

Questions

Access & Exits

Whose responsibility is it to keep working places clean and tidy?

- A: The Principal Contractor
- B: The site safety supervisor
- C: All persons working on site

Answer: C

Definition: Everyone has a legal responsibility for their own and other people's health and safety

Who should ensure that a safe access to a working place is provided?

- A: The safety supervisor
- B: The Principal Contractor
- C: Employees

Answer: B

Definition: The Principal Contractor with overall control of the site is responsible for ensuring that safe access is provided

What should be provided at every vehicular entrance and exit to a site?

- A: Good visibility and adequate lighting
- B: A mirror
- C: A white line

Answer: A

Definition: Good visibility and adequate lighting must be provided at site entrances and exits

What is the best way of reducing the risks to site operatives from being hit by vehicles?

- A: Safety signs
- B: Induction training
- C: Keeping vehicles separate from pedestrians

Answer: C

Definition: The protection of pedestrians from vehicles is best achieved by separating site roadways and pedestrian walkways

Physical measures must be taken to prevent persons falling from height and sustaining injury

- A: True
- B: False
- C: Only if more than 5 persons are working on the site at the same time

Answer: A

Definition: Physical measures must be taken to prevent persons falling a distance liable to result in injury

What should be provided over openings in floors?

- A: A warning sign should be placed alongside the hole
- B: Fixed covers which are clearly marked
- C: Orange netting

Answer: B

Definition: It is a legal requirement that all openings in floors be covered by fixed covers which are clearly marked

Walkways on site should be kept...

- A: Clear and free from materials
- B: Clear, unless site materials are being stored on them
- C: For use by visitors to the site

Answer: A

Definition: Any walkway must be kept free from any obstruction

Where access is provided inside a building...

- A: Walkways should be adequately lit
- B: Yellow lines should be painted each side of the walkway
- C: Lighting should be provided only if the work is carried out at night

Answer: A

Definition: All walkways are legally required to be adequately lit

How should access routes be identified?

- A: By clear signposting
- B: By marking on a plan placed on the site notice board
- C: By instructing visitors to site on the legal requirements

Answer: A

Definition: Signs should be provided to indicate access routes

The surface of roadways on the site should be...

- A: Watered at all times
- B: Maintained in a good condition at all times
- C: Provided with traffic bumps every 50 metres

Answer: B

Definition: All roadways must be maintained in good condition to ensure that vehicles and their loads are safe

COSHH

What is the first stage in controlling risks from hazardous substances?

- A: Identify any substance with the potential to cause harm
- B: The labels on all products should be read
- C: You should wear a respirator when working in dusty conditions

Answer: A

Definition: Any potential hazard should be identified as part of the first stage of a risk assessment

What are hazardous substances?

- A: Solvents and paints
- B: Anything with the potential to cause harm including asbestos, lead, solvents, paints, cement and dusts
- C: New products which have a hazardous warning sign on the label

Answer: B

Definition: A hazardous substance can be anything with the potential to cause harm

Can a hazardous substance come in all these forms? Chemicals; a product containing chemicals; fumes; dusts; vapours; mists; nanotechnology; gases; biological agents (germs); germs that cause diseases.

- A: No, only products containing chemicals can be a hazardous substance
- B: Yes
- C: No, germs that cause diseases cannot be a hazardous substance

Answer: B

Definition: Hazardous substances can take many forms including those listed in the question

Where can you find information on a hazardous substance you are using?

- A: From the Health and Safety Inspectorate
- B: On the product container and from the manufacturer's safety data sheet
- C: By asking one of your colleagues

Answer: B

Definition: Manufacturers are required to provide sufficient details on the label. Further information is available by consulting the manufacturer's health and safety data sheet

What can be done to reduce the risks of using a hazardous substance?

- A: Only use it when there are few people on site
- B: Ensure that the person who uses the product is experienced

- C: Use a different less hazardous product

Answer: C

Definition: Wherever possible the hazardous product should be substituted for a less hazardous product

What is the safest way of identifying hazardous substances on a site?

- A: By carrying out an assessment prior to work starting
- B: By being careful when working on site if you think that there may be hazardous substances on the site
- C: By checking each morning with a gas monitor

Answer: A

Definition: A risk assessment of all potentially hazardous substances should be carried out prior to work starting

How should work on contaminated land be carried out?

- A: There is no contaminated land in Jersey
- B: By ensuring that the risks are identified and precautions taken
- C: By washing the wheels of vehicles when they leave the site

Answer: B

Definition: A risk assessment should be carried out to ensure that all risks are identified and measures put in place to overcome or minimise these risks

What risk to health could result from hot cutting old painted metal?

- A: The paint may contain lead and give off lead fumes
- B: The heat from the blow torch could cause high temperatures
- C: The work may result in high levels of dust being created

Answer: A

Definition: Old paint may contain lead which, when removed, could result in a health hazard

How can work with materials which causes high levels of dust be controlled?

- A: By screening the area with a dust sheet
- B: By using tools fitted with a dust extraction system e.g. vacuum
- C: By wearing respirators

Answer: B

Definition: By removing any dust created at source using equipment fitted with local exhaust extraction

What are the risks to health from being exposed to asbestos?

- A: It could cause dermatitis
- B: It could result in lung cancer and other respiratory diseases

- C: Asbestos could result in bronchitis

Answer: B

Definition: Breathing in asbestos fibres could result in lung cancers and other respiratory diseases

What types of asbestos are considered to be safe to use?

- A: Exposure to all types of asbestos fibres is potentially harmful
- B: Asbestos cement products
- C: Products containing white asbestos

Answer: A

Definition: All types of asbestos are associated with risks to health.

What Regulations restrict working with asbestos insulation board?

- A: Asbestos (Licensing) (Jersey) Regulations 2008
- B: the Health and Safety at Work (Jersey) Law 1989
- C: The Management in Construction (Jersey) Regulations 2016

Answer: A

Definition: The Asbestos (Licensing)(Jersey) Regulations 2008

What should be provided to construction workers carrying out work with hazardous substances?

- A: The manufacturers' handbooks
- B: Sufficient information, instruction and training so that they know how to deal with the risks
- C: A respirator

Answer: B

Definition: Employers are legally required to ensure that employees are provided with information, instruction and training to ensure that they are aware of risk to their health and safety

What are the risks when working with wet cement?

- A: Skin dermatitis and cement burns
- B: Cold exposure
- C: Back injury

Answer: A

Definition: Skin dermatitis and cement burns by coming into contact with the product

What is the biggest danger from a corrosive product?

- A: It will cause damage to tools
- B: It will cause damage to your PPE
- C: It will cause burns to exposed skin

Answer: C

Definition: Corrosive products will cause damage to exposed skin

You find an unmarked bottle on site containing a liquid, do you...

- A: Report it to your supervisor
- B: Place it carefully in the skip
- C: Carefully open the bottle and smell the liquid to see if you recognise it

Answer: A

Definition: You should bring the unmarked bottle to the attention of the site supervisor

What should you do after working with hazardous substances?

- A: Put the equipment back into the store
- B: Wash thoroughly before eating or smoking
- C: Report to your supervisor

Answer: B

Definition: You should wash thoroughly after using any hazardous substance and not eat or smoke until you have done so

What should you do if you feel unwell after working with hazardous substances?

- A: Stop for a break before carrying on with other work
- B: Report to your supervisor
- C: Drink milk

Answer: B

Definition: If you feel unwell it may be a sign that the control measures are not working. You should report to your supervisor

Skin dermatitis can be prevented by...

- A: Wearing suitable gloves and overalls
- B: Washing carefully before starting work
- C: Putting on skin cream

Answer: A

Definition: Skin dermatitis is best prevented by wearing suitable personal protective equipment

What can be done to reduce the level of fumes in the working area?

- A: Ensure good ventilation by opening windows and doors
- B: Stop smoking
- C: Ensure good levels of lighting so the fumes can be seen

Answer: A

Definition: Improvements in general ventilation of the workplace can help to reduce the build up of fume

Demolition

What is critical to ensuring that health and safety risks from demolition works are controlled?

- A: The contract is signed before the work starts
- B: The scaffolding is erected before the work starts
- C: All demolition activities must be planned and safe working methods identified prior to commencing work

Answer: C

Definition: In view of the high risks associated with demolition works it is essential that any work involving demolition is planned in advance and safe working methods identified

Who is legally required to supervise demolition works?

- A: The Site Supervisor
- B: An competent person who is experienced in demolition
- C: The site Safety Supervisor

Answer: B

Definition: An experienced competent person must be appointed to supervise demolition work

What should be prepared prior to demolition works commencing?

- A: A safe work method statement detailing how the works are to be carried out
- B: A plan showing evacuation routes from the site
- C: The means of identifying how site workers are to be informed in case of sudden collapse

Answer: A

Definition: Due to the high risks associated with demolition works, careful planning, including preparation of a detailed safe method statement should be prepared before commencing work

Which of the following should be carried out before starting demolition works?

- A: The Health and Safety Inspectorate should be notified
- B: An asbestos survey of the premises should be carried out by a competent person to identify any asbestos containing materials
- C: The Site Supervisor should investigate whether the building or part of the building to be demolished has been built over a water course

Answer: B

Definition: Demolition work may disturb asbestos containing materials. It is therefore essential that an asbestos survey of the premises be carried out prior

to works commencing

What should be done before work starts to ensure electrical and gas services are disconnected from the building?

- A: Written confirmation should be received from both the Jersey Electricity Co Ltd and Jersey Gas Co Ltd that their service has been disconnected
- B: Contact the Building Control Officer
- C: Check that the last electricity and gas bill have been paid

Answer: A

Definition: It is essential that written confirmation be received from both the Jersey Electricity Co Ltd and Jersey Gas Co Ltd in order to ensure that their services have been disconnected prior to commencing any demolition work

During demolition works an unknown electricity cable or gas mains pipe is uncovered, what should you do?

- A: Stop work secure the area and immediately inform the site supervisor
- B: Carry on working carefully around the cable or gas pipe
- C: Only stop work if the electricity cable is sparking or the gas pipe is leaking

Answer: A

Definition: Work should be immediately stopped, the area secured and the site supervisor advised

You are removing a partition wall and discover some materials you think might be asbestos, do you...

- A: Put on a respirator before continuing the work
- B: Stop work, clear and secure the area and immediately inform the site supervisor
- C: Take a sample of the material to the site supervisor

Answer: B

Definition: Because of the risks which are created when asbestos is disturbed, if you suspect that the material may contain asbestos you should stop work, secure the area and immediately inform the site supervisor

What is remote demolition?

- A: Demolition work carried out in the country
- B: Demolition work carried out by machine well away from any people
- C: Work undertaken above first floor level

Answer: B

Definition: Remote demolition is the term used to describe demolition works carried out by machine well away from any site worker

Before carrying out demolition next to an existing building, which of the following must be done?

- A: Get advice from a structural engineer and prepare a safe work method statement
- B: Make sure the proper insurance policy is in place
- C: The name of the owner of the next door building should be obtained

Answer: A

Definition: It is essential that the advice of a structural engineer be sought when any demolition work is carried out which could affect the structural stability of the building

What should be provided around the demolition works?

- A: An exclusion zone around the works which is clearly identified by hoarding, signage or similar precautions
- B: A white line marked on the ground and warning signs telling people to keep out
- C: Warning signs erected at least every 10 metres

Answer: A

Definition: Suitable precautions such as the erection of substantial hoarding must be taken to ensure that people do not inadvertently enter into the area where demolition work is being carried out

When should temporary shoring or support be provided to an existing building or structure?

- A: Where the work is carried out adjacent to a three storey building
- B: Where the works could result in the existing building or structure becoming unstable
- C: When the work is carried out in a built up area

Answer: B

Definition: The effect of any demolition works on the building being demolished, or adjoining buildings, should be considered and temporary shoring or additional support provided where necessary

Why is it important to ensure that building rubble and other materials are removed during the course of demolition?

- A: So that no part of the building or structure becomes overloaded and unstable
- B: So that it is possible to reduce the amount of lorries required on the site at any one time
- C: In order to ensure that dust is kept to a minimum

Answer: A

Definition: The weight of building rubble and other materials on floors or other parts of the structure could result in a catastrophic collapse of the structure. The manner in which debris and other materials are to be removed as the work progresses should be considered prior to work commencing

How should asbestos cement sheets be removed?

- A: By careful removal of individual sheets avoiding any breakages, by somebody with the appropriate training
- B: By breaking them up with a sledge hammer
- C: By breaking them carefully into pieces no more than 300mm square

Answer: A

Definition: The crushing or inappropriate breaking of asbestos cement material could give rise to the release of significant levels of asbestos fibres. Asbestos sheets should be removed carefully within a safe system of work, and only by those who have received the appropriate training in such work

If you are worried about the stability of a wall, what should you do?

- A: Contact the Building Control Officer
- B: Stop work, clear and isolate the area and inform the site supervisor
- C: Contact the architect

Answer: B

Definition: If you have any doubts about the stability of a wall you should stop the work, secure the area and inform the site supervisor

What is generally the best method of demolishing buildings and structures?

- A: By working from the bottom of the structure
- B: By working in the reverse order in which the building or structure was constructed
- C: By working in from the outside of the building or structure

Answer: B

Definition: In general the best method of carrying out demolition work is to work in the reverse order to the manner in which the building or structure was constructed. However, all work should be carefully planned in advance and a detailed method statement, setting out the manner in which the works are to be carried out, prepared

When carrying out demolition of a wall using hand-held tools, which of the following is the best place to work from?

- A: On top of the wall
- B: From the bottom of the wall
- C: In a safe position on a scaffold or other safe work platform

Answer: C

Definition: All demolition work should be carried out from a safe working place

Which is the safest method of demolishing an internal brick wall by hand?

- A: By using a 14lb hammer, starting at eye level, using as few blows as possible
- B: Working across in courses from top to bottom

- C: Cut around doorways and windows, cut in from corners, push it over in one go

Answer: B

Definition: The safest method of demolishing an internal brick wall is to commence removal of bricks in courses working from the top to the bottom

When demolishing a building in sections, what is the most important thing to consider?

- A: That it remains stable at all stages of the work
- B: That the public have no access
- C: That all salvageable materials are removed immediately

Answer: A

Definition: It is essential that any demolition work is carried out so that the building being demolished remains stable during the course of the work

You come cross a corrugated asbestos cement roof, can you remove it.....?

- A: No
- B: Only if you have received the appropriate level of training for working with asbestos cement
- C: If you have received basic asbestos awareness training

Answer: B

Definition: Anybody working with asbestos cement must have received specific training for work with such material

What health risk may you be exposed to when cutting through old painted metal?

- A: Inhalation and ingestion of lead fume and dusts
- B: Psittacosis
- C: Silicosis

Answer: A

Definition: Old paintwork may contain lead which will give rise to lead fume and dust when being removed

DSE

What Code of Practice sets out the minimum legal standards for the use of computers in Jersey?

- A: There is no Code of Practice in force in Jersey
- B: Internet users' guide 2004
- C: The 'Display Screen Equipment at Work: Approved Code of Practice'

Answer: C

Definition: Practical guidance on the legal requirements relating to the use of computers is set out in the 'Display Screen Equipment at Work: Approved Code of Practice'

Persons working in offices on construction sites may be subject to the 'Display Screen Equipment: Approved Code of Practice'

- A: True
- B: False
- C: Only where the project lasts longer than 6 weeks

Answer: A

Definition: The 'Display Screen Equipment: Approved Code of Practice' applies to all working situations, including construction

What does the term workstation refer to?

