

Paper Code: HSWM3001

Level 3

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

Mock Assessment

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 **60 multiple-choice** questions.

The exam is worth **60 marks**, with a Pass being **40 marks**, and Merit **50 marks**.

The duration of this examination is **120 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)  **ANSWER COMPLETED CORRECTLY**

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

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

01 (A) (B)   **DO NOT** use ticks or crosses
ANSWER COMPLETED INCORRECTLY

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

01 (A) (B)  **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

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?

- A. Reporting of Injuries, Diseases and Dangerous Occurrence Regulations
- B. The Management of Health and Safety at Work Regulations
- C. The Social Security, Claims and Payments Regulations
- D. The Health and Safety at Work etc. Act

2

You are completing a risk assessment on office cleaning. It would be **most** appropriate to consult with the:

- A. people who do the cleaning and their representatives
- B. office manager and the local authority
- C. health and safety consultant and the local authority
- D. representatives from the cleaning product suppliers and the health and safety executive

3

An employee is driving a 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?

- A. Human
- B. Organisational
- C. Design
- D. Environmental

4

Which of the following is a benefit of a health and safety management system?

- A. There will be no reason for a business to have a health and safety policy
- B. It will reduce costs associated with external audits and inspections
- C. Management of health and safety risks is improved
- D. Employees will have increased job security

5

Suitable and sufficient workplace risk assessments will **most** likely enable employers to:

- A. foresee and prevent all accidents
- B. identify risks and prioritise for action
- C. eliminate all risks by removing any foreseeable hazards
- D. reduce maintenance costs

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When **must** an employer provide a separate area to eat meals in the workplace?

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

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You are assisting your supervisor to complete the risk assessment for slips, trips and falls. What action **must** you take when the risk assessment has been completed?

- A. Review and revise the risk assessment if there are more than 10 employees
- B. If there are more than 5 employees, compile and record an action plan
- C. Discuss the risk assessment at the next health and safety meeting
- D. If there are 5 or more employees, record any significant findings

8

Lack of ventilation in a hotel kitchen is an example of which type of accident causation factor?

- A. Environmental
- B. Occupational
- C. Organisational
- D. Design

9

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?

- A. An approved code of practice to the regulations
- B. Health and Safety Guidance 65 (HSG65)
- C. The Health and Safety at Work etc. Act
- D. Construction, Design and Management (CDM) Regulations

10

An employee suffers a cut finger while carrying out maintenance work. The employee requires hospital treatment and 3 days off work. What action **must** the employer take?

- A. Report to the Health and Safety Executive (HSE) incident contact centre, as it is a specified RIDDOR injury
- B. Ensure the incident is recorded in the accident book
- C. Inform the health and safety representative
- D. Carry out a thorough investigation

11

An organisation has identified hearing protection zones in their factory. Which of the following methods **must** be used to inform employees?

- A. Written signage at all entrances stating the dB level
- B. Mandatory blue and white signage
- C. Yellow and black hazard sign
- D. An annual training session

12

To comply with legislation, an employer must appoint a competent person to assist with health and safety. What is it **most** important for the employer to take into account when selecting an appropriate person?

- A. Knowledge, skills and experience
- B. Accredited qualifications, length of service and personality
- C. Knowledge of the activity, age and experience
- D. Skills, experience and membership of professional bodies

13

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**?

- A. Hold a consultation with their staff
- B. Complete a noise risk assessment
- C. Reduce the sound level
- D. Provide ear protection

14

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?

- A. Use of a trolley
- B. Carrying out the task in pairs
- C. Having frequent rest breaks
- D. Reducing the weight of the paper

15

A gas explosion that destroys a factory but injures no one would **best** be defined as:

- A. an accident
- B. a dangerous occurrence
- C. a near miss
- D. a minor accident

16

Welding exposes employees to hazardous fumes. Which of the following provides the **most** effective control to protect welders from these fumes?

- A. Local exhaust ventilation
- B. General ventilation
- C. Health surveillance
- D. Reduced time exposure

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In which section of the health and safety policy are risk assessments **most** likely to be found?

- A. Organisation
- B. Statement
- C. Arrangements
- D. Planning

18

When completing risk assessments it is useful to refer to accident statistics. Who is responsible for complying and publishing these?

- A. The labour force survey organisation
- B. The local authority
- C. The Health and Safety Executive
- D. The Office of National Statistics

19

Construction workers are using an electric powered drill. Which of the following would be the **most** effective way of reducing risk?

