**Unit 301  Principles of health and safety**

### SAMPLE TEST

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Test duration: 45 minutes

Read the following notes before you answer any questions:
- Attempt all questions
- If you find a question difficult, leave it and return to it later

This paper contains 30 questions. All questions have equal marks.

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1. Which of the following is not a potential consequence for a business of poor standards of health and safety practice?
   a) Reduced employee moral
   b) Increased insurance premiums
   c) Reduced social activity and independence
   d) Bad publicity and loss of reputation.

2. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 require employers to record and report which of the following?
   a) If an employee is injured on the way to work in a road traffic accident
   b) If an employee is injured in any way at work
   c) Work-related accidents resulting in an employee being away from work for more than three consecutive days
   d) Work-related accidents involving members of the public who are injured and taken from the scene of the accident to hospital for treatment to that injury

3. The Health and Safety at Work Act 1974
   a) Places all the responsibilities for health and safety on the employer
   b) Places all the responsibilities for health and safety on the employee
   c) Shares the responsibility for health and safety between the employer and the employee
   d) Shares the responsibility for health and safety between the employer and the local council

4. When should employees be given training?
   a) When they are given new responsibilities at work
   b) When they first join the business/company
   c) At regular intervals during their employment
   d) All of the above

5. Which of the following is not a legal responsibility of an employee?
   a) To co-operate with their employer on health and safety matters
   b) Not to interfere with anything provided for health and safety purposes
   c) To undertake risk assessments for all activities involving significant hazards
6 Which of the following is not a formal action or penalty which the Health and Safety Executive (HSE) may impose if it believes there has been a breach of health and safety law?

a) Prohibition notice

**b) Compensation notice**

c) Intervention fee

d) Improvement notice

7 If found guilty of a breach of health and safety law, which of the following correctly identifies the maximum fine that may be imposed by the courts?

a) £20000 in the Magistrates Court and no limit in the Crown Court

b) £15000 in the Country Court and no limit in the High Court

c) £20000 in the Magistrates Court and no limit in the County Court

d) £15000 in the Crown Court and no limit in the High Court

8 Which of the following is not a good example of how to contribute to a positive health and safety culture at work?

a) Complete tasks as quickly as possible

b) Correct poor practices shown by others

c) Avoid risk-taking behaviour

d) Prompt reporting of defective equipment

9 Which of the following is not a good reason for an employer to investigate accidents which happen at work?

a) For insurance purposes

b) To demonstrate to their employees that they care

c) To prevent similar accidents happening again

d) **To fine employees for damaging equipment**

10 Which of the following best describes “accidents”?

a) They are usually preventable

b) They cannot be avoided

SAMPLE EXTERNAL MULTIPLE CHOICE TEST: Unit 301 Principles of Health and Safety
c) They are completely unpredictable
d) They only happen to people who deserve them

11 Why are lone workers potentially more at risk than other workers?
   a) Lone workers work long hours.
   b) Lone workers may have difficulty in summoning assistance.
   c) Lone workers need long rest breaks.
   d) Lone workers have to carry a suitable first aid kit.

12 Which of the following best defines the term “Hazard”?
   a) Anything at work that can potentially cause harm
   b) The probability of being harmed at work
   c) The potential seriousness of an accident at work
   d) The consequence of not completing a risk assessment

13 Which of the following factors contribute to accidents and ill-health in the workplace?
   a) Human factors
   b) Environmental factors
   c) Work factors
   d) All of the above

14 What is the first step in the risk assessment process?
   a) Identify who might be harmed
   b) Decide how the level of risk may be controlled
   c) Identify any hazards
   d) Evaluate the risks

15 Which of the following best explains “safe systems of work”?
   a) Procedures or routines put in place by an employer that must be followed
   b) Trained and competent workers
   c) Risk assessments carried out before work starts
d) Personal Protective Equipment provided and worn where necessary

16 Your employer must supply you with personal protective equipment:
   a) If you pay for it
   b) Once a year
   c) **If you need it to be protected**
   d) If it is in your contract of employment

17 Safety signs consisting of a blue circle with a white symbol are:
   a) Safe condition signs providing you with information
   b) Warning signs informing you of danger
   c) **Mandatory signs meaning you must do something**
   d) Prohibition signs meaning you must not do something

18. What are the aims of first aid?
   a) To prevent accidents happening in the workplace
   b) **Preserve life, prevent injuries worsening and promote recovery**
   c) Airway, Breathing and Circulation
   d) To record accidents and maintain the first aid kits

19. As a minimum requirement, every employer must have at least:
   a) One person trained in emergency first aid at work
   b) **One appointed person to take charge of first-aid arrangements**
   c) One person trained in first aid at work
   d) One person with first-aid training appropriate to the particular circumstances of the workplace

20. Which of the following is not recommended to be kept in a first aid kit at work?
   a) Sterile eye pads
   b) Bandages
   c) **Medication**
   d) Mouth guard

SAMPLE EXTERNAL MULTIPLE CHOICE TEST: Unit 301 Principles of Health and Safety
21 What is the first thing you should do if you find someone injured in an accident?
   a) Tell your employer
   b) Ask the injured person what happened
   c) **Check you are not in any danger**
   d) Check the injured person is breathing

22 When should you place a casualty in the recovery position?
   a) **When the casualty is unconscious and breathing**
   b) When the casualty is conscious and not breathing
   c) When the casualty is conscious and breathing
   d) When the casualty is unconscious and not breathing

23 What is the first thing a first aider should consider when encountering an adult casualty who is choking?
   a) Abdominal thrusts
   b) Back blows
   c) **Encourage the casualty to cough**
   d) Dial 999 or 112 for emergency help

24 A work colleague is complaining of breathlessness and a tight pain in the chest. You suspect a heart attack. What should you do?
   a) Get them to lay down flat on their back
   b) Encourage them to stand up and move around slowly
   c) **Sit them in a comfortable position**
   d) Place them in the recovery position

25 Which of the following is the most common injury associated with poor manual handling?
   a) Fractures
   b) **Sprains and strains**
   c) Anaphylaxis
   d) Contusions
26 Which of the following is an example of a control measure which may reduce manual handling injuries at work?
   a) Use a mechanical lifting aid
   b) Reduce the size or weight of the load
   c) Avoid hazardous manual handling
   d) All of the above

27 If you discover a fire at work, what is the first thing you should do?
   a) Try to put out the fire
   b) Raise the alarm
   c) Find the nearest fire extinguisher
   d) Finish what you are doing if it is safe to do so

28 Which of the following best describes the “fire assembly point”?
   a) Where the fire started
   b) Where the fire extinguishers can be found
   c) Where people must go if they hear the fire alarm
   d) Where the fire service will go when they arrive

29 Which of the following fire extinguishers are suitable to be used on electrical fires?
   a) Dry powder and foam
   b) Foam and water
   c) Water and carbon dioxide
   d) Carbon dioxide and dry powder

30 The colour coding for a dry powder fire extinguisher is?
   a) Black
   b) Red
   c) Blue
   d) Cream