- A: A computer
- B: A computer and a chair
- C: The computer and associated equipment, the furniture and the working environment in which it is used

Answer: C

Definition: The approach to the use of computers requires an assessment of the working arrangements which includes all equipment provided for using the computer and working environment

What should be carried out for everybody who uses a computer for more than 2 hours a day at work (i.e. is a 'User' as defined in the 'Display Screen Equipment: Approved Code of Practice'?

- A: A workstation assessment to ensure their safe use of the equipment
- B: A test to determine how fast they can type
- C: The provision of instructions on where the user manual is kept

Answer: A

Definition: A health and safety workstation assessment should be carried out, and recorded, for all 'Users' of computers

What risks are associated with the use of computers?

- A: Musculoskeletal problems
- B: Respiratory problems
- C: Loss of hearing

Answer: A

Definition: The major risks associated with the use of computers are musculoskeletal problems caused by poor posture and repetitive use of equipment

When using a computer, the top of the screen should be level with...

- A: Your shoulders
- B: The top of your head
- C: Your eyes

Answer: C

Definition: The arrangements for working with computers need to be assessed for each individual, but in general the top of the screen should be level with the user's eyes

You experience backache when using the computer, should you...

- A: Stop work and go to the doctor immediately
- B: Place a cushion in the small of your back
- C: Inform your supervisor; there may have to be changes made to the workstation set up

Answer: C

Definition: If you experience problems when using a computer you should inform your supervisor who should arrange for a reassessment of the work station to take place

Which is the best type of chair for working on a computer for any length of time?

- A: A leather one
- B: One with arms and which is most comfortable
- C: One that has been specially designed for computer use, which can be adjusted to suit the individual

Answer: C

Definition: Chairs provided as part of the workstation set up should be capable of being adjusted to suit the user

Regular computer work entitles you to which of the following, on request?

- A: An eye sight test
- B: 2 days extra holiday
- C: Extra two tea breaks per day

Answer: A

Definition: Computer users are entitled to ask their employer for an eye sight test

What should you do if there are reflections and glare on the computer screen?

- A: Wear sunglasses
- B: Turn the computer off
- C: Report the problem to the site supervisor

Answer: C

Definition: Any faults which you identify should be referred to the site supervisor who will take action to remedy the problem

Electricity & gas

Which health and safety Regulations apply to electricity at work in Jersey?

- A: Electricity at Work (Jersey) Regulations 1983
- B: Wiring (Jersey) Regulations 2000
- C: Mains Power Act 1996

Answer: A

Definition: The Electricity at Work (Jersey) Regulations 1983

Which health and safety Regulations apply to the use of liquefied petroleum gas (LPG) in Jersey?

- A: Electricity at Work Regulations 1996
- B: Liquefied Petroleum Gas (Jersey) Regulations 1984
- C: Highly Flammable Liquids (Jersey) Regulations, 1979

Answer: B

Definition: The Liquefied Petroleum Gas (Jersey) Regulations 1984

Which gases are included under the definition for liquefied petroleum gas (LPG) contained in the Liquefied Petroleum Gas (Jersey) Regulations, 1984?

- A: Petroleum spirit
- B: Butane and propane
- C: Oxygen and acetylene

Answer: B

Definition: Both butane and propane fall within the legal definition of liquefied petroleum gas

At what voltage is electricity normally considered to be dangerous?

- A: Above 50 volts
- B: Above 240 volts
- C: Above 415 volts

Answer: A

Definition: In general terms alternating current is considered to be dangerous above 50 volts

How can you check the effectiveness of an RCD (Residual Current Operated Device)?

- A: By inspecting it
- B: By pressing the 'test' button regularly, for example, every day or before

use

- C: By asking the site supervisor

Answer: B

Definition: RCDs can 'fail to danger' so it is important that they are tested by pressing the 'test' button on the device regularly

How can you reduce the electrical risks from power operated tools?

- A: By wearing rubber gloves
- B: By fitting 3 amp fuses in the plugs of power tools
- C: By using battery operated or low voltage tools

Answer: C

Definition: Where possible the use of battery operated or low voltage power tools should be used

What should you do if you see that an electrical plug is cracked?

- A: Repair it with insulating tape
- B: Be careful not to hold the plug where it is damaged
- C: Take it out of use and report the damage to the site supervisor

Answer: C

Definition: You should stop using the equipment and report any damage to the site supervisor

What should be done if there are any overhead electrical power lines in the vicinity of where any work is to be carried out?

- A: Notify Jersey Electricity who will arrange for the overhead power lines to be protected or disconnected
- B: Only use timber ladders in the vicinity
- C: Ensure that no one uses electricity powered tools in the vicinity of the lines

Answer: A

Definition: Electricity can 'jump' between overhead lines and 'conductors' such as scaffold poles or metal ladders. Jersey Electricity should be notified where work is intended to be carried out in the vicinity of any overhead main line or service

What should be done to reduce the dangers from electrical cables and leads?

- A: Place a sign saying "electricity danger" in the area
- B: Protect them from damage and ensure extension leads are fully unwound
- C: Tell everyone in the area to be careful

Answer: B

Definition: Electrical cables should either be routed safely or protected to prevent them becoming damaged

Who should be contacted to find out whether there are any underground electricity cables in the vicinity where work is to be carried out?

- A: Planning Department
- B: Jersey Electricity
- C: Health and Safety Inspectorate

Answer: B

Definition: Jersey Electricity should be contacted prior to any excavation works for details of any underground cables in the vicinity

Who should be contacted to find out whether there are any underground gas pipes in the vicinity where work is to be carried out?

- A: Jersey Gas
- B: The Department for Infrastructure
- C: Building Control

Answer: A

Definition: Jersey Gas should be contacted prior to any excavation works for details of any underground gas services in the vicinity

What should be obtained prior to carrying out the demolition of a building?

- A: A Certificate of Disconnection from Jersey Electricity
- B: A permit from the Parish authority
- C: Agreement from the owner

Answer: A

Definition: A Certificate of Disconnection should be obtained from Jersey Electricity prior to commencing demolition of a building

What should you initially do to check whether the services are in the positions shown on the service plans?

- A: Use a cable or service detector with a signal generator
- B: Dig trial holes using an excavator to find the service
- C: Check with the Parish Roads Inspector

Answer: A

Definition: After obtaining a copy of the service plans from the relevant authority, the position of services should be checked by initially using a service detector locator with a signal generator

How close can an excavator be used next to an underground "live" gas service?

- A: 2 metres
- B: 200 mm
- C: 500 mm

Answer: C

Definition: Excavators should not be used within 500 mm of a gas service

If you think you may have struck a gas main, do you...

- A: Wait 2 minutes and carry on if there is no smell of gas
- B: Light a match to check for gas escape
- C: Stop work, evacuate the area and inform the site supervisor immediately

Answer: C

Definition: Work should be stopped, the area evacuated and any damage to a gas service should be reported immediately to the site supervisor

If you think you may have damaged an electrical underground service, do you...

- A: Stop work and report it to the site supervisor immediately
- B: Only report it if there is a flash seen coming from the damaged area
- C: Report it at the end of the shift to the site supervisor

Answer: A

Definition: Work should be stopped and any damage to an electrical underground service should be reported immediately to the site supervisor

How often should the operator check their 110v electrical equipment?

- A: Before each use
- B: Once a week
- C: Once a month

Answer: A

Definition: 110 volt electrical equipment should be checked before its use to ensure it is not damaged and the guards and safety devices are working correctly

Where should Liquefied Petroleum Gas (LPG) cylinders be stored?

- A: In a secure, well ventilated safe position, in the open air, on suitable hard standing
- B: In the site office
- C: In a locked storage shed

Answer: A

Definition: Liquefied Petroleum Gas cylinders contain gas under pressure. To ensure that any leakage of gas is dispersed cylinders should be stored in a secure well ventilated position, in the open air, on suitable hard standing

When should LPG cylinders be turned off ?

- A: At the end of the day
- B: When the bottle is empty

- C: When they are not in use

Answer: C

Definition: In order to minimise the potential for leaks, LPG cylinders should always be turned off when not in use

What should be done if there is any suspicion that LPG equipment is leaking?

- A: Stop using it and inform the site supervisor or your employer without delay
- B: Stop using it and put it back in the store
- C: Check for leaks with a naked flame

Answer: A

Definition: If there are any indications that LPG equipment might be leaking, you should stop using it and inform the site supervisor or employer - whoever is responsible for the equipment

Emergency procedures

If a siren sounds, what does this normally mean?

- A: An emergency
- B: End of the shift
- C: Explosives are about to be used

Answer: A

Definition: Unless you have been otherwise informed you should consider every siren as an emergency alarm

What should you do in an emergency?

- A: Follow the site emergency procedure
- B: Ring 999
- C: Ring home to say that you are ok

Answer: A

Definition: You should follow the emergency procedure

Where is the assembly point?

- A: The site foreman's office
- B: The main entrance to the site
- C: The point identified to you in your site specific induction

Answer: C

Definition: Emergency procedures, including the assembly point, should be explained at the site induction

If you have to evacuate the site, you should...

- A: Run as fast as you can to the assembly point
- B: Collect all your personal belongings and make your way to the assembly point
- C: Make your way safely and calmly straight to the assembly point

Answer: C

Definition: You should make your way safely and calmly to the assembly point

Why is it necessary to have an assembly point on site?

- A: So the police can tell everybody what to do next
- B: So all people working on site can be accounted for
- C: So the foreman can discuss the situation with everybody and come up with a plan

Answer: B

Definition: It is important to ensure that all persons working on site are accounted for

You notice one of your colleagues is missing from the assembly point, do you...

- A: Go and check where you last saw him working
- B: Call him on his mobile
- C: Inform the supervisor

Answer: C

Definition: If you are aware that an individual is missing you should advise the supervisor

What must be prepared before work commences on site?

- A: Site specific emergency procedures
- B: A list of the telephone numbers of all the emergency services
- C: Copies of the insurance policy

Answer: A

Definition: Emergency procedures should be prepared prior to work commencing on the site

What should be included in the emergency procedures?

- A: The name of the managing director of the Principal Contractor
- B: The arrangements for dealing with the type of emergency that could occur during the work
- C: The name of the fire extinguisher manufacturer

Answer: B

Definition: Consideration should be given to the type of emergency that could occur on site, prior to work commencing, and arrangements put in place

What type of emergency should be included in the emergency procedures?

- A: Any type of emergency which could occur
- B: Only emergencies where the fire service should be called
- C: Only emergencies where the ambulance service should be called

Answer: A

Definition: Any type of emergency that could occur on the site should be included

What emergency procedure should be in place if workers are using suspended access equipment, i.e. tower crane drivers, operatives using mobile elevating work platforms?

- A: The arrangements for accessing the welfare facilities
- B: The arrangements to rescue workers using those items of suspended access equipment, if necessary
- C: Confirming spare ladders are available on site in case they are needed

Answer: B

Definition: Arrangements for rescue of workers who use suspended access equipment must be put in place

When should site workers be instructed on the emergency procedures?

- A: When they have been on the site for more than 2 days
- B: At their site specific induction as soon as they start work on the site
- C: They need only be instructed where there are 5 or more persons on the site

Answer: B

Definition: Workers should receive instructions on emergency procedures when they start work on the site

What steps should be taken to ensure that the procedures are kept up to date?

- A: The emergency procedures should be regularly reviewed and updated to reflect changing circumstances
- B: The emergency services should be sent a copy every month
- C: The emergency services should be asked for advice once every 3 months

Answer: A

Definition: Emergency procedures should be reviewed and updated as necessary to ensure that all foreseeable emergencies are taken into account

Emergency routes should be...

- A: Shown on a plan kept at the main contractors head office
- B: Clearly identified by signs and pointed out during the site specific induction

- C: Be marked on the ground with a continuous red line

Answer: B

Definition: Emergency routes should be clearly signed and pointed out during the induction

Only site workers need to be advised of the emergency procedures on the site

- A: True
- B: False: everyone who visits the site needs to be aware of the emergency procedures
- C: Partly true, as only site workers who work on the site for more than 3 days need be informed

Answer: B

Definition: Everyone who visits the site needs to be advised of the emergency procedures for the site

Emergency routes

- A: Must be kept clear and free from obstructions
- B: May be blocked if site workers are advised the previous day
- C: May only be blocked by scaffolding

Answer: A

Definition: It is important that emergency routes are kept clear and free from obstructions at all times

Emergency procedures are not required for work taking less than one day

- A: True
- B: False
- C: Only if there are less than 5 workers on the site

Answer: B

Definition: Emergency procedures should be prepared prior to any work commencing on site

The means of raising the alarm must be checked regularly to ensure...

- A: Everyone on site can hear the alarm
- B: The alarm can be heard in the site office
- C: The alarm can be heard in the canteen

Answer: A

Definition: In view of the changing circumstances on sites it is essential that a check is regularly made to ensure that everyone on the site can hear the alarm

The emergency procedures should include ways of dealing with all of the

hazardous materials and substances in use on the site

- A: True
- B: False
- C: Only if the hazardous substances are in use for more than one day

Answer: A

Definition: Emergency procedures should include arrangements for dealing with all of the hazardous materials and substances in use on the site

The evacuation of construction workers from excavations is not needed to be included in the emergency procedures as the emergency services will decide on the safest method

- A: True
- B: False
- C: Only if the excavation is deeper than 2 metres

Answer: B

Definition: Arrangements for dealing with any emergency on site must be put in place prior to work commencing

The emergency procedures do not have to include arrangements for visitors to the site

- A: False
- B: True
- C: Only if visitors are on site for more than 30 minutes

Answer: A

Definition: Emergency procedures must set out arrangements for all persons who may visit the site

Excavations & CS

Shoring or other support is not required for excavations less than 1.5m deep.

- A: True
- B: False. An excavation must have appropriate measures in place to prevent collapse whenever there is a risk of the sides collapsing and people being hurt
- C: Only if the work lasts less than one day

Answer: B

Definition: Practicable steps - which may include shoring - should be taken to support an excavation where there is a risk of cave-in or collapse

How often must a competent person inspect an excavation?

- A: At least once every working day
- B: At start of the shift, before work begins, after any event likely to have

- affected its strength or stability or after any accidental fall of material
- C: At least once every week

Answer: B

Definition: Inspections must be carried out at the start of the shift, before work begins, after any event likely to have affected its strength or stability or after any accidental fall of material

An excavation must be inspected following any incident which may have affected its strength or stability

- A: False
- B: True
- C: Only if a person has been injured

Answer: B

Definition: An inspection is required following any incident which may have affected its strength or stability

Who should carry out the erection of supports to the sides of an excavation?

- A: An experienced and competent person
- B: An experienced ground worker
- C: Competent joiners

Answer: A

Definition: It is essential that any timbering or other means of support are only erected by competent and experienced persons

When must a trench or other excavation be protected with a suitable guard rail or other equivalent barrier?

- A: When the excavation is at least 1.5 metres
- B: When there is a potential for someone to fall and be injured
- C: When the site supervisor says so

Answer: B

Definition: Edge protection is legally required to be provided to the edges of excavations where it is possible for a person to fall and injure themselves

When should the support to the sides of an excavation be put in place?

