SSSTS practice questions

90 original questions with explained answers

Original independent study material · 18 topics · Reviewed 12 November 2026

Answer the questions before opening the answer section. A question asking for several answers requires all stated choices. These study sets are untimed and do not reproduce the official examination format or mark weighting.

Use these original notes and practice questions alongside your taught course and current delegate materials. They are not official CITB exam questions, an exam prediction or a substitute for attendance. The safety guidance is for Great Britain; Northern Ireland has separate legislation. All worked situations are fictional learning examples.

Question sets

1. Supervisory duties, CDM and health and safety law
2. Risk assessment, RAMS and permits to work
3. Inductions, toolbox talks and safety culture
4. Inspections, near misses and incident reporting
5. COSHH, dust, fumes and respiratory protection
6. Asbestos: information, disturbance and training
7. Noise and hand-arm vibration
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9. Welfare, wellbeing and first-aid arrangements
10. Working at height, ladders and scaffolds
11. Site traffic, access and protecting the public
12. Work equipment, guarding and maintenance
13. Lifting operations and lifting equipment
14. Electrical safety and underground and overhead services
15. Excavations and temporary works
16. Fire prevention, hot work and emergencies
17. Confined spaces and rescue planning
18. Environmental protection, storage and waste
Go to the explained answers

1. Supervisory duties, CDM and health and safety law

1.1 A firm appoints a supervisor to carry out its daily safety checks. What happens to the firm's duties as contractor?

A. They remain with the contractor, with the supervisor helping carry out its arrangements.

B. They apply only when the supervisor is absent.

C. They transfer entirely to the supervisor.

My answer: _____

Check the explanation after answering

1.2 Which role coordinates the construction phase on a project involving several contractors?

A. Principal designer

B. The longest-serving trade supervisor

C. Principal contractor

My answer: _____

Check the explanation after answering

1.3 Which statement about an Approved Code of Practice is accurate?

A. It can always be ignored because it is only advice.

B. It is identical to an Act of Parliament.

C. It describes an accepted approach; another method can be used if legal compliance is demonstrated.

My answer: _____

Check the explanation after answering

1.4 What distinguishes a prohibition notice from an improvement notice?

A. It addresses an activity posing a risk of serious personal injury.

B. It is only a recommendation for the next toolbox talk.

C. It always gives at least a month to continue work.

My answer: _____

Check the explanation after answering

1.5 Which TWO statements are correct? Select two.

A. An SSSTS certificate proves competence to design temporary works.

B. A site rule can cancel a statutory requirement.

C. The same organisation may have more than one CDM role.

D. Workers have responsibilities to cooperate and protect themselves and others.

My answer: _____

Check the explanation after answering

2. Risk assessment, RAMS and permits to work

2.1 Which is a hazard rather than a description of risk?

A. The combination of contact likelihood and injury severity

B. An exposed rotating cutting blade

C. The likelihood of a hand contacting the blade during cleaning

My answer: _____

Check the explanation after answering

2.2 A component can be ordered pre-drilled, removing the need to drill it on site. What kind of control is this for the on-site drilling hazard?

A. Elimination

B. A warning system

C. Personal protective equipment

My answer: _____

Check the explanation after answering

2.3 Which information belongs especially in a method statement?

A. A guarantee that conditions will never change

B. Only the names of everyone who attended the induction

C. The order of work and how the specified controls will be used

My answer: _____

Check the explanation after answering

2.4 A hot-work permit is valid until noon, but combustible packaging has since been stacked beside the work. What is the correct interpretation?

