

Paper Code: M-EPA-SHET3004

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.

The 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), which of the following is **key** to maintaining workplace improvements?

- A. Focusing on physical hazards rather than procedure
- B. Implementing strict preventative methods
- C. Reviewing procedures regularly
- D. Rotating responsibilities across various teams

2

Which of the following **must** be considered when prioritising hazards?

- A. The probability that the hazard will cause harm and how it will affect staff morale
- B. The probability that the hazard will cause harm and how it will impact operations
- C. The probability that the hazard will cause harm and how severe it could be
- D. The probability that the hazard will cause harm and the cost of eliminating it

3

How does the Swiss Cheese model explain incident causation?

- A. Accidents occur as a result of a series of interrelated events
- B. Accidents occur as a result of a series of organisational errors
- C. Accidents occur when holes in multiple layers of defence align
- D. Accidents occur when there are holes in any layer of defence

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How does occupational hygiene differ from health surveillance?

- A. Occupational hygiene focuses on managing health risks while health surveillance monitors effects on staff
- B. Occupational hygiene focuses on the physical health of staff while health surveillance focuses on mental health
- C. Occupational hygiene monitors the effect of the work environment on staff while health surveillance focuses on reducing exposure to hazards
- D. Occupational hygiene monitors the impact of work practices on staff while health surveillance focuses on the impacts of personal lifestyle

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Which of the following is a legal requirement of the current Health and Safety (First Aid) Regulations?

- A. All staff must receive regular first-aid training and refreshers
- B. An appointed person must be available at all times during working hours
- C. Annual auditing of all organisational policies and procedures
- D. Automated electronic defibrillators must be available at all workplaces

6

For which of the following common hazards **must** emergency procedures be developed?

- A. Fire
- B. Manual handling
- C. Slips, trips and falls
- D. Stress

7

Which of the following tools is appropriate to use to support the identification and prioritisation of hazards?

- A. A Control of Substances Hazardous to Health (COSHH) data sheet
- B. A health and safety compliance checklist
- C. A risk matrix
- D. An environmental reporting system

8

What is the purpose of applying ISO 14001?

- A. To improve occupational safety through systematic performance reviews
- B. To increase productivity through regulated workforce planning
- C. To protect sensitive data through robust access restrictions
- D. To reduce environmental impacts through structured management practices

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

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How is ISO 45001 typically applied in the workplace?

- A. By assigning full blame for all accidents and near misses that occur
- B. By establishing procedures for identifying and controlling hazards
- C. By reviewing the hazard identification ability of staff and contractors
- D. By setting targets to reduce the risk of accidents and near misses

11

Which of the following is an appropriate way to implement a health and well-being campaign in the workplace?

- A. Conducting targeted awareness activities to promote a healthy lifestyle
- B. Inspecting equipment to ensure compliance with organisational policy
- C. Monitoring exposure to hazardous substances to review control effectiveness
- D. Offering regular health check-ups to monitor for signs of physical illness

12

Which of the following is an appropriate way for a manager to ensure that staff adapt to a new safe system of work?

- A. Continually supervising staff after the change has been implemented
- B. Involving staff in hazard spotting when completing the safe system of work
- C. Offering bonuses to staff who comply with the new safe system of work
- D. Threatening staff with strict disciplinary action for instances of non-compliance

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The Competency Matrix supports incident prevention by:

- A. assessing the underlying cause of any previous accidents
- B. helping managers to understand what motivates employees
- C. identifying where there are gaps in employee knowledge and ability
- D. showing the relationship between near misses and major accidents

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Which of the following sources of information **both** provide practical advice on how to comply with health and safety legislation?

- A. European Commission (EC) directives and internal documentation
- B. Health and Safety Executive (HSE) Approved Codes of Practice and guidance notes
- C. Official HSE statistics and guidance notes
- D. Trade association incident records and external bodies

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Which of the following actions **must** be completed when planning for change?

- A. Completing a structured review of the potential impact on operations
- B. Developing a rigid schedule for routine equipment servicing
- C. Reviewing staff illness rates from the last year
- D. Setting staff individual performance targets

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What action **must** be taken to ensure that an emergency plan remains effective?

- A. Conducting drills during busy periods only
- B. Testing employees on its contents
- C. Tracking emergency equipment use
- D. Undertaking regular drills

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What is the **key** reason for prioritising hazards?

- A. To allocate resources appropriately
- B. To group similar hazards together
- C. To meet hazard control requirements
- D. To support staff performance targets

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Which of the following is a benefit of implementing health and well-being campaigns?

- A. They allow businesses to meet the requirements of equality legislation
- B. They ensure that businesses maintain a positive reputation
- C. They facilitate a positive workplace culture and increased morale
- D. They reduce the need for regular formal training and development

19

Which of the following are **key** barriers to the effective implementation of a behavioural programme?

- A. Conflicting opinions and reliance on technological systems
- B. Lack of safety audits and inspections completed by external agencies
- C. Low employee interest in non-financial targets and rewards for compliance
- D. Poor communication of safety regulations and expectations

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What is the **main** purpose of using the five-step approach to risk assessment?