- A. Reduce the voltage to 110v
- B. Replace with battery power
- C. Minimise the time spent using the drill
- D. Only use the drill in dry conditions

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Plan, Do, Check and Act is an occupational health and safety management system. In which section are health surveillance methods **most** likely to be found?

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

21

An employee is seeking compensation due to an injury sustained at work. The courts that would hear their case are the:

- A. Magistrates' court and Crown court
- B. Crown court and High court
- C. County court and High court
- D. Magistrates' court and County court

22

The **most** likely benefit of using a successful health and safety management system is that:

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

23

A keyboard operator has developed repetitive strain injury. What type of health and safety factor is this an example of?

- A. Human
- B. Occupational
- C. Organisational
- D. Managerial

24

A systematic approach to risk assessment will **most** likely:

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

25

The driver of a forklift is using a mobile phone while loading pallets. Due to a lack of attention a collision occurs, causing an injury to the driver. The driver is **most** likely to be prosecuted for:

- A. causing damage to the forklift truck
- B. not taking reasonable care of themselves
- C. breaching the forklift truck regulations
- D. not handling and transporting substances and articles correctly

26

Which of the following is an office worker **most** likely to suffer from while using a shredder?

- A. Noise from the cutting action
- B. Dust from the paper when emptying the bin
- C. Cutting from the rotating mechanism when clearing a jam
- D. Electric shock due to a faulty plug

27

Suitable and sufficient risk assessments will benefit employees by:

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

28

Which of the following is **most** likely to be the root cause of an accident?

- A. Management having a poor attitude towards health and safety
- B. Start up checks not being completed
- C. Lack of training and instruction
- D. The behaviour of the people completing the task

29

What type of risk assessment would be **most** suitable for a firefighter to use when attending a factory explosion?

- A. A site specific risk assessment
- B. A generic risk assessment
- C. A qualitative risk assessment
- D. A dynamic risk assessment

30

Which of the following welfare facilities **must** be provided for workers who handle contaminated waste?

- A. Showers, liquid soap and hot air hand dryers
- B. Hand sanitisers, soap and showers
- C. Paper towels, liquid soap and warm running water
- D. Hot and cold running water, soap and a hand drying facility

31

The Health and Safety Executive (HSE) identifies 5 steps to risk assessment. Which of the following are the **first** recommended process steps?

- A. Identify hazards and who may be harmed
- B. Identify current controls and evaluate risk
- C. Review current controls and level of risk
- D. Identify who may be harmed and current controls

32

Which 2 enforcement bodies can prosecute for breaches of health and safety legislation?

- A. Local authority and environment executive
- B. Health and Safety Executive and local authorities
- C. Insurance companies and the police
- D. Health and safety authorities and environmental protection agency

33

A gardener is clearing shrubs and general rubbish. What type of illness is the most serious risk from a puncture wound that they suffer?

- A. Tuberculosis
- B. Dermatitis
- C. Tetanus
- D. Legionellosis

34

The **main** causes of ill health in the workplace are:

- A. slips, trips and falls and musculoskeletal disorders
- B. occupational hearing loss and work related violence
- C. asbestos-related diseases and occupational stress
- D. occupational stress and musculoskeletal disorders

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Which of the following are possible examples of **direct** costs associated with an accident?

- A. Fines and compensation payments
- B. Sick pay and production delays
- C. Equipment replacement and loss of goodwill
- D. Production delays and insurance premium increases

36

Which type of occupation is **most** likely to be exposed to falling objects?

- A. Construction
- B. Roofer
- C. Sales assistant
- D. Grounds keeper

37

The **main** cause of fatalities in the workplace is:

- A. falling from height and being struck by a moving vehicle
- B. being struck by a moving object and falling from height
- C. contact with moving machinery and being struck by a moving vehicle
- D. being struck by a moving vehicle and asbestos-related lung diseases

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A risk assessment that uses numerical values is a:

- A. dynamic risk assessment
- B. site specific risk assessment
- C. quantitative risk assessment
- D. qualitative risk assessment

39

There are significant numbers of slips and falls in a busy commercial kitchen. What control should be considered **first** to mitigate against this hazard?

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

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In which section of the health and safety policy are performance targets **most** likely to be found?

- A. Statement
- B. Organisation
- C. Arrangements
- D. Checking

41

A warehouse has designated a pedestrian access only area. What colour and shape is the signage to **prohibit** forklift trucks?