A. A second signature is sufficient without checking the packaging.

B. The changed fire conditions need resolving and the permit arrangements reviewed before affected work continues.

C. The expiry time means the work remains authorised regardless of the change.

My answer: _____

Check the explanation after answering

2.5 Which TWO changes can justify reviewing a task assessment? Select two.

A. Replacing a substance with a different product

B. A worker reading the same current method again before an unchanged task

C. The work continuing unchanged with effective controls simply because it is the next day

D. A new trade starting beside the task

My answer: _____

Check the explanation after answering

3. Inductions, toolbox talks and safety culture

3.1 Which information is most clearly site-specific induction content?

A. The location of this site's first-aid provision and assembly point

B. A general explanation of the word hazard with no site information

C. Only evidence that the worker attended an induction at a different site

My answer: _____

Check the explanation after answering

3.2 A supervisor wants to check whether workers understood a changed exclusion zone. Which method is strongest?

A. Ask everyone to sign quickly so work can restart.

B. Ask a worker to show the zone boundary and explain who may enter.

C. Repeat the instruction more loudly without asking a question.

My answer: _____

Check the explanation after answering

3.3 Which TWO responses support a positive reporting culture? Select two.

A. Thank the worker and investigate the facts.

B. Publish personal health details to show transparency.

C. Explain what happened to a concern after it was reported.

D. Treat every near miss as proof that the reporter was careless.

My answer: _____

Check the explanation after answering

3.4 The team has attended a toolbox talk about dust. What else is needed before a dusty task starts?

A. Only another attendance signature

B. Nothing, because a talk is the highest level of control

C. The task-specific assessment, suitable controls and instruction for using them

My answer: _____

Check the explanation after answering

3.5 An escorted visitor will spend ten minutes in a defined safe area. How should their induction be approached?

A. Require the identical detailed task briefing as every operative, regardless of what the visitor will do.

B. No induction is needed because the visit is short.

C. Give a proportionate induction explaining the relevant route, hazards and emergency arrangements.

My answer: _____

Check the explanation after answering

4. Inspections, near misses and incident reporting

4.1 A lifting accessory has a current examination report but has just been damaged. What does the report establish?

A. That the recorded examination occurred; the new damage still needs action.

B. That the person who noticed damage must repair it.

C. That it can remain in use until the next examination date.

My answer: _____

Check the explanation after answering

4.2 Which is the clearest near miss?

A. An unused spare helmet is stored correctly.

B. A planned induction is completed.

C. A falling object lands beside a worker without striking anyone.

My answer: _____

Check the explanation after answering

4.3 Which action addresses an underlying cause of repeated walkway obstruction?

A. Tell the next person who trips to be more careful.

B. Stop recording events because none caused injury.

C. Improve the delivery storage arrangement and assign a completion check.

My answer: _____

Check the explanation after answering

4.4 Who should make a RIDDOR report?

A. Every witness separately

B. The responsible person under the regulations for the particular circumstances

C. Always the nearest site supervisor

My answer: _____

Check the explanation after answering

4.5 Which TWO statements about checking and reporting are correct? Select two.

A. Internal reporting can be needed even where RIDDOR does not apply.

B. An action is not closed merely because someone has been emailed.

C. Only incidents causing absence from work matter.

D. Every inspection can be performed by anyone holding SSSTS.

My answer: _____

Check the explanation after answering

5. COSHH, dust, fumes and respiratory protection

5.1 Which situation needs consideration in a COSHH assessment even without a chemical container?

A. Only the mechanical risk from an unguarded drive belt

B. Only the risk of falling from a ladder during the task

C. Wood dust generated by sanding

My answer: _____

Check the explanation after answering

5.2 Why is a safety data sheet insufficient on its own as a COSHH assessment?

A. Supplier information must never be used in assessments.

B. It only matters after someone becomes ill.

C. It does not by itself assess the actual task, exposure and people at risk.

My answer: _____

Check the explanation after answering

5.3 Which TWO actions can reduce dust exposure beyond issuing RPE? Select two.

A. Use suitable source extraction as required by the assessed method.

B. Move an unprotected worker slightly downwind without assessing conditions.

C. Dry sweep settled dust into a pile beside the work.

D. Use pre-cut components where suitable, avoiding on-site cutting.

My answer: _____

Check the explanation after answering

5.4 A worker has grown a beard across the seal of a previously fit-tested tight-fitting respirator. What is the issue?

A. A larger size will always solve it without assessment.

B. The face seal may no longer be effective even though a past fit test was passed.

C. The old fit test makes facial hair irrelevant.

My answer: _____

Check the explanation after answering

5.5 Which statement about wet cement is correct?

A. Its main health concern is only the weight of the bag.

B. Barrier cream removes cement already trapped against the skin.

C. Suitable contact protection and washing arrangements are needed.

My answer: _____

Check the explanation after answering

6. Asbestos: information, disturbance and training

6.1 What does asbestos awareness training enable a worker to do?

A. Take samples by breaking off a small piece

B. Recognise potential asbestos situations and avoid disturbance

C. Remove any asbestos material if the task takes less than an hour

My answer: _____

Check the explanation after answering

6.2 A survey excludes a void that the task will open. What conclusion can be drawn?

A. The supervisor can rely on the building's appearance.

B. The void is asbestos-free because it was not listed.

C. The information gap needs resolving before the intrusive task.

My answer: _____

Check the explanation after answering

6.3 Unexpected fibrous board is exposed while drilling. Which response avoids making matters worse?

A. Stop disturbing it and follow the site's asbestos response arrangements.