- A. To assist in removing risk completely in the workplace
- B. To ensure selected control measures are applied consistently
- C. To monitor near-miss reporting trends in the workplace
- D. To prepare emergency response plans for non-routine activities

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

- A. has 5 or more members of staff
- B. has 10 or more members of staff
- C. has more than 1 vulnerable staff member
- D. has more than 3 vulnerable staff members

22

What is the **first** step that **must** be taken to effectively modify employee behaviour?

- A. Collecting accident data
- B. Defining unsafe practices
- C. Developing a training plan
- D. Supervising employees

23

Which of the following is an example of an engineering control?

- A. Job rotation
- B. Lifting aids
- C. Safety signage
- D. Training

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According to the current Provision of Use of Work Equipment Regulations (PUWER), equipment **must** be:

- A. cleaned and sterilised weekly
- B. inspected and replaced annually
- C. used by people who have received adequate training only
- D. used under supervision of senior management only

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Which of the following is an appropriate method for evaluating the effectiveness of current control measures?

- A. Analysing data collected from accident investigations
- B. Carrying out general staff satisfaction surveys
- C. Comparing accident reports for different departments
- D. Monitoring instances of staff absence weekly

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Which of the following is a **key** purpose of a Safety, Health and Environment (SHE) emergency plan?

- A. To allocate emergency roles and responsibilities to senior management only
- B. To avoid the use of outdated equipment and unnecessary first-aid supplies
- C. To ensure clear communication and defined roles during emergencies
- D. To focus primarily on procedures for asbestos release and chemical spills

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Which of the following is a **key** component of a behavioural programme?

- A. Encouraging employees to engage in peer observation and constructive feedback
- B. Implementing strict formal penalties and actions for all policy breaches
- C. Providing employees with physical copies of all safety and environmental policies
- D. Reviewing annual financial and safety targets against outcomes

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What is the **first** course of action that **must** be taken if asbestos is released into the workplace?

- A. Alert emergency services and evacuate
- B. Decontaminate clothing and clean up dust
- C. Put on personal protective equipment (PPE) and identify the source
- D. Warn others and seal off the area

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Why is it **key** to identify potentially affected stakeholders when planning organisational change?

- A. To assign roles for monitoring long-term outcomes
- B. To collect feedback on previous changes that have been made
- C. To determine which staff are likely to resist to the change
- D. To ensure the relevant people are involved in consultations

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Which of the following **must** be completed during the plan element of a health and safety management system?

- A. Collecting feedback and investigating incidents
- B. Forming objectives and identifying potential risks
- C. Measuring performance and consulting with staff members
- D. Reviewing audit findings and implementing corrective actions

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What actions **must** be taken after identifying hazards and deciding who is affected?

- A. Create a plan for controlling the risks and inform all stakeholders
- B. Evaluate the risks and record findings
- C. Generate a hazard report and collect feedback
- D. Identify the staff responsible for the hazards and assign blame

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Which of the following **must** be included in an emergency contact list as part of an emergency plan?

- A. Contact information for local emergency services and key individuals
- B. Contact information for suppliers and emergency temporary employees
- C. Contact numbers for all internal and external stakeholders
- D. Contact numbers for local press and social media contacts

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Which of the following is a job factor that may contribute to an incident?

- A. Attitudes
- B. Culture
- C. Lighting
- D. Workload

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Which of the following is a typical feature of a SHE management system?

- A. A method for monitoring compliance with organisational procedures
- B. A process for assessing equipment maintenance costs
- C. A schedule for reviewing instances of staff sickness
- D. A strategy for managing relationships with external stakeholders

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Which of the following is a **key** limitation of the Domino Theory?

- A. It cannot be applied to complex or emergency incidents
- B. It overcomplicates the interactions between people and systems
- C. It oversimplifies the interactions between people and systems
- D. It requires frequent, detailed monitoring of workplace policy

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Which of the following welfare facilities **must** an employer provide?

- A. Bathing facilities and showers
- B. Changing facilities and food provision
- C. Drinking water and washing facilities
- D. Rest facilities and lockers

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Which of the following is an example of a health and well-being initiative?

- A. Cycle-to-work scheme
- B. Ergonomic evaluation
- C. Hand and arm vibration tests
- D. Noise and dust level monitoring

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What is the **main** objective of conducting a risk assessment for health emergencies?

- A. To determine stakeholder responses to hazards and areas for improvement
- B. To ensure that the costs of health management are kept to a minimum
- C. To evaluate the effectiveness of previous control measures
- D. To identify the potential hazards to health and their impacts

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What is the **main** focus of a behavioural programme?

- A. To confirm the cleanliness and working order of equipment
- B. To ensure safe work practices are used and maintained
- C. To monitor and report on accident statistics
- D. To plan and practise emergency responses

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Which of the following actions supports the effective implementation of a SHE management system?

- A. Delivering refresher training to staff based on competency needs
- B. Focusing on improving the mental wellbeing of staff
- C. Monitoring the activity of businesses across various industries
- D. Tracking the financial performance of the business

Level 3

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