- A: Following the completion of the excavation
- B: As work progresses and prior to persons entering into the excavation
- C: After the materials have been placed into the trench

Answer: B

Definition: Supports to the sides of excavations must be provided as the work progresses in order to ensure that workers are not placed at risk

How should access for operatives be provided to a trench?

- A: By climbing down on top of the trench supports
- B: Through a safe means of access determined by risk assessment
- C: By being lifted in an excavator bucket

Answer: B

Definition: The safe work method statement prepared for the excavation work must include details of the safe means of access and egress

What alternatives are there to providing shoring to an excavation?

- A: By battering back the sides of the excavation to a safe angle
- B: Only working in the excavation for less than 15 minutes at one time
- C: By placing a ladder in the excavation to ensure that persons can exit quickly

Answer: A

Definition: Where possible, batter back the sides of the excavation to a safe angle. The safe angle will depend on the type and condition of the soil

What additional precautions should be taken when carrying out an excavation adjacent to an existing wall?

- A: Obtain advice from a competent person on the precautions required to ensure that the work does not make the wall unstable
- B: Make sure that the quantity surveyor has been informed
- C: Contact the Health and Safety Inspectorate

Answer: A

Definition: Where any work is carried out adjacent to existing walls, advice must be sought to ensure that the necessary precautions have been taken to prevent the wall becoming unstable

Only the sides of excavations carried out in sandy soils need to be supported

- A: True
- B: True but only if the depth of the excavation is greater than 4'-0"
- C: False

Answer: C

Definition: The side of any excavation where there is a risk of material falling onto workers must be supported

What is a confined space?

- A: An enclosed space where there is a risk of death or serious injury from hazardous substances, i.e. lack of oxygen
- B: A space where no more than 10 people can stand
- C: The area between scaffolding and the face of the building

Answer: A

Definition: A confined space can be any space of an enclosed nature where there is a risk arising from hazardous substances or dangerous conditions

Which of the following is a hazard when in a confined space?

- A: Less than 2 people accessing the confined space
- B: Lack of oxygen
- C: No welfare facilities

Answer: B

Definition: Lack of oxygen is a significant foreseeable hazard associated with confined working

What is the first thing to consider when planning work in a confined space?

- A: Can the job still be carried out safely and on time?
- B: Can the job actually be carried out from the outside?
- C: Has sufficient time been allowed for the work?

Answer: B

Definition: Where possible, avoid the need to enter the confined space by working from the outside

What should be done before entering a confined space?

- A: The site supervisor should be told
- B: A safe work method statement must be written by a competent person
- C: A note should be left outside the entrance describing what work is being carried out

Answer: B

Definition: It is important to ensure that any entry into a confined space is planned and a safe work method statement is written before work starts

Who should be allowed to enter confined spaces?

- A: Only competent persons who have been trained and are experienced
- B: Only physically fit persons
- C: Only persons who need to work in the area

Answer: A

Definition: Competent persons who have been trained and who are experienced should be permitted to enter any confined space

How should the safety of the atmosphere in a confined space be checked?

- A: By checking for the smell of gas
- B: By using a canary in a cage
- C: By using a suitable gas detector

Answer: C

Definition: A suitable gas detector must be used to check that the atmosphere in a confined space is safe

When should you make plans for emergency evacuation of a confined space?

- A: Before the work commences
- B: Within seven days of starting the work
- C: After talking to the Fire Service

Answer: A

Definition: The work should be planned in advance and include the arrangements for emergency evacuation of the area

A person working in a deep shaft has been overcome by the fumes of a petrol generator which is operating at the bottom of the well: do you...

- A: Immediately climb down the ladder to rescue him
- B: Not climb down the shaft, but raise the alarm and contact the emergency services
- C: Wait for the generator to stop and then climb down the ladder to rescue him

Answer: B

Definition: You should not climb down into the shaft because of the risks of being overcome by the fumes. You should raise the alarm and contact the emergency services

Why should petrol-fuelled engines never be used in a confined space?

- A: Because they are noisy
- B: Because they are usually too heavy to carry into the area safely
- C: Because carbon monoxide in exhaust fumes from petrol fuelled engines can cause serious harm or kill

Answer: C

Definition: Carbon monoxide can build up in a confined space and result in hazardous conditions. Petrol fuelled engines should therefore never be used in a confined space

Why is an adequate communication system (e.g. Radios) needed for people working in a confined space?

- A: So they can be informed when they have to take a break
- B: To ensure that they can communicate with each other, with people outside, and call for help in the event of an emergency
- C: To check when more materials are required to be provided

Answer: B

Definition: It is essential that there are adequate arrangements to ensure that

people can communicate with people both inside and outside the area

Failures & defects

Who is responsible for reporting failures and defects?

- A: The architect
- B: Everybody
- C: The supervisor

Answer: B

Definition: Everyone has a legal responsibility for their own and other person's health and safety

A new piece of equipment arrives but appears to be faulty, do you...

- A: Leave it in its box to be returned to the store
- B: Ring the manufacturer
- C: Inform your supervisor

Answer: C

Definition: It is a legal requirement that you co-operate with your employer to assist them in meeting the legal duties placed on them. You should therefore inform your supervisor if you believe that an item of equipment is faulty

A rope you are using is damaged, do you...

- A: Take it to your supervisor immediately
- B: Repair it using duct tape or similar
- C: Bring the matter up at the next site meeting

Answer: A

Definition: Ropes on site may be used for a variety of purposes including lifting. Undertaking repairs yourself could result in a fault being covered up and result in you not meeting your legal requirements. You should therefore take the rope to your supervisor and report the failure

If a machine appears to be leaking oil, do you...

- A: Put a warning sign on it so people don't ruin their clothes
- B: Isolate and tag the vehicle and inform the supervisor immediately
- C: Top the oil up; low oil levels can be harmful to the machine

Answer: B

Definition: Oil leaking from a machine is an indication there is a problem which could pose a health and safety risk. The vehicle should be immobilised and tagged and the fault reported to your supervisor

What is the purpose of reporting failures and defects?

- A: To reduce the chance of any accidents occurring
- B: To keep the site safety supervisor happy

- C: To ensure that there is always the latest equipment to work with

Answer: A

Definition: The prime purpose of reporting failures and defects is to prevent accidents and potential risks to health

The guard is missing from an angle grinder you need to use, do you...

- A: Carry on working but use extreme caution
- B: Note the make and model and call the stores for replacement
- C: Tag the tool and take it to your supervisor immediately for repair

Answer: C

Definition: Using an angle grinder without the guard places you at considerable risk of injury and would result in you not meeting your legal requirements. The machine should be taken to your supervisor immediately

A hand-held electric circular saw keeps stopping as it is being used, do you...

- A: Take it out of use immediately, label it and report the matter to your supervisor
- B: Dismantle the electrical connection to inspect the wiring
- C: Put it back in the store and lock it away

Answer: A

Definition: An intermittent fault on a machine indicates that there is a problem with the electrical connections. In order to be safe and ensure that you are meeting your legal requirements, you should take the machine out of use immediately and report the fault to your supervisor

You notice that a nail has been used as the support pin for an Acrow prop, should you...

- A: Report it immediately to the site supervisor
- B: Replace the nail with a 15 cm woodscrew
- C: Discuss it with the site safety supervisor next time you see them

Answer: A

Definition: Supporting pins for adjustable props are specifically designed for the loads which are to be supported by the prop. Nails must not be used as a replacement as they may lead to a failure of the prop. They could also result in injury to anyone passing by the prop who comes into contact with the nail. In order to ensure that you are meeting your own legal requirements you should immediately REPORT THE DEFECT to your supervisor

A subcontractor is using an electrical lead which has been damaged revealing the inner wires. Do you...

- A: Tell him and report it to the site supervisor
- B: Provide him with insulating tape to repair the damaged section
- C: Make sure the cable does not trail through a puddle of water

Answer: A

Definition: You should tell the person using the electrical lead to disconnect the lead immediately and report the matter to the site supervisor. This will help to ensure that you are meeting your own legal requirements and reduce the potential for a serious incident

You notice a guard rail is missing from a scaffold, do you

- A: Contact the health and safety project co-ordinator
- B: Report it to the site supervisor
- C: Tell the scaffolder next time you see them

Answer: B

Definition: Falls from height result in serious injuries to site workers. You should tell your site supervisor if you see any missing components from any scaffold in order that action can be taken to replace the component and ensure that you are meeting your own legal requirements

You see someone not wearing hearing protection whilst using very loud equipment should you...

- A: Tell them and report it to the site supervisor
- B: Put hearing protection on yourself
- C: Stop the equipment being used

Answer: A

Definition: Exposure to noise at work can result in loss of hearing. Operators of loud equipment and persons working in the area where loud equipment is being used **MUST WEAR EAR PROTECTION**. If you see that persons are not wearing ear protection, tell them and report the matter to the site supervisor. This will help to ensure that you are meeting your own legal requirements

The safety goggles that you have been provided with are cracked, what should you do?

- A: Take them off and carry on working
- B: Return the goggles to the store and obtain a new pair
- C: Repair the crack with tape

Answer: B

Definition: Any item of personal protective equipment will not provide the protection that is necessary if it is damaged, even slightly. You should therefore return the eye protectors to the store and obtain a new pair. This will ensure that you are provided with the necessary protection to carry out your work and help you to meet your own legal requirements

A rung is missing from a ladder that you are about to use, do you...

- A: Be careful whilst you use it, and report it once you have finished
- B: Not use it, move it to somewhere secure to make sure nobody else uses it and report it immediately to the site supervisor
- C: Attempt to mend it

Answer: B

Definition: Missing or defective rungs on ladders, at any point of the ladder, can lead to serious injuries to persons attempting to use the ladder. You should not use it and should immediately report the defect to your site supervisor in order to ensure your own safety and that you are meeting the legal requirements placed on you

A hole in the floor you are on has been opened and you can see the floor 3 metres below, should you...

- A: Put a piece of plywood over it
- B: Make sure that no one goes near it and report it immediately to the site supervisor
- C: Tell others about it

Answer: B

Definition: Falls from height can lead to serious or fatal accidents. In order to ensure that no one has an accident, and to make sure you are meeting your own legal requirements, you should make sure that no one goes near the hole and report the problem to the site supervisor

Everybody on site is responsible for reporting any defect that they see

- A: False
- B: True
- C: Only operatives who are working on site for more than 3 days

Answer: B

Definition: Everyone has a legal responsibility for their own and other persons health and safety

A tele-handler is being driven too fast on site, do you...

- A: Jump in the way and wave your hands at the driver to make him slow down
- B: Take a note of the number so that you can inform the site safety supervisor
- C: Report it to the site supervisor immediately

Answer: C

Definition: You should take care not to place yourself at risk of being struck by the vehicle and immediately report the matter to your site supervisor. This will assist in ensuring safety and meeting your own legal requirements

A person is standing on a pallet board being lifted by a fork lift truck, should you ...

- A: If possible, tell the driver and report it to the site supervisor
- B: Get the first aider
- C: Ignore it as it happens all the time

Answer: A

Definition: The lifting of persons on a pallet board on the forks of a fork lift truck is not permitted as it places the person at considerable risk of falling from the pallet board or being trapped in the lifting chains and moving parts of the lifting mechanism. If possible, you should tell the driver and immediately report the matter to your site supervisor. This will help to prevent a potentially serious accident and help to ensure that you are meeting your own legal requirements.

You find a guard for a saw bench which was used on the site but has now been removed, do you...

- A: Put the guard in the store
- B: Advise the site supervisor and give him the guard
- C: Nail the guard to the site office

Answer: B

Definition: Guards on saw benches are legally required to be fitted at all times that the machine is in use. You should advise the site supervisor and give him the guard so that the reason for the guard being removed can be identified

You hear an alarm from a tower crane whilst it is being used for moving material, do you...

- A: Ignore it as the driver must be testing the alarm
- B: Report it to the site supervisor
- C: Take care not to walk under the load

Answer: B

Definition: The alarm may be sounding as a result of the crane being overloaded. You should report it to your site supervisor

The reversing alarm on the site vehicle that you are driving is not working, should you...

- A: Note it on the daily check sheet and tell the site supervisor at the end of the day
- B: Be particularly careful when you are reversing
- C: Stop driving and report it to the site supervisor

Answer: C

Definition: Reversing beepers are useful, letting people know that the vehicle is reversing. You should therefore stop driving the vehicle and report the defect to the site supervisor to ensure that you are meeting your own legal requirements

Fire safety

What is the fire assembly point?

- A: The place to go if the fire alarm sounds
- B: The place all fire fighting equipment should be stored
- C: The place the fire brigade will assemble if they are called

Answer: A

Definition: The fire assembly point is the meeting place for persons who have evacuated the site in the event of the fire alarm sounding

A small electrical fire starts which you feel you can safely handle, do you use...

- A: A dry powder or CO2 extinguisher
- B: A bucket of water or a fire blanket
- C: A water or foam extinguisher

Answer: A

Definition: A dry powder or CO2 extinguisher

If you discover a fire, do you...

- A: Call 999 and wait for the Fire Service to arrive to show them where the fire is
- B: Raise the alarm immediately and follow the site emergency procedures
- C: Try and find the correct fire extinguisher

Answer: B

Definition: You should raise the alarm immediately

What is a hot work permit?

- A: A permit to work between July and September
- B: A permit to work when there is a risk of starting a fire from the work being carried out
- C: A permit to work which allows you to remove your personal protective equipment

Answer: B

Definition: A hot work permit is the term used to describe a formal written arrangement to reduce the risk of a fire

How should flammable liquids be kept and transported on site?

- A: In suitable closed containers
- B: In an open bucket, decanted from the main container
- C: Only in 10 litre plastic containers which are clearly labelled

Answer: A

Definition: Flammable liquids must only be kept and transported in suitable closed containers

What should be banned in areas where flammable liquids are used?

- A: Smoking
- B: Vaping
- C: Drinking

Answer: A

Definition: Smoking is not allowed in areas where flammable liquids are used

What should be done before hot work is carried out on tanks which have previously contained flammable liquids?

- A: They should be cleaned out with water
- B: They should be left to ventilate overnight
- C: They must be purged or otherwise made safe by trained, competent and authorised persons and a permit to work issued before any hot work is carried out.

Answer: C

Definition: Hot work on tanks must be carried out under a hot work permit which ensures that arrangements are safe

What should be prepared before work commences on the site?

- A: A list of where fire extinguishers will be located on the site
- B: A fire evacuation plan
- C: A list of the names of fire alarm suppliers

Answer: B

Definition: A fire evacuation plan should be prepared prior to work commencing on site

Bitumen boilers can be lit up and then left unattended until the bitumen has melted

- A: True
- B: False
- C: Only when the site is not occupied

Answer: B

Definition: Bitumen boilers should not be left unattended after they have been lit

How long after hot work (e.g. welding) has finished, should the area be checked to ensure that no ignition has taken place and no smouldering or hot materials remain that may cause a fire?

- A: At the end of the day
- B: At regular intervals for at least an hour
- C: 5 minutes

Answer: B

Definition: Checks should be made at regular intervals for at least an hour after work has finished

First Aid

Which set of regulations includes a requirement for first aid to be provided on construction sites?

