

Paper Code: M-EPA-SHET3003

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

What is the **key** purpose of the Health and Safety Executive (HSE) Approved Codes of Practice?

- A. To detail specific procedures for emergency evacuation during workplace incidents
- B. To issue recommendations for implementation of voluntary health and safety practices
- C. To provide guidance on how to comply with the requirements of health and safety regulations
- D. To set out minimum standards for the use of personal protective equipment (PPE)

2

What is the correct order of the hierarchy of control?

- A. Administrative controls, elimination, PPE, substitution, engineering controls
- B. Elimination, substitution, engineering controls, administrative controls, PPE
- C. PPE, substitution, engineering controls, elimination, administrative controls
- D. Substitution, elimination, engineering controls, administrative controls, PPE

3

Which of the following is a **key** step in planning for organisational change?

- A. Conducting an in-depth analysis of the potential impacts on operations
- B. Focusing on the financial benefits rather than the impact on operations
- C. Postponing implementation until details are agreed on by all stakeholders
- D. Relying on informal discussions to gauge employee reactions to change

4

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

- A. A list of social media contacts for public communications
- B. Contact information for local emergency services and key personnel
- C. Contact information for suppliers and emergency agency staff
- D. Personal contact numbers for all customers for damage limitation

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Which of the following describes a **key** focus of occupational hygiene?

- A. Evaluating employee feedback that may improve safety practices
- B. Identifying and controlling workplace hazards that may affect health
- C. Implementing and assessing initiatives that may improve well-being
- D. Monitoring environmental factors that may influence employee satisfaction

6

If a hazard cannot be eliminated, what is the **next** appropriate action?

- A. Allowing employees to manage their own exposure to the hazard
- B. Implementing procedures to change how tasks are performed
- C. Relying on PPE as the only available control measure
- D. Replacing the hazard with a safer alternative wherever possible

7

The **main** purpose of a safety, health and environmental (SHE) management system is to:

- A. enhance employee performance
- B. enhance workplace safety
- C. reduce employee conflicts
- D. reduce safety training costs

8

How does the domino theory explain accident causation?

- A. Accidents are caused by random factors that cannot be predicted
- B. Accidents are caused solely by individual errors that can be corrected
- C. Accidents occur as a result of a series of interrelated events
- D. Accidents occur as a result of a single point of human failure

9

Which of the following **environmental** factors is a common cause of accidents?

- A. Employee habits
- B. Fatigue
- C. Poor lighting
- D. Signage

10

Which of the following instructions is part of the 'check' element of a health and safety management system?

- A. Collecting feedback and evaluating the effectiveness of training sessions
- B. Developing and reviewing new equipment safety procedures
- C. Identifying potential hazards and assessing associated risks
- D. Monitoring and reviewing safety performance against set objectives

11

Under the current Control of Substances Hazardous to Health (COSHH) Regulations, what **must** employers do to control the risks from hazardous substances in the workplace?

- A. Display the Health and Safety at Work etc. Act on all premises
- B. Manage exposure to materials that have potential to cause ill health
- C. Provide all employees who use any chemicals with gloves and masks
- D. Provide employees with a copy of the Environmental Protection Act

12

What is the **main** purpose of prioritising hazards during a risk assessment?

- A. To allocate resources effectively
- B. To avoid the need for a detailed evaluation of every hazard identified
- C. To determine which hazards can be disregarded for the time being
- D. To provide employees with monthly goals

13

According to the current Health and Safety (First Aid) Regulations, the **minimum** number of first aiders required in the workplace is determined by the number of employees and the:

- A. availability of equipment
- B. common types of workplace injuries
- C. nature of the work
- D. total hours of work completed daily

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

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

15

What piece of legislation outlines **employers'** responsibilities for assessing workplace risks?

- A. Electricity at Work Regulations
- B. Lifting Operations and Lifting Equipment Regulations (LOLER)
- C. Management of Health and Safety at Work Regulations
- D. Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)

16

Which of the following is an appropriate method for prioritising hazards in the workplace?

- A. Addressing hazards based on employee complaints and feedback
- B. Evaluating the likelihood and potential impact of each hazard
- C. Relying on past incidents to determine which hazards to address first
- D. Resolving hazards in the same order as they are reported

17

How does HSG 48 describe human factors of incident causation?

- A. Human factors are characteristics of the environment, customers and budget that can affect health and safety
- B. Human factors are characteristics of the job, machinery and management team that can affect health and safety
- C. Human factors are characteristics of the job, individual and organisation that can affect health and safety
- D. Human factors are characteristics of the organisation, machinery and individual that can affect health and safety

18

Which standard establishes guidelines for an effective environmental management system?

- A. ISO 14001
- B. ISO 45001
- C. ISO 50001
- D. ISO 9001

19

Ventilation systems are an example of:

- A. administrative controls
- B. engineering controls
- C. PPE
- D. substitution

20

Which of the following is a requirement of the current Environmental Protection Act?

- A. All hazardous material must be treated on-site before disposal
- B. Businesses must register as a waste carrier if they transport waste
- C. Environmental waste assessments must be conducted every 5 years
- D. Only hazardous waste must be documented for transport

21

What is the **first** step in the hazard identification process?

