

Paper Code: M-EPA-SHET3002

Level 3

Safety, Health and Environment Technician Mock Knowledge Test

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.

This exam is worth **40 marks**, with a Pass being **28 marks** and Distinction **34 marks**.

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 recorded.

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

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

1

According to the Health and Safety Executive (HSE), what is **key** to maintaining most workplace improvements?

- A. Supervise to make sure arrangements are followed
- B. Train to ensure competence
- C. Provide the right tools to do the job
- D. Decide on preventive measures

2

To evaluate the risk of any hazard, you need to consider the:

- A. probability of the hazard causing harm and the cost of eliminating it
- B. ease of completing the documentation
- C. potential of the work activity to cause harm
- D. probability that the hazard will cause harm and how severe it could be

3

It is important to report near-misses as it provides:

- A. an early warning for potential future accidents
- B. evidence to put in a graph
- C. a way of stopping all accidents occurring
- D. a way of identifying severity

4

Which of these is an example of occupational hygiene?

- A. Mental Health First Aid
- B. Lung function tests
- C. Cycle to work scheme
- D. Dust level monitoring

5

Under the Management of Health and Safety at Work Regulations 1999, the **minimum** you **must** do to manage risks in the workplace is to:

- A. train the workers, provide suitable equipment and introduce welfare facilities
- B. identify hazards, calculate risk and implement controls
- C. adopt the Plan-Do-Check-Act model, provide personal protective equipment (PPE) and investigate accidents
- D. operate health surveillance, run well-being campaigns and consult with staff

6

For which of the following common hazards would emergency procedures **need** to be developed?

- A. Fires
- B. Slips and trips
- C. Manual handling
- D. Amputation

7

Which statement is **true** relating to working at height?

- A. You must be qualified to use a ladder
- B. You must not use ladders on industrial sites
- C. You need to have 2 feet and 1 hand on a ladder at all times
- D. You should carry out an equipment pre-use check

8

The nature and level of threats faced together with the disruption and costs associated with them are analysed by:

- A. a risk assessment
- B. risk profiling
- C. hazard spotting
- D. a near-miss investigation

9

What is the **final** step in the hierarchy of control?

- A. Administrative controls
- B. Engineering controls
- C. Personal protective equipment (PPE)
- D. Risk assessment

10

The Health and Safety Executive (HSE) recognises that most businesses use 3 main sections to set out their health and safety policies. These are known as:

- A. statement of intent, organisation and safe systems of work
- B. statement of intent, responsibilities and arrangements
- C. responsibilities, arrangements and risk assessments
- D. risk assessments, safe systems of work and arrangements

11

The purpose of health surveillance is to:

- A. reduce health risks for employees
- B. improve safety awareness
- C. check employers are complying with the law
- D. provide statistical data on accidents

12

How can a supervisor ensure a new safe system of work is adopted by staff carrying out a task?

- A. Continually supervise staff when carrying out the task
- B. Involve staff in hazard spotting when completing the safe system of work
- C. Involve staff in disciplining those who do not comply
- D. Discipline staff who do not follow the new safe system of work

13

'An event that does not result in injury, damage or loss but may interrupt the work process' is a definition of:

- A. an accident
- B. a risk assessment
- C. an incident
- D. an inconvenience

14

An employer can get practical help and a better understanding of health and safety legislation from:

- A. Approved Codes of Practice and guidance notes
- B. health and safety case law
- C. European Commission (EC) directives
- D. the National Health Service Act 1948

15

Risk profiling would fall into which category of the Plan-Do-Check-Act (PDCA) model?

- A. Plan
- B. Do
- C. Check
- D. Act

16

Who requires the creation of a Personal Emergency Evacuation plan (PEEP)?

- A. Any staff member with a hearing impairment
- B. Any staff member with a visual impairment
- C. Any persons who need assistance when leaving the building in an emergency
- D. Any staff member with a cognitive impairment

17

You are asked to carry out a risk assessment of your workplace. What is the **first** thing you should do?

- A. Form a committee
- B. Write down the significant findings
- C. Systematically identify hazards
- D. Train staff to implement control measures

18

According to the Health and Safety Executive (HSE), what is a health record?

- A. A worker's confidential medical records held by a GP
- B. A worker's history of illness and absence while working for the company
- C. A worker's record of exposure to hazards and resulting fitness
- D. A worker's log of their participation in well-being campaigns

19

Which of the following is the **most** effective method of behavioural safety management?