- A: Health and Safety at Work (Jersey) Law 1989
- B: Management in Construction (Jersey) Regulations 2016
- C: Construction (Personal Protective Equipment) (Jersey) Regulations 2002

Answer: B

Definition: The Management in Construction (Jersey) Regulations 2016

When is it legally required to provide a first-aid box on a construction site?

- A: When a contractor employs more than five persons on a site
- B: On all construction sites
- C: Only if there is hazardous work being carried out on the site

Answer: B

Definition: A first-aid box is legally required on all construction projects

What does a 'nominated' person' do?

- A: Take photos and then call for help
- B: They take charge of the first-aid arrangements and manage the initial response to any injury or ill health
- C: Administer help as best you can until somebody turns up

Answer: B

Definition: A 'nominated person' is in charge of the first aid arrangements and manages the initial response to any illness or injury

When do you need a qualified first aider on a construction site?

- A: When determined by risk assessment
- B: If there are more than 3 people on site
- C: If the project lasts more than 30 working days

Answer: A

Definition: When and how many first aiders are required on a construction site is determined by risk assessment

A colleague splashes acid on his hand, do you...

- A: Wash it off with clean water immediately and send for the first aider
- B: Take photos and then send for the first aider
- C: Wrap the hand in a clean cloth and keep it raised

Answer: A

Definition: Wash the acid off with clean water immediately and send for the first aider

What should be in a first aid box?

- A: Syringes

- B: Adequate and appropriate equipment for the initial treatment of any foreseeable illnesses and injuries likely to occur on site
- C: Pain killers

Answer: B

Definition: The relevant contractor must ensure there is adequate and appropriate equipment, facilities and personnel to enable first aid to be given

A colleague is trapped and unconscious in a confined space, do you...

- A: Attempt to get him out yourself as soon as possible
- B: Send for emergency help immediately to enable a rescue
- C: Ring 999

Answer: B

Definition: You should send for emergency help to enable a rescue

A colleague gets an electric shock but appears to be ok, do you...

- A: Carry on working as he was ok
- B: Send for the first aider
- C: Ring 999

Answer: B

Definition: You should send for the first aider

Who should make arrangements for trained first-aiders to be on a site?

- A: The health and safety project coordinator
- B: The relevant contractor
- C: The client

Answer: B

Definition: The relevant contractor, i.e. the principal contractor, or if there is none, the contractor who has control of the construction work should make arrangements for trained first-aiders on site

Where should the name of the first-aider be displayed on construction sites?

- A: On the wall of the site office and/ or rest areas
- B: Outside the site gates
- C: There is no need to display the first-aider's name on site

Answer: A

Definition: The name of the first-aider should be displayed on the wall of the site office and/or rest areas

Health & Safety Law

Who is responsible for health and safety on site?

- A: The Health and Safety Inspectorate
- B: The site supervisor
- C: Everybody

Answer: C

Definition:

Everyone has a legal responsibility for their own and other persons' health and sa

What is one of the biggest causes of work related injury in construction

- A: Lifting
- B: Smoking
- C: Drowning

Answer: A

Definition: Manual handling is one of the major causes of injury for construction workers

What is a hazard?

- A: Anything which could potentially cause harm to people
- B: The chance that something will go wrong
- C: Anybody working without supervision

Answer: A

Definition:

The term hazard is used to describe anything which could be harmful to people

Who has a duty to work safely on site?

- A: The site management
- B: Everybody
- C: Visitors

Answer: B

Definition: Everybody has a legal duty to work safely

What can Health and Safety Inspectors do to ensure safety?

- A: Suspend the site supervisor
- B: Fine somebody if they see them working unsafely
- C: Stop the work

Answer: C

Definition: Health and Safety Inspectors have the power to issue Prohibition Notices to stop work which could result in a serious risk of personal injury

If you notice something you believe to be unsafe, do you...

- A: Take extra care to ensure you don't injure yourself
- B: Report it to your supervisor

- C: Fix it yourself and carry on working

Answer: B

Definition: You are legally required to co-operate with your employer in assisting them to meet their legal requirements and should report anything which you do not believe to be safe

The Health and Safety at Work (Jersey) Law 1989 is.....

- A: The main health and safety Law in force in Jersey
- B: UK Law but is used to show standards of good practice in Jersey
- C: a voluntary code of practice to help ensure good standards of health and safety in the workplace

Answer: A

Definition: The Health and Safety at Work (Jersey) Law 1989 is the main health and safety Law in force in Jersey

The Management in Construction (Jersey) Regulations 2016 are.....

- A: Regulations which set out the legal requirements for construction work in Jersey
- B: UK Regulations which don't apply in Jersey
- C: a voluntary code of practice to help ensure good standards of health and safety in construction

Answer: A

Definition: The Management in Construction (Jersey) Regulations 2016 are the Regulations which set out the legal requirements for construction work in Jersey

What health and safety document must employers with more than 5 employees legally bring to the notice of their employees?

- A: Terms & conditions of employment
- B: Health & Safety policy
- C: The scaffold register

Answer: B

Definition: Employers with 5 or more employees are required to have a written health and safety policy and bring it to the attention of their employees

The Health and Safety at Work Construction (Personal Protective Equipment) (Jersey) Regulations 2002.....

- A: set out the legal requirements to wear a hard hat and other personal protective equipment
- B: are UK Regulations and therefore do not apply in Jersey
- C: state that a hard hat should be worn, but it is not compulsory

Answer: A

Definition: The

Health and Safety at Work Construction (Personal Protective Equipment) (Jersey) Regulations 2002 set out the legal requirements for wearing personal protective equipment, including a hard hat

The Cranes and Lifting Appliances (Jersey) Regulations 1978.....

- A: apply to cranes and lifting appliances including excavators and fork lift trucks
- B: only apply to tower cranes
- C: do not apply in Jersey

Answer: A

Definition: The Cranes and Lifting Appliances (Jersey) Regulations 1978 apply to cranes and certain types of lifting appliances including excavators and fork lift trucks

The Electricity at Work (Jersey) Regulations 1983.....

- A: illustrate good practice but are not law in Jersey
- B: do not apply to construction sites
- C: apply to all workplaces, including construction sites

Answer: C

Definition: The Electricity at Work (Jersey) Regulations 1983 apply to all workplaces in Jersey, including construction sites

The Chains, Ropes and Lifting Gear (Jersey) Regulations 1979.....

- A: require fibre rope lifting slings to be thoroughly examined by a competent person at least once every 6 months
- B: cover the use of equipment for lifting people
- C: prohibit the use of chain slings in Jersey

Answer: A

Definition: All rope slings must be thoroughly examined by a competent person one every 6 months

The Asbestos (Licensing) (Jersey) Regulations 2008.....

- A: prohibit anybody removing asbestos insulation board unless they hold a licence issued by the Minister for Social Security
- B: only apply in the UK
- C: allow anybody to work with asbestos as long as they are trained

Answer: A

Definition: Anybody working with certain asbestos materials, including asbestos insulation board must hold a licence issued by the Minister for Social Security

The Management in Construction (Jersey) Regulations 2016 apply

- A: only to construction projects that last more than 30 working days
- B: to all construction projects

- C: only to construction projects that have more than one contractor involved with the work

Answer: B

Definition: The Regulations apply to ALL construction projects, but some Regulations only apply to minor and major projects

The Highly Flammable Liquids (Jersey) Regulations 1979

- A: do not apply in Jersey
- B: do not apply to construction sites
- C: set out the legal standards for the use and storage of highly flammable liquids

Answer: C

Definition: The Regulations apply to all workplaces where highly flammable liquids are stored and used

The Management in Construction (Jersey) Regulations 2016

- A: only apply to large construction projects
- B: set out the legal requirements for all construction work in Jersey
- C: apply in the UK but not Jersey

Answer: B

Definition: The Regulations apply to ALL construction projects, but some Regulations only apply to minor and major projects

The Employers' Liability (Compulsory Insurance) (Jersey) Law 1973

- A: is not Law in Jersey
- B: require employers to hold suitable insurance in case they are liable for an accident at work
- C: makes sure you can get compensation if you injure yourself at work

Answer: B

Definition: There is no automatic right to compensation if you have an accident at work. You must show your employer is liable to make a successful claim

Whose health and safety is provided protection under the legal requirements for health and safety?

- A: Employees working on the site
- B: Everybody working on the site
- C: Everybody affected by the work being carried out, including workers and members of the public

Answer: C

Definition:

Health and safety legislation provides protection for anyone who might be affected the manner in which work is carried out

Do the legal requirements of the Management in Construction (Jersey) Regulations 2016 cover the health and safety of members of the public?

- A: Only if they walk onto the construction site
- B: No
- C: Yes

Answer: C

Definition:

Health and safety legislation provides protection for members of the public who might be affected by the manner in which work is carried out

Information and Safety Signs

A Construction Phase plan, which sets out the arrangements for managing health and safety on site, including site rules, must be prepared....

- A: for all construction projects by the Principal Contractor, or if there is no principal contractor, the person in control of the project
- B: only for major construction projects
- C: by the Health and Safety Project Coordinator

Answer: A

Definition: A construction phase plan must be prepared by the Principal Contractor (or where there isn't one the person in control of the work) before construction work starts

What information must be notified to the Health and Safety Inspectorate and displayed on site on a major construction project?

- A: The name of the site safety supervisor
- B: Information relating to the project which includes a description of the work, details of the Client, designer, health and safety project coordinator and contractors,
- C: The start date of the project

Answer: B

Definition: Certain information about a major construction project must be notified to the Health and Safety Inspectorate. A copy must also be on display where all site workers can see it

A green man running through a white doorway signals....

- A: No running on site at any time
- B: Emergency escape route
- C: Public access route

Answer: B

Definition: Emergency escape route

Written records of inspection must be kept for....

- A: Hoists, excavations and scaffolds
- B: Checks made of toilet facilities to ensure they are kept clean
- C: the whole site to make they are kept in a safe condition

Answer: A

Definition: Hoists, scaffolds and excavations must all be inspected by a competent person at defined intervals, who must make a written record

What is the sign for harmful substances?

- A: Black cross in a black triangle on a yellow background
- B: A black 'H' on a yellow background
- C: Black flame on a yellow background

Answer: A

Definition: Black cross in a black triangle on a yellow background

Which colour on a sign means you MUST NOT do something?

- A: Black
- B: Blue
- C: Red

Answer: C

Definition: Red

Which type of safety sign indicates a hazard warning?

- A: A triangular sign with black on a yellow background with black edging
- B: A circular sign with blue on a red background
- C: A circular sign with red on a black background

Answer: A

Definition: A triangular sign with black on a yellow background with black edging

What information must be visible from outside every construction site?

- A: A plan of the site
- B: The name of the safety supervisor
- C: The name and contact number of the relevant contractor including an emergency contact number for when the site is closed

Answer: C

Definition: The name of the relevant contractor including an out of hours emergency contact number for when the site is closed is required

Safety signs must be displayed....

- A: When, despite putting in place all other control measures, a significant risk to workers remains which they need to be warned about

- B: When there are more than 30 people working on site
- C: When there are a significant number of workers who do not speak English as their first language

Answer: A

Definition: When a significant risk remains despite putting in place other control measures, which workers need to be warned about

Safety signs must be displayed....

- A: on all construction sites
- B: When there is a need to warn about a risk of injury despite all other control measures having been taken
- C: with lighting so they can be seen at all times of day

Answer: B

Definition: When a significant risk of injury remains despite putting in place other control measures, which workers need to be warned about

Machinery

How many positions may a hoist used to carry people be capable of being operated from?

- A: A hoist used to carry people must be capable of being operated from only one position
- B: A hoist used to carry people may be capable of being operated from as many positions as needed
- C: A hoist used to carry people may only be operated from the ground level and the top landing position

Answer: A

Definition: Hoists used for carrying people must be capable of being operated from only one position

What precautions should be taken to prevent persons coming into contact with the moving hoist?

- A: Warning signs should be placed at every approach to the hoist way
- B: The hoist way must be enclosed and landing places protected by a inter-locked gate
- C: All persons on site should be warned not to approach the hoist when it is in operation

Answer: B

Definition: It must not be possible for persons to place any part of their body into any part of the hoist way where they could come into contact with the hoist

Who is responsible for closing the landing gates to a hoist way?

- A: The site supervisor
- B: The employer

- C: The trained and competent person using the hoist

Answer: C

Definition: Only persons who are trained and competent should use the hoist and they are responsible for ensuring that the landing gates to the hoist are closed

When are people able to travel on a hoist?

- A: Only when it is designed to carry people and marked clearly for "Passenger Use"
- B: When necessary to ensure that material carried on the platform does not fall off
- C: When access up the scaffold is not available

Answer: A

Definition: Hoists must be clearly marked to show its intended purpose i.e. Equipment and Material only or Passengers in addition to goods

How often should a hoist be thoroughly examined by a competent person?

- A: Once a month
- B: At least once every six months or after it has been substantially altered or repaired
- C: Once a year

Answer: B

Definition: Hoists are required to be thoroughly examined by a competent person at least every six months, or after they have been substantially altered, extended or repaired

What should you do if you notice that a circular saw is being used without a top guard being fitted?

- A: Warn the person using the machine to take special care
- B: Tell the person using it to stop using the machine and report it to the Site Supervisor
- C: Make a note not to use that machine

Answer: B

Definition: No machinery should be used unless all guards are in place. Any defects should be reported to the site supervisor

What do the colours of the cartridges used in cartridge operated power tools mean?

- A: The date of manufacture
- B: The type and strength of the cartridge
- C: The type of tool to be used with the cartridge

Answer: B

Definition: The colours of cartridges identify the type and strength of the cartridge

The cover to the belt drive of a cement mixer is missing, what should you do?

- A: You should not use the machine and immediately advise the site supervisor
- B: You should stand away from that side of the machine
- C: You should place a warning sign on the machine advising people to be careful

Answer: A

Definition: Guards are required to be kept in place when machinery is operated. You should not use the machine and immediately advise the site supervisor

The guard to a screed mixing machine can be raised whilst the rotating paddles of the machine are in operation, what should you do?

- A: Hold the guard in position when the machine is operating
- B: Stop the machine, isolate it and immediately advise the site supervisor
- C: Put the guard in place and carry on using the machine

Answer: B

Definition: Guards are required to be kept in place when the machine is operated. You should not use the machine and immediately advise the site supervisor

What is the preferred safe voltage for hand held electrically powered tools?

- A: 110 v
- B: 220 v
- C: 240 v

Answer: A

Definition: 110 volt equipment is the preferred safe voltage for hand held electrically powered tools used on site

An electric drill starts to smoke, do you...

- A: Throw it into a bucket of water
- B: Unplug it and immediately take it to the site supervisor
- C: Attempt to repair it, thereby saving time and money

Answer: B

Definition: In order to ensure that you do not suffer an electric shock, you should unplug the equipment and inform the site supervisor

If you see bare flex on an extension cable reel, should you...

- A: Repair the area with proper insulating tape and carry on

- B: Throw the reel away
- C: Isolate by unplugging the reel and immediately take it to the site supervisor

Answer: C

Definition: In order to avoid the possibility of an electric shock you should unplug the extension reel and take it to the site supervisor. This will help to ensure that you are meeting your own legal requirements

You are asked to use a new or unfamiliar piece of equipment, do you...

