage to nearby structures or equipment
- B. decreased visibility for workers in the working area
- C. exposure to extreme weather conditions during ladder use
- D. falls due to the ladder collapsing or tipping**

30

The **best** assistance aids for manual handling in the workplace are:

- A. gloves and hand sanitiser
- B. desktop computers and monitors
- C. first aid kits and medical supplies
- D. slings and harnesses**

31

Which is a common risk to health within a construction environment?

- A. Repetitive strain injuries
- B. Air pollution and respiratory irritants**
- C. Foodborne illnesses and improper food handling
- D. Electrical shocks

32

Which types of personal protective equipment (PPE) are commonly used when dealing with hazardous materials?

- A. Safety goggles, hard hats and steel-toed boots
- B. Gloves, aprons and earplugs
- C. High-visibility vests, fall arrest harnesses and safety harnesses
- D. Respirators, coveralls and chemical-resistant suits**

33

What is a common cause of work-related injuries?

- A. Frequent team-building exercises
- B. Strict adherence to safety protocols
- C. Improper use of equipment and machinery**
- D. Regular ergonomic assessments

34

It is important to report accidents and near misses to:

- A. allocate blame and determine liability
- B. avoid unnecessary paperwork and documentation
- C. identify hazards to inform action**
- D. discourage employees from reporting minor incidents

35

Employees can ensure the application of safe work practices during manual handling tasks by:

- A. ignoring safety guidelines to complete tasks faster
- B. requesting additional training and refresher courses
- C. following established procedures and using provided equipment**
- D. keeping problems regarding manual handling to themselves

36

What is an example of a hazard in the workplace?

- A. An employee taking a coffee break
- B. Well-lit corridors and staircases
- C. **A malfunctioning electrical outlet**
- D. Office chairs with appropriate features

39

Which of the following is a potential risk to the health of workers exposed to asbestos?

- A. Increased risk of strains
- B. Allergic reactions
- C. **Respiratory diseases**
- D. Vision impairments

37

Incorrect manual handling could lead to:

- A. increased physical fitness and strength
- B. enhanced coordination and agility
- C. **musculoskeletal disorders and back injuries**
- D. improved respiratory function and lung capacity

40

Which category of asbestos waste is considered the **most** hazardous?

- A. **Friable asbestos waste**
- B. Non-friable asbestos waste
- C. Liquid asbestos waste
- D. Inorganic asbestos waste

38

What are typical hazards and potential risks associated with "obstructions" in the workplace?

- A. **Slip, trips and falls**
- B. Poor training on emergency procedures
- C. Exposure to harmful substances, chemicals and gases
- D. Lack of proper signage and warnings



Level 1

Highfield Qualifications

Highfield ICON
First Point
Balby Carr Bank
Doncaster
South Yorkshire
DN4 5JQ
United Kingdom

01302 363277
info@highfield.co.uk
www.highfieldqualifications.com