- A. Analysing historical incident reports
- B. Conducting a thorough workplace inspection
- C. Engaging employees in training sessions
- D. Reviewing existing safety regulations

22

Which of the following activities is necessary when implementing a health surveillance programme?

- A. Conducting regular health checks to identify early signs of occupational illnesses
- B. Conducting weekly audits to evaluate the effectiveness of workplace safety measures
- C. Offering fitness assessments to determine employees' physical capabilities
- D. Offering weekly counselling sessions for all employees to improve mental health

23

Which of the following is a barrier to effective implementation of a behavioural safety programme?

- A. Inconsistent communication of safety regulations
- B. Lack of safety audits completed by external agencies
- C. Low employee interest in financial incentives for compliance
- D. Varying levels of management involvement in policy development

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Which of the following describes the role of audits within a SHE management system?

- A. They analyse the financial impact of safety policies and measure operational costs
- B. They assess employee satisfaction and provide guidance on improving staff turnover
- C. They evaluate compliance with safety regulations and identify areas for improvement
- D. They monitor environmental practices and report on sustainability initiative failures

**25**

Which of the following tools can be used to help identify and prioritise hazards in the workplace?

- A. A financial audit
- B. A health and safety compliance checklist
- C. A risk matrix
- D. A strengths, weaknesses, opportunities and threats (SWOT) analysis

**26**

Which of the following is a **key** component of a SHE management system?

- A. The allocation of budgets for employee development programmes
- B. The development of a public relations strategy for safety breaches
- C. The establishment of protocols for emergency response
- D. The implementation of a financial audit process for safety costs

**27**

Which of the following is a **key** limitation of the accident triangle model when explaining incident causation?

- A. It overcomplicates the role of human behaviour and environmental influences
- B. It oversimplifies the role of human behaviour and environmental influences
- C. It focuses solely on physical injuries, ignoring psychological impacts
- D. It focuses solely on psychological impacts, ignoring physical injuries

**28**

Which of the following is a **key** element of health and well-being campaigns?

- A. Identifying and eliminating chemical hazards in the workplace
- B. Implementing ergonomic assessments for workstation design
- C. Monitoring compliance with occupational health regulations
- D. Promoting physical activity and mental health resources

**29**

Which of the following describes the role of the management team in managing change effectively?

- A. Enforcing a strict schedule and ensuring that it is followed
- B. Establishing operational metrics and prioritising efficiency
- C. Presenting change plans and ensuring immediate compliance
- D. Setting a clear vision and supporting employees through the process

**30**

Which of the following is a **key** benefit of using the 5 Whys technique in root cause analysis?

- A. It encourages a deeper understanding of underlying issues
- B. It guarantees immediate solutions to complex issues
- C. It relies only on qualitative data
- D. It relies only on quantitative data

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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 working practices are used and maintained
- C. To monitor and report on accident statistics
- D. To plan and practice emergency response

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Which of the following is an appropriate method for effectively communicating an emergency action plan to employees?

- A. Distributing a lengthy written manual
- B. Providing interactive training sessions that explain the plan
- C. Running a brief training session that summarises the plan
- D. Sending an email that lists the procedures

33

Which of the following steps is included in the 5 Steps to Risk Assessment approach?

- A. Decide who might be harmed and how
- B. Decide who might be harmed and when
- C. Decide who might be harmed and where
- D. Decide who might be harmed and why

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According to the HSE, which of the following is **key** for assessing the effectiveness of change management strategies after implementation?

- A. Collecting data on employee satisfaction and performance
- B. Collecting data on equipment usage and maintenance needs
- C. Gathering feedback on resource allocation and cost savings
- D. Monitoring employee attendance and policy compliance

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What is the **main** purpose of a SHE emergency plan?

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

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What **must** be done after identifying and prioritising hazards in the workplace?

- A. Assign blame to individuals responsible for the hazards identified
- B. Create a detailed report on the hazards then take action
- C. Evaluate the risks and implement control measures
- D. Inform all stakeholders of the risks and control measures

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What is ergonomic evaluation an example of?

- A. Environmental safety audit
- B. Health and well-being initiative
- C. Health surveillance procedure
- D. Occupational hygiene assessment

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

- A. Encouraging peer observations to identify safe and unsafe behaviours
- B. Focusing on reactive measures to address incidents after they occur
- C. Implementing stricter disciplinary measures for all health and safety breaches
- D. Providing employees with written policies to review annually

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When preparing for a flood in the workplace, what are the **first** factors to consider?

- A. Identifying vulnerable areas and securing critical equipment
- B. Notifying external agencies and providing hourly updates
- C. Relocating employees to high-ground and conducting a headcount
- D. Sourcing an emergency power supply and informing customers

40

How can **employers** ensure that changes are implemented effectively?

- A. Establish clear communication and encourage employee feedback
- B. Focus solely on ensuring compliance with organisational policies
- C. Limit communication to management and discourage employee feedback
- D. Offer a general training session after the changes have been implemented

# Level 3

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