- A: Read the equipment handbook before starting the job
- B: Ask a colleague for advice
- C: Advise them that you are unable to use the equipment as you have not been trained in its use

Answer: C

Definition: In order to avoid exposing yourself and others to risks you must not use equipment that you are not competent to operate

Why must a guard be fitted to an angle grinder?

- A: So the job can be done safely
- B: So the tool looks good
- C: So the operator can see what's going on

Answer: A

Definition: Guards reduce the risks associated with use of the machine

Who should mount a wheel on an angle grinder?

- A: Your employer
- B: Only individuals who have been trained and are competent
- C: The site supervisor

Answer: B

Definition: The fitting of the wrong wheel on an angle grinder could result in the wheel fracturing catastrophically. Only trained and competent persons should mount grinding wheels

What should be considered when using a power tool to do a job?

- A: Make sure it is signed for
- B: Check that it is clean
- C: Make sure that it is the right tool for the job

Answer: C

Definition: The use of inappropriate equipment can lead to health and safety risks. Power tools should be carefully selected for the work that is to be carried out

The guard on a machine that you are using is cracked, do you...

- A: Carry on using it, but with caution
- B: Stop using the machine, and immediately report it to the site supervisor
- C: Repair the guard with tape

Answer: B

Definition: You should stop using the machine and report it to your site supervisor. This is for your own safety and to ensure that you are meeting the legal requirements placed on you

What should you check before using any machine?

- A: That it is the correct tool for the task and all the safety devices are working correctly
- B: The machine is identified with a white and yellow warning tape
- C: The guard to the machine is capable of being removed easily so it can be cleaned properly

Answer: A

Definition: Prior to using any machine you should carry out a check to ensure that the machine is the correct tool for the task and is safe to use

The head of a cold chisel has spread to form a mushroom shape, do you...

- A: Carry on using it
- B: Stop using it and take it to the site supervisor who may be able to arrange for the head to be repaired
- C: Wear eye protectors when using it

Answer: B

Definition: Using a cold chisel where the head has spread could result in metal splinters flying off the head. You should not use the chisel and immediately advise the site supervisor

When using machinery, when should you wear eye protection?

- A: Whenever there is a risk of injury to your eyes
- B: When working outside
- C: You should always wear eye protection

Answer: A

Definition: Eye protection is required to be worn whenever there is a risk of eye injury

Manual Handling

What is one of the major causes of injury to construction workers?

- A: Musculoskeletal disorders including manual handling
- B: Falls from height

- C: Being struck by vehicles

Answer: A

Definition: Injuries from musculoskeletal disorders, including manual handling, are the largest reported cause of injuries to construction workers

The selection of lighter materials used in the design of buildings may help to reduce the risks of injury from manual handling

- A: True
- B: Only if the workers are over 45 years old
- C: False

Answer: A

Definition: Selecting lighter materials in the construction of buildings can assist in the reduction of manual handling injuries to workers

Who are at the greatest risk of injury from manual handling?

- A: Site supervisors
- B: Blocklayers
- C: Electricians

Answer: B

Definition: Trades that carry out repetitive lifting of heavy objects are most at risk from manual handling injuries

What can be done to reduce the risks of injury from manual handling?

- A: Stacking goods carefully
- B: By the use of mechanical and non-mechanical lifting aids
- C: By lifting slowly

Answer: B

Definition: The use of lifting aids can assist in reducing the risks from manual handling

What can assist in reducing risks from manual handling?

- A: Avoid double handling (i.e. moving the heavy object more than once)
- B: Deliver all materials to the site compound
- C: Arranging for regular deliveries

Answer: A

Definition: Minimizing repetitive lifting can assist in reducing the risks from manual handling

When lifting is unavoidable, what can employers do to ensure that employees lift safely?

- A: Ensure that employees have been instructed and trained how to lift
- B: Make sure that employees read the instructions carefully

- C: Check that employees look for the safety sign on the product which says heavy load

Answer: A

Definition: Employers should ensure that employees who carry out lifting activities are instructed and trained

If you have to lift something, before attempting the lift should you...

- A: Assess the weight
- B: Wear suitable gloves
- C: Breathe deeply

Answer: A

Definition: It is important to ensure that all lifting operations are carefully assessed prior to commencing the lift

What is the maximum weight a fit male should lift?

- A: 25kg
- B: 40kg
- C: Depends on the individual's ability and how the load can be lifted

Answer: C

Definition: The maximum weight which should be lifted should be determined by a careful assessment of the task

When should you use a manual handling lifting aid such as a lifting tackle, wheel barrow etc.?

- A: Whenever possible
- B: If you're not under time pressure
- C: When the other workers aren't watching

Answer: A

Definition: The use of lifting equipment can assist in reducing the risks from manual handling

If the movement of materials cannot be avoided, what else should be considered?

- A: Whether there are enough workers on site to help move it quickly
- B: Whether the materials can be moved with a mechanical aid or lifting equipment
- C: Whether the materials can be left until the next shift

Answer: B

Definition: If the movement of materials cannot be avoided, then mechanical aids or lifting equipment should be considered before manual handling

Which is the most vulnerable area to injury when lifting?

- A: Ankles
- B: Hands
- C: Back

Answer: C

Definition: The back is the most vulnerable part of the body

What should you do if a load is too heavy to lift?

- A: Push it along the ground
- B: Inform your site supervisor
- C: Leave it for somebody else

Answer: B

Definition: You should inform your supervisor if you feel that the load is too heavy to lift

Why is it important to report any manual handling accidents?

- A: So the person who decided on the system of work can be identified
- B: To make sure you can claim compensation
- C: So that lessons can be learnt and better controls can be put in place to stop reoccurrence

Answer: C

Definition: By regularly reviewing and investigating the accident book, Supervisors can learn lessons from incidents and introduce better controls to reduce the likelihood of reoccurrence

What can be done to improve moving materials around the site?

- A: Ensure that the site is tidy and kept free of obstructions which restrict access
- B: Arrange for deliveries to be carried out in the afternoon
- C: Carefully stack the load so that more material can be moved on each occasion

Answer: A

Definition: Keeping the site tidy and free from obstructions will assist in moving materials around the site

What can be done to help with the movement of site materials by vehicle?

- A: Selecting experienced drivers
- B: Providing a site road layout to enable loads to be delivered as close as possible to the working areas
- C: Ensuring that the vehicles are maintained

Answer: B

Definition: Moving materials around the site can be assisted by planning a site road layout to enable loads to be delivered as close as possible to the working

area

If you suffer a back injury when you are lifting a load, should you...

- A: Continue working slowly so the pain will ease off
- B: Report it to your site supervisor
- C: Have a break for 15 minutes

Answer: B

Definition: You should report any injury to your site supervisor

How can concrete kerbstones be moved safely?

- A: Make use of a handling aid such as a vacuum lifter
- B: Use two men to lift
- C: Wear safety footwear

Answer: A

Definition: The use of lifting equipment can assist in reducing risks from manual handling

If a load needs to be moved manually, what can be done?

- A: Make the load smaller or lighter and easier to lift
- B: Deliver the load first thing in the morning
- C: Check the information on the delivery sheet

Answer: A

Definition: The lifting of loads can be assisted by making the load smaller, or lighter and easier to lift

How can roof tiles be safely moved up to roof level?

- A: By using a mechanical aid e.g. a telehandler, lorry loader or crane
- B: By using hods
- C: By passing them individually by hand up the outside of the scaffold

Answer: A

Definition: The use of a lifting aid can assist in the reduction or risks from manual handling

What can be done to reduce the risks from carrying materials up ladders?

- A: Only use single stage ladders
- B: Use a MEWP or scaffold platform to which the materials can be lifted and work safely carried out
- C: Use two people to climb up the ladder and hold the material

Answer: B

Definition: The movement of material can be assisted by providing working platforms as part of a safer system of work

Musculoskeletal

What is the most common occupational injury in Great Britain?

- A: Musculoskeletal disorders
- B: Skin dermatitis
- C: Respiratory ailments

Answer: A

Definition: Musculoskeletal disorders are the most common form of injury in Great Britain

Musculoskeletal disorders affect which part of the body?

- A: Spinal cord
- B: Lower back
- C: Muscles, joints, tendons and other parts of the musculoskeletal system

Answer: C

Definition: Musculoskeletal disorders can affect muscles, joints, tendons, and other parts of the musculoskeletal system

What is recognised as increasing the risk of developing musculoskeletal disorders?

- A: Repetitive and heavy lifting
- B: Exposure to dusts
- C: Climbing ladders

Answer: A

Definition: Musculoskeletal injuries may be caused by repetitive and heavy lifting

What type of work increases the risks from hand-arm vibration?

- A: Piling
- B: Block laying
- C: Using a disc / angle grinder

Answer: C

Definition: Hand-arm vibration can be caused by the use of a disc grinder

Where can information be found on the risks from hand-arm vibration from using power tools?

- A: From the manufacturer or the supplier of the tool
- B: By reading the safety poster in the site supervisor 's office
- C: By contacting the Health and Safety Inspectorate

Answer: A

Definition: Manufacturers and suppliers are legally required to provide

information on health and safety risks created by using their product

Which of the following can be done to reduce the risks from hand-arm vibration?

- A: Keep your hands warm and taking regular breaks
- B: By talking to the site supervisor
- C: Walk around the site every 15 minutes

Answer: A

Definition: Keeping your hands warm can assist in reducing risks from hand-arm vibration

The 'Display Screen Equipment Approved Code of Practice' does not apply to construction sites

- A: False
- B: True
- C: Only if a person works full time on the computer

Answer: A

Definition: The display screen equipment Approved Code of Practice applies to all workplaces, including construction sites

What are the risks to health from working with computer screens?

- A: Upper limb disorders or back pain
- B: Numbness in the feet
- C: Ear ache

Answer: A

Definition: Upper limb disorders and back pain are risks associated with working with computers

What should be done to help reduce the risks from musculoskeletal disorders?

- A: Assess and control the risks, so far as is reasonably practicable
- B: Only lift a box if it weighs less than 25kg
- C: Talk to the site supervisor

Answer: A

Definition: A risk assessment should be carried out to ensure that the risks from musculoskeletal disorders are controlled so far as is reasonably practicable

What can be done to help people who are at risk from musculoskeletal disorders?

- A: Provide adequate information, instruction, training and supervision
- B: Provide them with a copy of the site regulations
- C: Tell them not to hold onto the equipment too tightly

Answer: A

Definition: Employees must be instructed on the risks from musculoskeletal disorders that they are exposed to and informed of the arrangements for controlling those risks

Noise

The Personal Protective Equipment (Jersey) Regulations 2002 require...

- A: Ear protection to be worn when high noise levels are caused by work being carried out
- B: Ear protection to be worn when temperatures are below 10°C
- C: Ear protection to be worn at all times

Answer: A

Definition: Ear protection to be worn when high noise levels are caused by work being carried out

Hearing protection is the first line of defence against high noise levels?

- A: True
- B: False
- C: Only if it states that in the site rules

Answer: B

Definition: Eliminating and reducing noise at source should be considered first

What levels of noise are considered to give rise to hearing problems?

- A: If you have to shout to be clearly heard by someone 2 metres away
- B: If you cannot hear someone speaking at a distance of 5 metres
- C: At a noise level measured as 75 db(A) at a distance of 1 metre

Answer: A

Definition: As a rule of thumb if you have to shout to be understood over the background noise level, the noise levels are high enough to cause problems

What must initially be done to ensure that exposure to high noise levels is controlled?

- A: Only carry out noisy work between 8:00 am and 9:00am when the site is quiet
- B: An assessment of noise levels should be carried out by a competent person and measures taken to reduce noise at source
- C: Free ear defenders should be provided to employees

Answer: B

Definition: A noise assessment should be carried out by a competent person to determine the extent of the problem and identify whether noise levels could be reduced by controlling the noise at source

Wearing suitable hearing protection...

- A: Helps control the risk of developing noise-induced hearing loss
- B: Is mandatory on all sites in Jersey
- C: Improves your hearing

Answer: A

Definition: Ear protection, which is suitable to provide protection from the type of noise being created, will help prevent noise-induced hearing loss

Which of these is an approved method of hearing protection?

- A: Cotton wool pads
- B: Ear plugs
- C: Headphones

Answer: B

Definition: Ear plugs designed to reduce levels on noise are an approved method of hearing protection

What is the main danger of regularly working in excessively noisy environments?

- A: Lower productivity
- B: Long term hearing loss
- C: Headaches

Answer: B

Definition: Long term hearing loss

When must you wear hearing protection?

- A: Wherever possible, replace noisy equipment with a quieter piece of machinery
- B: Make sure you always wear hearing protection when using noisy machinery
- C: Carry out all noisy work outside

Answer: A

Definition: Employers are required to identify when hearing protection must be worn by carrying out a risk assessment.

Who is able to carry out a noise assessment?

- A: A competent, trained person
- B: Anybody with a noise meter
- C: The site supervisor

Answer: A

Definition: Noise assessments must be carried out by trained and competent persons

If you believe a piece of equipment to be excessively noisy should you...

- A: Report it to the Health and Safety Inspectorate
- B: Report it to your site supervisor
- C: Make sure you are wearing the correct personal protective equipment to do the job safely

Answer: B

Definition: You should report any concerns that you may have to the site supervisor

PPE

The Construction (Personal Protective Equipment) (Jersey) Regulations 2002 detail...

- A: ...the requirements for the use of personal protective equipment on construction sites
- B: ...the requirements for the use of hand-held equipment on construction sites
- C: ...the requirements for the use of personal audio equipment on construction sites

Answer: A

Definition: The use of personal protective equipment on construction sites is specified in these Regulations

Where is it legally required to wear head protection?

- A: On construction sites where there is a risk of head injury other than by falling over
- B: On all large construction sites
- C: On construction sites where there are 5 or more construction workers

Answer: A

Definition: Head protection is legally required to be worn where there is a risk of head injury from falling material, or by hitting your head against an obstruction

Which of the following is not personal protective equipment?

- A: Hard hat
- B: Sunglasses
- C: Impact goggles

Answer: B

Definition: Sunglasses do not come within the legal definition of personal protective equipment set out in the Construction (Personal Protective Equipment) (Jersey) Regulations 2002

What should be carried out to determine whether personal protective equipment is required?

- A: A risk assessment
- B: A check on the personal protective equipment that is kept available on the site
- C: A review of the number of construction workers on the site

Answer: A

Definition: A risk assessment must be carried out to determine the requirements for wearing personal protective equipment on site

Employers are required to provide employees with personal protective equipment identified as being required by a risk assessment

- A: True
- B: False
- C: Only if the employee is taken on for longer than 2 weeks

Answer: A

Definition: Employers are required to provide their employees with personal protective equipment identified as being required for the work that is to be undertaken

How should employees be made aware of the purpose of their personal protective equipment?

- A: By reading the instructions provided by the suppliers of the equipment
- B: By employers providing such information, instruction and training as necessary
- C: By reading the poster on the regulations placed in the site supervisor's office

Answer: B

Definition: Employers are required to provide their employees with information, instruction and training on the use of personal protective equipment that is provided for their use

You are given a helmet with a defective strap, do you...

- A: Carry on working; helmets do not need to have chin straps
- B: Swap it with a colleague
- C: Report to the site supervisor for a replacement and disposal of the strap

Answer: C

Definition: You should take the helmet to the site supervisor and request a replacement; this will help to ensure that you are meeting your own legal requirements

When must you wear personal protective equipment?