- A. Blue and white circle
- B. Green and white square
- C. Red and white circle
- D. Yellow and white triangle

42

A maintenance operative is required to replace a light bulb in an entrance hall ceiling which is 2.5 meters high. What method of access is **most** suitable?

- A. Mobile elevated working platform
- B. Ladder
- C. Stepladder
- D. Tower scaffold

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The organisation section of a health and safety policy is **most** likely to contain:

- A. the risk assessment structure
- B. employee duties
- C. permits to work procedures
- D. the responsibilities for accident investigation

44

A lorry inadvertently sheds its load of building rubble at the site entrance; this blocks the main traffic route. This type of event would be defined as:

- A. an incident
- B. an accident
- C. a dangerous occurrence
- D. a near miss

45

What **must** an employer do when made aware by an employee that she is pregnant?

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

46

An employee is injured in the workplace. What costs will the insurance company contribute to?

- A. Compensation payments
- B. Fines given by the courts
- C. Loss of goodwill and subsequent sales
- D. Accident investigation time

47

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?

- A. Use of a mechanical aid, for example an excavator
- B. Use of larger shovels, with short handles
- C. Job rotation so that workers can have prolonged periods of rest from digging
- D. Further training of the correct technique to shovel

48

An accident has occurred in the workplace. What information is required to carry out the accident investigation?

- A. The dates of birth and contact details of all witnesses
- B. The injured persons job role and pay grade
- C. The names of the emergency services crew members who attended
- D. The sequence of events and who and what was involved

49

Employees have a legal obligation to:

- A. Cooperate with their employer
- B. Consult with other employees on health and safety issues
- C. Maintain their own personal protective equipment
- D. Undertake safety inspections of their workplace

50

An organisation is experiencing higher than average accidents and work-related ill-health. Which of the following actions should senior management consider first?

- A. Contact the Health and Safety Executive to assist with retraining employees
- B. Employ additional workers who have more experience
- C. Review the health and safety management system
- D. Replace work equipment and review safe systems of work

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Which of the following is the **most** likely hazard to housekeepers cleaning hotel bedrooms?

- A. Puncture wounds
- B. Falling from height
- C. Violence from guests
- D. Manual handling injuries

52

Which of the following statements regarding occupational ill-health is correct?

- A. Slips, trips and falls are the main cause of occupational ill health
- B. Stress is a major cause of lost working days
- C. Musculoskeletal disorders are always caused by incorrect manual handling
- D. Noise induced hearing loss is the main cause of stress in the workplace

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An organisation that has a successful health and safety management system in place is **most** likely to have:

- A. employee cooperation and a positive health and safety culture
- B. high staff turnover and reduced insurance premiums
- C. reduced profits and lower staff turnover
- D. lower productivity and competent employees

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A workplace that is safe 'so far as is reasonably practicable' can be demonstrated by:

- A. lower staff turnover and higher insurance premiums
- B. safety budgets that are increased annually
- C. successful inspection outcomes and higher insurance premiums
- D. suitable and sufficient risk assessments

55

Workers on a waste transfer site are suffering from ill health and sickness after exposure to biological agents. This is an example of:

- A. a dangerous occurrence
- B. an incident
- C. an accident
- D. occupational ill health

56

What type of risk assessment is used in a rapidly changing situation?

- A. Qualitative
- B. Dynamic
- C. Quantitative
- D. Descriptive

57

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?

- A. The root cause is the failing from which other causes originate
- B. Finding the root cause will significantly reduce the risk of prosecution
- C. The root cause will identify the immediate cause of the accident
- D. Finding the root cause will identify what short-term actions must be put in place to prevent a reoccurrence

58

Which of the following is a benefit of a successful health and safety management system?

- A. It avoids the legal requirement for a written health and safety policy
- B. It will have a positive influence on the attitudes and behaviours of people in the organisation
- C. It will reduce audit and inspection costs
- D. It will reduce the amount of work managers have to do, as workers will be able to make all health and safety decisions

59

Which of the following groups of people are **not** covered by health and safety law?

- A. Professional footballers when playing football
- B. Volunteers in a charity shop
- C. Care workers in private houses
- D. Accountants working in their own home

60

A garage mechanic is working in an enclosed space with poor ventilation. What is the **most** likely health hazard they would be exposed to?

- A. Manual handling injuries
- B. Carbon monoxide
- C. Slips, trips and falls
- D. Puncture injuries





**Level
3**

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