- A. A disciplinary procedure
- B. Restriction of tasks
- C. A change of equipment
- D. Toolbox talks

20

Having decided that a hazard cannot be eliminated, what is the **next** step in the hierarchy of control?

- A. Introduce a safe system of work
- B. Substitute for a safer option
- C. Provide personal protective equipment (PPE)
- D. Reduce or limit exposure

21

An organisation **must** have a written health and safety policy and written risk assessments if the organisation:

- A. has more than one member of staff
- B. is served with an improvement notice
- C. has five or more members of staff
- D. does not provide training to staff

22

The modification of incorrect behaviours **must** begin with:

- A. training on tasks
- B. the definition of unsafe practices
- C. the supervision of work
- D. a disciplinary procedure

23

Which of the following is an example of an administrative control in the hierarchy of control?

- A. Machine guard
- B. Ear protectors
- C. Ventilation
- D. Training

24

The Provision of Use of Work Equipment Regulations 1998 (PUWER) stipulates that equipment **must** be:

- A. used only under supervision of management
- B. disposed of and replaced regularly
- C. cleaned and sterilised daily
- D. used only by people who have received adequate training

25

A suitable and sufficient risk assessment of the workplace can benefit the employer by demonstrating that:

- A. all staff have received relevant training
- B. the workplace is safe as far as is reasonably practicable
- C. members of the public cannot trespass on the premises
- D. opportunities for civil claims will be limited

26

Which of the following enables a company to calculate the likelihood of an activity causing harm to the environment?

- A. Environmental management system
- B. Environmental audit
- C. Environmental emergency plan
- D. Environmental risk assessment

27

The overall purpose of workplace behavioural programmes is to bring about:

- A. increased productivity
- B. improved reputation
- C. a positive change in the safety culture
- D. positive employee engagement

28

If asbestos is released into the workplace, the **first two** steps of the emergency procedure are to:

- A. warn others and seal off the area
- B. decontaminate clothing and clean up dust
- C. put on personal protective equipment (PPE) and identify source
- D. alert emergency services and evacuate

29

Which of these measures would be the **most** effective in helping employees to accept and work with organisational change?

- A. Reduced workload
- B. Increased breaks
- C. More holidays
- D. More consultation

30

Of the following, which would be a suitable SHE Management System for a Small to Medium Enterprise (SME) to adopt?

- A. ISO 45001
- B. BS ENISO9001
- C. HSG65 Plan-Do-Check-Act model
- D. ISO/TC 176

31

The Health and Safety Executive (HSE) identifies the 5 steps of a risk assessment. What is the **final** step of this process?

- A. Identify hazards
- B. Review and revise regularly
- C. Evaluate the risk
- D. Record the assessment

32

The **key** message for employees in the event of a terrorist attack is to:

- A. run, hide and tell
- B. leave personal belongings, evacuate and assemble
- C. raise the alarm, evacuate and conduct roll call
- D. observe, assemble and debrief

33

It is important to collect incident data as it helps to:

- A. identify who is to blame
- B. identify trends
- C. identify all accidents
- D. complete documentation

34

The legal requirements for involvement of the workforce in a system of SHE management include the requirement to:

- A. allow rest breaks
- B. provide welfare facilities
- C. engage in consultation
- D. run well-being campaigns

35

What type of monitoring is near-miss reporting?

- A. Observational
- B. Theoretical
- C. Reactive
- D. Proactive

36

An employer needs to implement improvements to the handling of hazardous substances within their workplace. Where would they find the legal requirements to comply with this obligation?

- A. Control of Substances Hazardous to Health Regulations
- B. Control of Substances Hazardous to Health Approved Code of Practice
- C. Health and Safety Management System
- D. IOSH Code of Conduct

37

Which of these is an example of health surveillance?

- A. Noise level monitoring
- B. Workplace air survey
- C. Healthy eating advice
- D. Hand and arm vibration tests

38

What activity should be completed to establish how many first aiders are required in a workplace?

- A. Accident record review
- B. First aid needs assessment
- C. Risk assessment
- D. Workplace inspection

39

What is the **main** risk factor that behavioural programmes target?

- A. Human factor
- B. Organisational factor
- C. Task-related factor
- D. Environmental factor

40

Of the following, the factor that has the **most** significant impact on the success of the implementation of a SHE management system is the:

- A. efficiency of the managers
- B. prestige of the organisation
- C. access to competent health and safety advice
- D. reliability of equipment



**Level
3**

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