- A: When the site supervisor is on site
- B: When instructed to and as detailed in a site specific risk assessment
- C: When there are more than 5 construction workers on site

Answer: B

Definition: Employees must be instructed on the requirements for wearing of personal protective equipment on site

Safety toe-capped boots will...

- A: Protect your feet
- B: Need to be replaced every 8 months
- C: Be issued by the client on your first day of work

Answer: A

Definition: Safety toe capped boots are intended to provide protection for your feet

Employees are legally required to wear personal protective equipment...

- A: Which they have been instructed and trained to wear
- B: Only when they feel it is appropriate
- C: On construction sites where there are more than 5 workers on the site at any one time

Answer: A

Definition: Employees are legally required to wear personal protective equipment that they have been instructed and trained to wear

High visibility clothing should be worn...

- A: At night
- B: Where individuals need to be seen by others to allow them to work safely
- C: On all construction sites

Answer: B

Definition: High visibility clothing should be worn in order for individuals to be able to be seen by others, in particular operators of vehicles

What personal protective equipment should be worn when operating a nail gun?

- A: Shatter proof goggles
- B: High visibility jacket
- C: A respirator

Answer: A

Definition: Appropriate goggles must be worn when using nail guns

What should be considered when selecting respirators?

- A: The price
- B: The type that is available from the store
- C: How the respirator fits the individual and that it is the correct type for the task

Answer: C

Definition: It is essential that if the respirator is to provide the protection required, the respirator must be fitted to the worker and be the correct type

Where an assessment identifies that more than one item of personal protective equipment should be worn, it will be necessary to...

- A: Ensure that they are compatible
- B: Only wear the item of personal protective equipment that overcomes the highest risk
- C: Ensure that the person wearing the equipment is cleanly shaved

Answer: A

Definition: In order to provide the necessary protection that is required, where it is necessary for more than one item of personal protective equipment to be worn, the items must be compatible

Can the correct goggles provide protection for your eyes from chemical splashes?

- A: Yes
- B: No
- C: Only if the chemical is not acid

Answer: A

Definition: Certain types of goggles are designed to provide protection against chemical splashes

Personal protective equipment provided for your use should be...

- A: Regularly cleaned and maintained
- B: Checked once a month by the site supervisor
- C: Thrown away at the end of each day

Answer: A

Definition: Personal protective equipment is required to be kept regularly cleaned and maintained

When a hard hat has been damaged you should...

- A: Report it to your employer, get a replacement and dispose of the damaged one
- B: Carry on wearing it if the damage is a dent which is less than 5mm deep
- C: Replace it if it has been damaged more than once

Answer: A

Definition: Any damage to a hard hat may affect its integrity. You should report the damage to your employer

Why is it necessary to wear personal protective equipment on a construction site?

- A: Because not all risks on a construction site can be prevented
- B: In order to improve the image of construction workers
- C: To ensure that the site supervisor does not stop the job

Answer: A

Definition: Because of the type of work carried out on construction sites, it is not possible to prevent all risks that may occur

Self-employed workers are exempt from wearing personal protective equipment

- A: False
- B: True
- C: Only if they are nominated sub contractors

Answer: A

Definition: Self-employed persons have a legal requirement to wear personal protective equipment, where it is deemed necessary by risk assessment, for their own safety

Personal protective equipment is legally required to be provided to construction site workers by...

- A: The main contractor
- B: Their employer
- C: The employees themselves

Answer: B

Definition: Employers have a legal requirement to provide personal protective equipment that is required to be worn on site

RA & Accident

What is the definition of a hazard?

- A: Anything that can cause harm
- B: Scaffolding erected over a footpath
- C: A ladder

Answer: A

Definition: The term hazard is used to describe anything which could be harmful

What is the definition of a risk?

- A: Tripping over
- B: Lifting a heavy weight
- C: The chance that someone will be harmed by a hazard

Answer: C

Definition: The term risk is used to describe the possibility of the hazard

causing injury

Who should be protected from risks to their health and safety?

- A: Only persons working on the construction site
- B: The public
- C: Everyone who may be exposed to the hazard

Answer: C

Definition: Measures should be put in place to control risks to anyone on site and members of the public who may be placed at risk

What should be done to ensure that risks are controlled?

- A: The control measures should be regularly reviewed to make sure they are working
- B: A report should be sent to the Health and Safety Inspectorate
- C: The site supervisor should check the accident book

Answer: A

Definition: Risk assessments need to be regularly reviewed to reflect changing circumstances

Who should understand risk assessments?

- A: The site supervisor
- B: The Principal Contractor
- C: Everyone working on the site

Answer: C

Definition: Risk assessments set out how a job can be carried out safely, so everybody must be able to understand them

Where can information on health hazards be found?

- A: Manufacturers' health and safety data sheets
- B: The invoice sent by the supplier
- C: The site notice board

Answer: A

Definition: Information on health and safety hazards can be found on product health and safety data sheets

Why should accidents be investigated?

- A: To find out who to blame
- B: To understand the reasons for the accident so that lessons can be learnt for the future
- C: To identify who the injured person can claim compensation from

Answer: B

Definition: The prime reason for investigating accidents is to learn how similar

accidents can be prevented in the future

Who should investigate accidents?

- A: The Health and Safety Inspectorate
- B: Employers and the Principal Contractor in control of the site
- C: The client

Answer: B

Definition: Both employers and those in control of the site should investigate accidents to identify how they could be prevented in the future

How can accidents be prevented?

- A: By complying with health and safety legislation
- B: By waiting for the outcome of accident reports
- C: By making sure you wear hearing protection

Answer: A

Definition: Health and Safety legislation sets minimum standards aimed at preventing accidents. The legislation has been introduced as a result of accident experience

What can be done following an accident?

- A: Review what went wrong and see if anything can be done to prevent a similar accident occurring
- B: Nothing: accidents cannot be prevented
- C: Tidy up the site

Answer: A

Definition: It is important to find the causes of an accident and take precautions to prevent a similar accident occurring in the future

What should be carried out to ensure people are aware of specific site hazards?

- A: Induction training and site specific risk assessments
- B: Provide a safety noticeboard in the site office
- C: Provide everybody with a copy of the Construction Regulations

Answer: A

Definition: Many accidents are caused to people when they start working on a site. Induction training assists them in understanding the hazards and precautions that are in place on site

When should induction training be carried out?

- A: When it is convenient
- B: When a person first starts work on the site
- C: On the first Friday after joining the site

Answer: B

Definition: Induction training should take place when a person first starts work on the site

What should be included in a site induction?

- A: Information on the specific hazards on the site
- B: The name of the client
- C: The telephone number for the Health and Safety Inspectorate

Answer: A

Definition: An induction should identify the nature and location of hazards on the site

Which of the following is considered to be a high risk activity?

- A: Carrying out scaffold inspections
- B: Cleaning the welfare facilities
- C: Demolition

Answer: C

Definition: Demolition: due to the risks created by demolishing the structure and also the need to work at heights

Who is considered to be at a higher risk of accidents on construction sites?

- A: Young and inexperienced workers
- B: Clients
- C: Older employees

Answer: A

Definition: Young and inexperienced workers are at most risk on a site

Why is it important to consider the risks to health on a construction site?

- A: To complete the necessary site paperwork
- B: The effects of health hazards may not be obvious or instant
- C: So that you can advise the client

Answer: B

Definition: Health hazards are often unseen or not considered a problem but may lead to significant long term effects

Why should the perimeter of construction sites be fenced off?

- A: To prevent children gaining access to the site
- B: To provide security for the equipment kept on the site
- C: To prevent noise disturbance

Answer: A

Definition: The site should be securely fenced to primarily prevent children gaining access

Who is at greatest risk from entry into construction sites?

- A: Adults
- B: Young children
- C: Members of the public

Answer: B

Definition: Young children as they are least likely to appreciate the dangers on a site

What should be done to risk assessments to ensure that the risks to health and safety on a site are kept up to date?

- A: They should be regularly reviewed
- B: Make sure they are filed away carefully in the site office
- C: They should be destroyed once the work has been completed

Answer: A

Definition: Regular reviews should be carried out to ensure that the changing circumstances on sites are taken into account

What should be done to help people understand the presence of hazards on sites?

- A: Erect safety signs in the area of the hazard
- B: Display the name of the Site Supervisor at the entrance to the site
- C: Give a copy of the Construction Regulations to all site operatives

Answer: A

Definition: Signage may be used to help reinforce the presence of health and safety hazards

Report Accidents

You get a small cut at work, what do you do?

- A: Enter it into the accident book and get first aid at the end of the shift
- B: Don't worry about it, only large cuts have to be reported
- C: Get first aid right away and then enter it into the accident book

Answer: C

Definition: You should get first aid and ensure that the details are entered into the accident book

Which is correct?

- A: Only accidents caused whilst directly carrying out your work must be reported

- B: All accidents which occur on site must be reported
- C: Only accidents witnessed by others must be reported

Answer: B

Definition: All accidents must be reported

Whose responsibility is it to fill in the accident book?

- A: The victim of the accident (if possible)
- B: The site supervisor
- C: The Police

Answer: A

Definition: The person who has suffered the accident should, wherever possible, complete the accident book

In the case of a major accident should you...

- A: Stop work and go home
- B: Follow the site-specific emergency procedure
- C: Run and find the site supervisor

Answer: B

Definition: The emergency procedures for the site must be followed

What is the point of reporting a near miss?

- A: So the person involved can be sacked
- B: So the place can be earmarked as an accident black spot
- C: So lessons can be learned to prevent future accidents

Answer: C

Definition: The circumstances which led to 'a near miss' could be repeated and result in a person suffering injury. Therefore, it is important to record 'a near miss'

All accidents must be reported to the Health and Safety Inspectorate

- A: True
- B: False
- C: Only where they result in the injured person being off work for more than 3 days

Answer: B

Definition: Accidents are not required to be reported to the Health and Safety Inspectorate under the Law

Only accidents which occur to construction workers should be reported to the site supervisor

- A: False, all accidents including those to visitors and the public should be reported to the site supervisor and recorded in the accident book

- B: True
- C: Only if the injured person agrees to the accident being reported

Answer: A

Definition: All accidents which occur on site or as a result of work being carried out should be reported to the site supervisor and recorded in the accident book

If overhead electrical lines are damaged should you...

- A: Keep all persons away from the area and contact Jersey Electricity
- B: Call the site electrician
- C: Contact the health and safety project coordinator

Answer: A

Definition: All persons should be kept away from the area and Jersey Electricity be contacted

Vehicle accidents which occur on site do not need to be reported

- A: False: accidents involving vehicles should be reported to the site supervisor
- B: True
- C: False: all vehicle accidents should be reported to the Police

Answer: A

Definition: All accidents including those involving vehicles should be reported to the site supervisor

It is important to report any accidents so that...

- A: You can claim compensation
- B: The person responsible can be blamed
- C: The reasons why the accident occurred can be identified and corrected

Answer: C

Definition: The prime reason for reporting accidents is so that the reasons for the accident can be determined and any failures corrected

Responsibilities

Who has responsibility for health and safety on a construction site?

- A: Your employer
- B: The Principal Contractor
- C: Everybody on the site

Answer: C

Definition: Everyone has a legal responsibility for their own health and safety, and that of other people who might be affected by the way you work

Which of the following most closely describe somebody who will be a

“designer” under the Construction Regulations ?

- A: Anyone working on the site
- B: The roofing contractor
- C: Anyone who makes decisions that result in design change

Answer: C

Definition: Anyone who makes decisions that result in design changes including specifications of working methods and materials, can be classed as a designer, this can include clients, QS's ,engineers, contractors etc.

Self-employed contractors do not have any responsibility for their own health and safety under the Law

- A: True
- B: False
- C: Only if they work over 5 hours a day

Answer: B

Definition: The self-employed have a legal responsibility for their own and others health and safety

Who co-ordinates health and safety matters on a major construction project?

- A: The architect
- B: The Health & Safety Project Co-ordinator (HSPC)
- C: The client

Answer: B

Definition: The role of the HSPC is to provide the client with a key project advisor in respect of construction health and safety risk management matters and to facilitate effective communication between all parties

Who should provide employees with health and safety training?

- A: Their employer
- B: The clerk of works
- C: The client

Answer: A

Definition: An employer has prime responsibility for ensuring employees are provided with adequate training

You have been asked to use a new item of equipment that you have not had instructions on how to use safely, who should you approach?

- A: Your employer
- B: The client
- C: The architect

Answer: A

Definition:

An employer has prime responsibility for ensuring their employees health and safety

Who is ultimately responsible for training employees?

- A: The safety supervisor
- B: The Principal Contractor
- C: Their employer

Answer: C

Definition:

An employer has prime responsibility for ensuring that their employees are provided with adequate training

Employees have a legal responsibility for the health and safety of...

- A: Themselves
- B: Others working on site
- C: Both A and B

Answer: C

Definition:

Employees have a legal responsibility to protect themselves and others who may be affected by the way they work

When does a construction project have to be notified to the Health and safety Inspectorate?

- A: All construction projects must be notified
- B: Any project which will last more than 10 days
- C: Any project which will take more than 30 days or 500 person days

Answer: C

Definition: All major construction projects, i.e. those which will take more than 30 days or 500 person days, must be notified to the Health and Safety Inspectorate

What must everybody who works on a construction site do, including the self employed?

- A: Fill in a time sheet
- B: Only carry out work that they are trained and competent to carry out
- C: Do everything the Principal Contractor tells them to do

Answer: B

Definition: All operatives on site must only carry out work that they are trained and competent to perform. If they are unsure about a task or item of equipment, they must then consult their supervisor for further training and supervision

When carrying out major refurbishment or demolition of a building, when should you have an asbestos survey?

- A: When the work starts on the site
- B: Before the work starts on any building built before 1990
- C: Before the work starts on any building built before 2000

Answer: C

Definition: An asbestos survey is required to be completed before any work starts on a building built before 2000

When should construction work be planned?

- A: Once the site has been set up
- B: As soon as the sub-contractors have been appointed
- C: Before work starts, during the pre construction phase

Answer: C

Definition: An essential part of managing risks in construction work is achieved by focusing on the planning and management of that work from the very start of the project

What responsibility do sub-contractors have for the health and safety of their employees on site?

- A: None: it is the Principal Contractors who have total responsibility
- B: They have to ensure, so far as is reasonably practicable, the health and safety of their employees
- C: None: it is the site supervisor who has responsibility for all aspects of the work carried out on the site

Answer: B

Definition: Sub-contractors, a term which is not found in health and safety law, have legal responsibilities as employers under the health and safety law

Who has responsibility for ensuring that the public are not exposed to risks to their health and safety?

- A: Everyone working on the project
- B: The client
- C: The architect

Answer: A

Definition: Everyone has a responsibility to ensure that the manner in which they carry out work does not pose risks to the health and safety of others, including members of the public

Where can information on the safe use of products be obtained?

- A: The health and safety data sheet
- B: The health and safety law
- C: The architect

Answer: A

Definition: The health and safety data sheet for the product will contain

information on health and safety measures

Where should I obtain safety data sheets on products that are used?

- A: From the supplier of the product
- B: From the internet
- C: By contacting the Health and Safety Inspectorate

Answer: A

Definition: The supplier of the product is legally required to provide adequate information for the product to be used safely and without risks to health

Who should all accidents and incidents be reported to?

- A: The Building Control Officer
- B: Your employer
- C: Nobody - there is no need to reports accidents and incidents

Answer: B

Definition: You should report any accident to your employer

Who should any concerns about health and safety be referred to?

- A: The Health and Safety Inspectorate
- B: Your employer
- C: The architect

Answer: B

Definition: You should report any concerns over health and safety to your employer

If I see something unsafe what should I do?

- A: Bring it to the attention of the persons affected and tell my employer
- B: Don't do anything unless it affects my work
- C: Accept it as a daily occurrence on a construction site

Answer: A

Definition: You should advise persons affected of your concerns and advise your employer

Who should ensure that an investigation is carried out into all accidents and incidents that occur?

- A: The architect
- B: The employer
- C: The Health and Safety Inspector

Answer: B

Definition: Employers should carry out an investigation into all accidents and incidents that affect their employees

Role of Safety Reps and HSI

What is the role of safety representatives?

- A: To assist employers in ensuring they meet health and safety requirements
- B: To be responsible for health and safety in the workplace
- C: To carry out inspections of scaffolding

Answer: A

Definition: Safety representatives may be appointed by employers to assist them in managing health and safety on sites

Do safety representatives have to be appointed in Jersey?

- A: No
- B: Yes
- C: Only where there are 5 or more people employed

Answer: A

Definition: There is no legal requirement to appoint safety representatives

What is the prime purpose of the Health and Safety Inspectorate?

- A: To investigate accidents
- B: To prosecute companies
- C: To ensure the health, safety and welfare of people at work is maintained, and to safeguard others who may be affected by working activities

Answer: C

Definition: The stated aim of the Inspectorate is to protect the health, safety and welfare of people at work and to safeguard others, mainly members of the public, who may be exposed to risks from the way work is carried out

Under what law do Health and Safety Inspectors have legal powers?

- A: Health and Safety at Work (Jersey) Law 1989
- B: Road Traffic (Jersey) Law 1993
- C: Under the UK Health and Safety Law

Answer: A

Definition: Health and Safety Inspectors appointed by the Minister for Social Security have legal powers under the Health and Safety at Work (Jersey) Law, 1989

Can Health and Safety Inspectors inspect any construction site where persons are employed?

- A: No, only where there are 5 or more persons on the site
- B: Yes, at any reasonable time
- C: Only when the client for the project is not the States of Jersey

Answer: B

Definition: Health and Safety Inspectors are able to visit sites at any reasonable time

Are Health and Safety Inspectors able to stop work?

- A: No
- B: Yes, an Inspector is able to stop work where there is a risk of serious personal injury
- C: Yes, where an Inspector is of the opinion that the law is not being met

Answer: B

Definition: An Inspector is only able to stop work where, in their opinion, there is a risk of serious personal injury

Are Health and Safety Inspectors able to inspect scaffold registers?

- A: Yes, but only after an accident has occurred
- B: Yes, but only if a written request from an Inspector is received in advance
- C: Yes, Inspectors are able to inspect the scaffold register at all reasonable times

Answer: C

Definition: Scaffold registers are required to be available for inspection at all reasonable times

The Health and Safety Inspectorate is able to provide information on health and safety

- A: True
- B: False
- C: Only following an accident

Answer: A

Definition: The Health and Safety Inspectorate is able to provide information and guidance on the legal requirements for health and safety on construction sites

Complaints about health and safety at work can be made to the Health and Safety Inspectorate

- A: Yes
- B: No
- C: Only where the complaint affects a member of the public

Answer: A

Definition: The Health and Safety Inspectorate investigates complaints which are made to it about health and safety arrangements on site

Is it the Health and Safety Inspectors role to help injured people seek

compensation?

- A: No, the individual must seek advice from a lawyer
- B: Only if the accident has been investigated by an Inspector
- C: Only where the person is an employee of the main contractor

Answer: A

Definition: The Health and Safety Inspector is not able to represent an individual seeking compensation for an accident; the individual must seek such advice from their own legal representative

Safe systems of work

What is a safe system of working?

- A: A method of working in which the risks are controlled
- B: Providing hard hats and high visibility clothing to all operatives
- C: Only working in pairs

Answer: A

Definition: A method of working in which the risks to health and safety are controlled. This can be achieved by prior consideration of the work through a risk assessment approach

Who should supervise the work on site?

- A: The person who has worked for the longest period of time
- B: Persons who have been adequately trained and are experienced in the work
- C: The Health and Safety Project Coordinator

Answer: B

Definition: Supervisors are required to be adequately trained and experienced

What should the client check about the contractor prior to the work commencing?

- A: Their social security number
- B: That they are able to demonstrate their competency and have the relevant skills, knowledge or experience of the work
- C: Their bank account statements

Answer: B

Definition: In order to ensure that workers are able to work safely, and without risks to health, they should be asked about their knowledge and experience of the work they are going to be carrying out

What should be done before contractors commence work on the site?

- A: Plan the work, ensuring safe working method statements are in place for any high risk construction work and safety precautions are agreed
- B: Plan the time the site will be open each day to ensure neighbours are not

- affected by noise
- C: Ensure everybody knows the name of the safety officer

Answer: A

Definition: It is essential that everyone understands the requirements for health and safety on site so safe working method statements and safety precautions need to be in place prior to work commencing

Who should supervise the work of contractors?

- A: The site supervisor
- B: A competent person acting on behalf of the contractor
- C: The Health and Safety Project Coordinator

Answer: B

Definition: In order to satisfy their own legal requirements for health and safety, all contractors must ensure that the work they carry out is supervised by a competent and experienced person

Written safe work method statements should be prepared for high risk construction work, such as work at height or demolition work...

- A: True
- B: False
- C: Only if it lasts longer than 1 working day or involves more than 2 persons

Answer: A

Definition: Safe work method statements should be prepared for all high risk construction work, including work at height and demolition work

A permit to work system is...

- A: The identity card system issued by the Social Security Department
- B: The arrangements for shift working when the site works longer than 8 hours a day
- C: A formal written system used to control certain types of potentially hazardous work

Answer: C

Definition: A permit to work system is a formal written system used to control certain types of potentially hazardous work such as entry into confined spaces

A permit to work is...

- A: A permit issued by the Health and Safety Inspectorate
- B: A written document which specifies the potentially hazardous work to be done and the precautions to be taken
- C: A permit issued by the Planning Department

Answer: B

Definition: A permit to work is a formal written system used to ensure that

potentially hazardous work is carried out safely and without risks to health

High risk construction work includes

- A: Work in a confined space, lifting operations using cranes and the removal of asbestos
- B: Lone working after 5pm, or before 7.30am
- C: Any work on a construction site which takes longer than 15 minutes for the emergency services to access

Answer: A

Definition: There are 23 construction activities that are legally defined as high risk construction work

The requirement for safe systems of work is not a legal requirement

- A: True
- B: False
- C: Only if there are 5 or more construction workers on a site

Answer: B

Definition: Safe systems of work are legal requirements under health and safety legislation

Slip, trip & falls

Which of the following is most likely to help prevent accidents from slips, trips and falls?

- A: Putting up warning signs
- B: Wearing the correct PPE
- C: Keeping the site tidy and properly maintained

Answer: C

Definition: Many accidents can be prevented by clearing up the site on a regular basis and removing anything which could cause a tripping hazard

If you slip and injure yourself at work, who should report it?

- A: You, if possible
- B: There is no need to report accidents
- C: The Site Safety Supervisor

Answer: A

Definition: People who have accidents at work should make sure that it is recorded in the site accident book

Oil is spilt on the site, do you...

- A: Cover the area with sawdust before carrying on
- B: Secure the area and inform the Site Supervisor. If available use the spill kit

- C: Carry on, oil will soak into the ground so it isn't a problem

Answer: B

Definition: If oil is accidentally spilt, action should be taken to contain the spill and the site supervisor immediately informed

You have to run a hose across the site, should you...

- A: Make sure it does not cause a tripping hazard
- B: Warn other people in the area to take care
- C: Do nothing, everybody is responsible for their own health and safety

Answer: A

Definition: You should ensure that the hose is covered or routed safely to prevent it becoming a tripping hazard

Which is the best way to stop people falling off a low pitch roof?

- A: Use a rope and harness
- B: Run red and white tape around the edge to warn of the danger
- C: Erect a scaffold with toe boards and guard rails

Answer: C

Definition: It is a legal requirement for fall protection to be provided where a person can fall a distance liable to cause injury. The best form of edge protection is a scaffold erected at eaves height

Slips, trips and falls are...

- A: One of those things that happen when working on a construction site
- B: Normally avoidable if you are careful
- C: One of the largest causes of injury on building sites

Answer: C

Definition: Slips and trips are one of the largest causes of injuries on construction sites. These accidents can be prevented by ensuring that the requirements of the Construction Regulations are followed

How can accidents from slips, trips and falls be prevented?

- A: Display plenty of warning signs
- B: Provide sufficient supplies of personal protective equipment
- C: Ensure that the site is kept reasonably tidy and cleared regularly

Answer: C

Definition: Accidents from slips, trips and falls can be prevented by ensuring that temporary storage areas are provided and the site is kept free from rubbish

Electrical cables should be...

- A: Run across walkways so they can be clearly seen
- B: Placed and protected so that they do not form a tripping hazard

- C: Marked with yellow and black diagonal stripes when they are run across a walkway

Answer: B

Definition: Electrical cables must be protected or safely routed in order to ensure that they do not create a tripping or electrical hazard

Site materials should be stored on sites...

- A: In the identified storage areas, where they do not cause an obstruction
- B: Where it is convenient
- C: Where there is space

Answer: A

Definition: All materials should be stored and stacked safely in clearly identified areas

Emergency escape routes in an existing building being refurbished....

- A: Should be kept clear and unobstructed at all times
- B: May be used as storage areas, but only at weekends and evenings
- C: Do not need to be maintained when the construction work is taking place

Answer: A

Definition: Emergency escape routes must be kept clear and unobstructed at all times in order to ensure that they can be easily used if necessary

Supervision & Management

When planning work in confined spaces, what is the first consideration?

- A: What is the cost?
- B: Is it necessary at all?
- C: How long will the job take?

Answer: B

Definition: The first consideration must be to consider whether it is necessary to place workers at risk

What is the purpose of a 'permit to work' system?

- A: To ensure a job is done safely
- B: To ensure a job is done correctly
- C: To ensure a job is done efficiently

Answer: A

Definition: A permit to work system enables a job which is potentially hazardous to be done safely

An emergency route must be provided to ensure safe passage to...

- A: The site office
- B: A place of safety
- C: Ground level

Answer: B

Definition: Emergency routes must provide safe egress to a place of safety

You notice a scaffold is not complete, what should you do?

- A: Call the scaffold contractor immediately and instruct him to make it safe
- B: Put on a harness so that you can make it safe
- C: Prevent any access to the scaffold by personnel and inform the site supervisor

Answer: C

Definition: A scaffold should not be used until it is completed. Only persons working on the erection of the scaffold should be permitted to access the scaffold

Who is responsible for ensuring that work is carried out safely on site

- A: The site supervisor
- B: Everybody
- C: The Health and Safety Project Coordinator

Answer: B

Definition: Everyone has a legal responsibility for their own and other persons health and safety

The degree of supervision to ensure that work is carried out safely depends on...

- A: Whether the work is carried out by nominated sub-contractors
- B: The nature and extent of the risks involved in carrying out the work
- C: The age of the site workers

Answer: B

Definition: The degree of supervision required depends on the risks involved in the work

The responsibility for ensuring that only authorised persons are allowed into working areas of the site is placed on...

- A: The contractor in control of the site
- B: Sub-contractors
- C: Employees

Answer: A

Definition: The contractor in control of the site is responsible for ensuring that unauthorised persons are prevented from accessing the site

What should be carried out regularly?

- A: Routine health and safety checks
- B: A walk around the site
- C: Checks of the insurance policy

Answer: A

Definition: Regular checks should be carried out

When demolition works are carried out...

- A: Everybody on site should be warned to keep clear
- B: A competent person should be appointed to supervise the work
- C: Everybody not involved should leave the site

Answer: B

Definition: A competent person is required to be appointed to supervise the work

A health and safety project coordinator must be appointed...

- A: When there are more than 5 people on site
- B: When there are more than 20 people on site
- C: When the project will last more than 30 working days or 500 person days

Answer: C

Definition: A health and safety project coordinator is required to be appointed when the project is going to last more than 30 working days or 500 person days

When does an employer have to prepare a written health and safety policy?

- A: When he has more than 10 employees
- B: When he has more than 20 employees
- C: When he has 5 or more employees

Answer: C

Definition: All employers who employ 5 or more employees must prepare a written health and safety policy

What should a written health and safety policy include?

- A: The name of the safety supervisor
- B: The statement of general policy and the organisation and arrangements for carrying it out
- C: The arrangements for working on site

Answer: B

Definition: The safety policy must include a statement of general policy and the organisation and arrangements for carrying it out

Who should be appointed to supervise work on construction sites?

- A: A trained and competent individual who is experienced in the work

- B: A health and safety project coordinator
- C: A quantity surveyor

Answer: A

Definition: Only a trained and competent individual who is experienced in the work must be appointed to supervise works on the site

What should be done to ensure the work is carried out safely?

- A: Provide written instructions
- B: Ensure the workers are competent to do the work and fully understand what they are required to do
- C: Make a check after they have completed the work

Answer: B

Definition: Checks should be made to ensure that workers are competent to carry out the work and fully understand what they are required to do

What can be carried out to raise awareness of health and safety on the site?

- A: Tell each other about incidents that have happened
- B: Only use 110 volt power tools
- C: Tool box talks

Answer: C

Definition: Tool box talks are one of a range of methods used to raise health and safety awareness on sites

What work is preferably carried out when no one is on site?

- A: Site meetings
- B: Movement of scaffolding
- C: Site radiography

Answer: C

Definition: Site radiography is specialist work occasionally carried out on sites. It is preferable if such work can be carried out when no essential persons are on site

What should be checked before work starts?

- A: That everybody is wearing a hard hat
- B: That everybody has the right equipment and is competent to carry out the work safely
- C: That the client is not on site

Answer: B

Definition: Checks should be made to ensure that persons working on the site have the necessary safety equipment and are competent to use it

How should new people starting work on site be informed of the site-specific health and safety risks?

- A: By carrying out induction talks for everybody coming on to the site
- B: By instructing them of the accidents that have occurred on the site
- C: By providing them with a copy of the regulations

Answer: A

Definition: All persons working on sites should receive induction talks when they arrive on site

How can operatives be made aware of site-specific health and safety precautions?

- A: By relying on their colleagues to inform them of the risks
- B: By preparing and issuing site rules
- C: By showing them the accident report book

Answer: B

Definition: Site rules can assist in the understanding of health and safety risks and the measures which are put in place to reduce those risks

How can a check be made of how health and safety is being managed on a site?

- A: By reviewing health and safety performance by checking accident records, inspection reports etc.
- B: By asking the site supervisor
- C: By asking the Health and Safety Inspectorate

Answer: A

Definition: A regular review of health and safety performance can assist in understanding how health and safety is being managed on site

Surveillance & monitoring

What is the purpose of health surveillance?

- A: To check you are fit for the job
- B: To ensure that the precautions taken are effective
- C: To find out whether the person has been wearing a respirator

Answer: B

Definition: Health surveillance is carried out to ensure that the control measures put in place to control health risks are effective

Health surveillance is required to be carried out for...

- A: Asbestos workers who carry out licensed asbestos removal work
- B: Site supervisors
- C: Electricians

Answer: A

Definition: Asbestos workers who carry out licensed asbestos removal work are required to have an annual medical

Health surveillance may be carried out when...

- A: It is considered that the control limits for a hazardous substance are likely to be exceeded
- B: The person working with a hazardous substance is over 45 years of age
- C: More than 2 persons have been exposed to a hazardous substance

Answer: A

Definition: Health surveillance should be carried out when it is likely that the control limits for a hazardous substance are likely to be exceeded

Which of the following groups of construction workers should receive health surveillance?

- A: Construction workers who are regularly exposed to high noise levels
- B: Lorry drivers over the age of 45
- C: Construction workers aged 16-18

Answer: A

Definition: Any construction worker who is regularly exposed to high noise levels should be included in a health surveillance programme

One group of Construction workers who should have health surveillance is those who...

- A: Are regularly at risk of exposure to substances hazardous to health
- B: Work, on average, longer than 45 hours a week
- C: Are over the age of 60

Answer: A

Definition: Any person regularly working with hazardous substances must have regular medical checks

The presence of airborne asbestos fibres is carried out by...

- A: Using a light meter
- B: Air monitoring
- C: Using a gas detection tube

Answer: B

Definition: Airborne asbestos fibres can only be determined by specialist air monitoring

Asbestos fibres can be seen in the air

- A: False
- B: Only when a halogen light is used

- C: True

Answer: A

Definition: Asbestos fibres cannot be seen in the air

A multi-gas monitor can check for the presence of all gases

- A: True
- B: Only when there is no oxygen in the air
- C: False: multi-gas monitors will only check for a range of specific gases for which the monitor is designed

Answer: C

Definition: Gas detectors can only detect gases for which they are designed

Anybody can use a gas monitor

- A: False: only trained and competent persons should operate a gas monitor
- B: True: they are simple to operate
- C: False: only the site supervisor should use a gas monitor

Answer: A

Definition: Gas monitors must only be used by trained and competent persons

Asbestos can be identified by wetting the material and looking at the colour of the fibres

- A: False: asbestos can only be positively identified in a laboratory
- B: True: the type of asbestos, white, brown or blue, is found by looking at the colour of the fibres
- C: Only if a trained analyst looks at the material

Answer: A

Definition: Asbestos fibres can only be positively identified in a recognised laboratory

Temp & housekeeping

What should employees be provided with on an outdoor site where work is being carried out, it is raining and the temperature is 2 degrees centigrade?

- A: A hot drink
- B: The work must be stopped
- C: Weatherproof clothing

Answer: C

Definition: Employees should be provided with suitable clothing to keep them warm and dry

What toilet facilities are required on a construction site?

- A: No toilet is required
- B: A chemical toilet
- C: As far as reasonably practicable, flushing toilets with hot and cold running water

Answer: C

Definition: As far as reasonably practicable, flushing toilets with hot and cold running water. This may be provided by the owner of the premises in which the work is being carried out or local public facilities or those of local business, but in all cases a clear written agreement must be made

Who is responsible for keeping the construction site reasonably tidy and free?

- A: The architect
- B: The Principal Contractor in control of the work
- C: Everybody on site

Answer: C

Definition: Everyone has a legal responsibility for their own and other persons health and safety

What welfare facilities should be provided on construction sites?

- A: At least one chemical toilet
- B: Adequate toilet and washing facilities, as well as a clean and warm place to eat food
- C: Two portable toilets

Answer: B

Definition: Adequate welfare facilities should be provided on all sites

What arrangements should be made on site for access to toilet and washing facilities?

- A: Employees should make use of whatever is available
- B: Signs should be erected to identify the nearest public convenience
- C: Adequate facilities should be provided on the site, including hot and cold water for hand washing

Answer: C

Definition: Adequate facilities should be provided on the site

Hot and cold running water should be provided on site...

- A: When the temperature is below 10 degrees centigrade
- B: To allow site workers to wash their face, hands and forearms
- C: Only when the work will take longer than a month

Answer: B

Definition: Site workers should have access to hot and cold running water

What arrangements should be made for drinks to be provided on site?

- A: A coffee and tea machine in the canteen
- B: A fridge should be provided so workers can store cold drinks
- C: Drinking water and cups

Answer: C

Definition: Arrangements should be made to provide drinking water and cups on site

Who should provide facilities for site workers to make hot drinks and prepare food?

- A: The Principal Contractor in control of the site
- B: Sub-contractors
- C: The site safety supervisor

Answer: A

Definition: The Principal Contractor should make arrangements to provide site welfare facilities

You find something blocking the walkway, should you...

- A: Remove it if possible and then report it to your supervisor
- B: Step over it
- C: Complain about it

Answer: A

Definition: Remove it, if possible, to prevent it becoming a tripping hazard for others and also report it

After use, wet weather clothing should be...

- A: Put back in the site office
- B: Hung up to dry
- C: Left in a convenient place on the site

Answer: B

Definition: All wet weather clothing should be hung up to dry for re-use next time

Working at Heights & falls

What does the definition of work at height include?

- A: Providing a safe means of access and working place
- B: Somewhere you can fall more than 6 feet 6 inches
- C: Somewhere at, or above, ground level, where a person could fall a distance liable to cause injury

Answer: C

Definition: Work at height is at or above ground level, to and from the place of work, where a person could fall a distance liable to cause injury

When should a competent person thoroughly examine a scaffold which has a platform over 2 metres?

- A: When requested by the site safety supervisor
- B: Following a request from the quantity surveyor
- C: After the scaffold has been erected & prior to being used and at least every 7 days thereafter

Answer: C

Definition: Scaffolds should be thoroughly examined by a competent person after erection and prior to being used, with a report of the thorough examination if a person could fall 2m and at least every 7 days thereafter or some other factor which may affect its safety

What scaffolds are legally required to be inspected once every seven days?

- A: Scaffolds from which it is possible to fall 2 metres or more
- B: Scaffolds used for decorating
- C: Scaffolds used for bricklaying

Answer: A

Definition: It is a legal requirement for all scaffolds from which it is possible to fall 2 metres or more to be inspected at least once every seven days

At what height should suitable precautions be taken to prevent a fall?

- A: 1m
- B: 2m
- C: Whenever anybody falling is put at risk of personal injury

Answer: C

Definition: Suitable and sufficient measures must be taken to prevent a fall when somebody falling that distance is at risk of injury

What are the minimum legal requirements for guard rails on a scaffold platform, from where a person could fall?

- A: A single guard rail at a height of 950mm
- B: Double guard rails, one at least 950mm above the platform and an intermediate guard rail, such that no gap is more than 470mm
- C: A single guard rail at a height of 450mm

Answer: B

Definition: Double guard rails are required, at the height specified in answer B

What must be provided on scaffolds that have been left partly erected or dismantled?

- A: Warning notices stating that the scaffold should not be used and a physical barrier to prevent access
- B: A yellow and black diagonal striped tape across the access
- C: The name of the scaffold contractor should be placed on a sign attached to the scaffold

Answer: A

Definition: Warning notices should be fixed to a scaffold which is not complete or which has been left partly dismantled and a physical barrier erected to stop entry

Who should erect tower scaffolds?

- A: The Principal Contractor
- B: Only persons who have been trained and are competent
- C: The site safety supervisor

Answer: B

Definition: Only trained competent persons who are aware of the legal requirements for scaffolding should be permitted to erect tower scaffolds

When should the use of a safety harness be considered?

- A: Only when it is not practicable to provide safer protection against falls from height, such as guard rails, use of MEWP, etc.
- B: If the work is carried out at the weekend
- C: When the scaffolding company is not available

Answer: A

Definition: The use of safety harnesses should only be considered as part of a safe system of work when it is not practicable to provide fixed guard rails or similar physical safeguards

What must be provided when working on a fragile surface?

- A: Suitable collective and personal prevention and protection measures
- B: Careful instructions that persons must only step on the roof bolts
- C: A plan showing the approximate position of where it is safe to walk, eg the roof purlins

Answer: A

Definition: Fragile roof services will break under a person's weight. It is a legal requirement to provide suitable collective and personal prevention and protection measures

When working on a flat roof, what should be erected?

- A: A clear sign warning about the edge
- B: Suitable guard rails and toe boards
- C: Orange debris netting

Answer: B

Definition: Signage or orange netting is not sufficient to meet the legal requirement for edge protection. Suitable guard rails and toe boards are legally required to be provided to the edge of the flat roof

Boards have been removed from the scaffold you are working on, what should you do?

- A: Stop using the working platform, and place a physical barrier to stop entry by others and report the missing board to the site supervisor immediately
- B: Take extra care when you are working to make sure you don't fall through a gap
- C: Move boards from an area of scaffolding which is not being used

Answer: A

Definition: Incomplete working platforms create a significant hazard. You should stop using the working platform, place a physical barrier and report the missing board to the site supervisor in order to meet your legal requirements

What must be provided to all work platforms including scaffolds?

- A: A single guard rail at least 950mm high
- B: A single guard rail at least 950mm high and toe boards
- C: A guard rail at least 950mm high, plus an intermediate rail such that there is no gap bigger than 470mm & toe boards

Answer: C

Definition: Guard rails and toe boards must be provide to prevent falls whenever practicable. The main guard rail must be at least 950mm above the edge from which a person could fall, with sufficient intermediate guard rails with no greater unprotected gap of 470mm and toe boards

How many people can use a Class I Industrial ladder at any time?

- A: One
- B: Two
- C: Depends on the size of the ladder, but allow one person per 10 rungs maximum

Answer: A

Definition: Ladders are only designed to support one person

What should you do if the ladder you intend to use has rungs missing?

- A: Speak to the carpenter and get him to fix it
- B: Report it to the site supervisor at the end of the day
- C: Isolate, tag and report it to the site supervisor immediately and do not use it

Answer: C

Definition: Missing or defective rungs on ladders, at any point of the ladder, can lead to serious injuries to persons attempting to use the ladder. You should not

use it, and immediately isolate, tag & report the defect to your site supervisor, to ensure your own safety and to ensure that you are meeting the legal requirements placed on you

How high should a ladder extend past any landing place?

- A: At least 1 metre unless there is an alternative adequate handhold
- B: At least 2metres
- C: Of sufficient height to enable it to be securely tied in position

Answer: A

Definition: A ladder is legally required to extend at least 1 metre above any landing place unless an alternative handhold, which is able to assist the person climbing the ladder, is available

At what angle should a ladder be erected?

- A: At a safe angle - as a rule of thumb of 'one out for every four up'
- B: Always vertically
- C: At 30 degrees to the horizontal

Answer: A

Definition: Ladders must be erected at a safe angle, generally at 4:1 ratio, to ensure that the ladder is at an easy angle to use

When should ladders be used for working at height?

- A: Only when the work is low risk and short duration
- B: For all maintenance activities
- C: For any work under 3 metres

Answer: A

Definition: Where it is impractical to use safer access equipment, the work is low risk and short duration of less than 30 minutes at a time

Ladders should only be used where both feet of the ladder are...

- A: Supported on blocks
- B: Placed on a firm level footing and secured so that the ladder cannot slip
- C: Tied to a wooden stake

Answer: B

Definition: Ladders are legally required to be placed on a level and firm footing

If asked to use a mobile elevating work platform in high winds should you...

- A: Wrap up warmly
- B: Check the rating plate on the MEWP & use an anemometer to measure actual wind speed
- C: make sure there are 2 people in the MEWP to make it more stable

Answer: B

Definition: The use of lifting equipment is restricted in high winds & varies by machine. You must check the actual wind speed with an anemometer

Who should operate mobile elevating work platforms?

- A: A fully trained and competent operator
- B: The site operatives needing to make use of the platform
- C: Persons instructed by the hire company

Answer: A

Definition: Only trained and competent operators should operate mobile elevating work platforms

When planning work at height you...

- A: must make sure the work at height cannot be avoided before choosing what equipment is needed
- B: use what you have always used, as long as you have never had an accident
- C: choose the cheapest option when deciding on what equipment to use

Answer: A

Definition: You must always try and avoid work at height whenever possible, eg by using extendable tools which can be used from ground level

Workplace transport

Which is true about using any vehicle on site?

- A: You must be over 21
- B: You must be trained, competent and authorised to do so
- C: You must hold a UK or Jersey driving licence

Answer: B

Definition: Any site vehicles must only be operated by persons who have been trained, assessed as competent and are authorised to use the vehicle

Which Approved Code of Practice applies to the use of telescopic material handlers and rough terrain lift trucks on construction sites?

- A: Highway Code
- B: The Safe Use of Rider-Operated Lift Trucks Approved Code of Practice
- C: The DSE Approved Code of Practice

Answer: B

Definition: The Safe Use of Rider-Operated Lift Trucks Approved Code of Practice

Who should be kept away as much as possible from site vehicles?

- A: The site supervisor
- B: Pedestrians
- C: Persons under aged 21

Answer: B

Definition: Wherever possible, pedestrians should be segregated from site vehicles

What should be done to minimise reversing of vehicles?

- A: Implement a one way traffic system wherever possible
- B: Only allow vehicles to enter the site between 7.30am and 9.00am
- C: Only use vehicles where the driver has a clear unobstructed rear view

Answer: A

Definition: The traffic plan for the site should, wherever possible, provide for a one way traffic system on the site

What can be done to assist in warning pedestrians that vehicles are reversing?

- A: Fit audible reversing alarms and, following a risk assessment, the use of Vehicle Banksman
- B: Instruct the driver to shout warnings
- C: Switch the lights on

Answer: A

Definition: The fitting of audible reversing alarms can assist in warning pedestrians of the proximity of reversing vehicles

What would the effect of under-inflated tyres on a site vehicle be?

- A: The machine could become unstable
- B: The machine will not drive as fast
- C: The machine will use more oil

Answer: A

Definition: Under-inflated tyres could result in a vehicle becoming unstable

When can you carry passengers on a site vehicle?

- A: When given permission to do so
- B: If a proper seat is available for each passenger
- C: When not on the public highways

Answer: B

Definition: Passengers should only be carried on vehicles where a passenger seat is provided

Why should traffic routes be set up on site?

- A: To ensure that vehicles and pedestrians can safely move around the site

- B: To impress when the client is visiting site
- C: It is a requirement if there are more than 10 vehicles on site at any one time

Answer: A

Definition: It is important to segregate vehicles and pedestrians on site wherever possible

What can be done to assist drivers reversing where there is limited visibility?

- A: Erect signs warning of limited visibility
- B: Restrict reversing to specified times of the day
- C: Use a trained signaller or a banksman to assist the driver

Answer: C

Definition: Where there is restricted vision, trained signallers or a banksman should be provided to assist the driver in reversing the vehicle safely

What can be done to prevent materials falling from lorries on construction sites?

- A: Make sure that someone travels on top of the lorry to hold the load in place
- B: Make sure that loads are properly secured
- C: Place timber barriers on the back of the lorry

Answer: B

Definition: The driver of the lorry must ensure that all loads are properly secured