B. Dry sweep the dust before reporting it.

C. Break the board to check the colour inside.

My answer: _____

Check the explanation after answering

6.4 Why can absence of immediate symptoms be misleading after asbestos exposure?

A. All harmful fibres can be seen and removed from the air by eye.

B. Symptoms are required before prevention measures apply.

C. Asbestos-related disease may take many years to become apparent.

My answer: _____

Check the explanation after answering

6.5 Which TWO statements are correct? Select two.

A. The work being small does not automatically make it suitable for an awareness-trained worker.

B. Planning must consider the intended disturbance, not just whether a survey exists.

C. A disposable mask authorises any asbestos removal.

D. A worker's experience on another building proves the material is safe.

My answer: _____

Check the explanation after answering

7. Noise and hand-arm vibration

7.1 Which information matters when assessing hand-arm vibration exposure?

A. Only how long the tool was booked out of the store

B. Only the declared vibration magnitude, regardless of how long the tool is used

C. Vibration magnitude and actual exposure time across the tasks

My answer: _____

Check the explanation after answering

7.2 A worker reports finger tingling after regular vibrating-tool use. What should this trigger?

A. Prompt reporting and review through the employer's health and exposure arrangements

B. A diagnosis by the supervisor using a practice quiz

C. An instruction to wait until grip is permanently lost

My answer: _____

Check the explanation after answering

7.3 Which TWO measures address noise exposure beyond issuing ear defenders? Select two.

A. Tell workers to ignore the noise until they become used to it.

B. Place every noisy activity next to the pedestrian route for convenience.

C. Maintain equipment and reduce unnecessary exposure through the work arrangement.

D. Choose a suitable quieter process or tool where possible.

My answer: _____

Check the explanation after answering

7.4 What is the main purpose of health surveillance for a relevant exposure?

A. To permit any exposure level if no symptoms are found

B. To detect possible health effects early and support appropriate action

C. To replace maintenance of the tool

My answer: _____

Check the explanation after answering

7.5 A worker alternates between two vibrating tools. What must be considered?

A. Only the tool with the highest vibration, regardless of time on the other tool

B. The combined exposure from both activities

C. Only the first activity of the shift

My answer: _____

Check the explanation after answering

8. Manual handling and musculoskeletal health

8.1 Which option should be considered first for a hazardous carrying task?

A. Choose a universal weight limit for all workers.

B. Tell everyone to carry faster to reduce time.

C. Change delivery or work arrangements so the carry can be avoided.

My answer: _____

Check the explanation after answering

8.2 Why can a light component still create a manual-handling risk?

A. It may be handled repeatedly in an awkward posture.

B. Only objects heavier than a worker's body weight count.

C. Light objects are automatically outside manual-handling assessment.

My answer: _____

Check the explanation after answering

8.3 Which TWO changes may reduce manual-handling risk? Select two.

A. Use a suitable aid after checking the route and instruction needs.

B. Place materials at a suitable working height near their point of use.

C. Ignore worker feedback because the item has a weight label.

D. Make each person sign that they can lift any load.

My answer: _____

Check the explanation after answering

8.4 Two people are proposed to move a bulky sheet. Is dividing its weight by two a sufficient assessment?

A. Yes; load sharing is always exactly equal.

B. Yes, provided neither person reports pain beforehand.

C. No; coordination, grip, posture, visibility and the route also matter.

My answer: _____

Check the explanation after answering

8.5 What is the limitation of lifting-technique training?

A. It removes the need for any handling aids.

B. It cannot by itself make an unsuitable task or environment safe.

C. It guarantees that an injury cannot occur.

My answer: _____

Check the explanation after answering

9. Welfare, wellbeing and first-aid arrangements

9.1 Which welfare arrangement is inadequate as described?

A. Facilities have agreed access, cleaning and replenishment arrangements.

B. Toilets and washing are available only after the crew has already worked for two hours.

C. Remote work areas have accessible arrangements suited to their location.

My answer: _____

Check the explanation after answering

9.2 What is the distinction between an appointed person and a first-aider?

A. Every appointed person is automatically a trained first-aider.

B. Appointment to manage arrangements does not itself provide first-aid training.

C. A first-aider is responsible only for buying supplies.

My answer: _____

Check the explanation after answering

9.3 Which TWO factors belong in a first-aid needs assessment? Select two.

A. Only the arrangements at the company's office, without considering the site

B. Only whether the most senior manager has once taken a first-aid course

C. Shift patterns, absences and remote locations

D. The hazards and nature of the work

My answer: _____

Check the explanation after answering

9.4 A worker says conflicting deadlines are affecting their sleep and concentration. What is a constructive supervisory response?

A. Listen privately, consider immediate work risks and discuss workload and support through the employer's arrangements.

B. Dismiss the concern because stress cannot be work-related.

C. Diagnose a medical condition and announce it to the team.

My answer: _____

Check the explanation after answering

9.5 Why are washing facilities relevant to hazardous substances?

A. They allow any chemical task to proceed without other controls.

B. They matter only for appearance at the end of the day.

C. They help workers remove contamination before it is spread or swallowed.

My answer: _____

Check the explanation after answering

10. Working at height, ladders and scaffolds

10.1 Which situation can be work at height?

A. Working beside an unprotected opening where a fall could cause injury

B. Only work on a roof

C. Only work more than two metres above ground

My answer: _____

Check the explanation after answering

10.2 Which option applies the first step of the work-at-height hierarchy?

A. Issue a harness before considering a different work method.

B. Ask people to stand further from an unprotected edge without assessing the task.

C. Assemble the item at ground level so the height task is avoided.

My answer: _____

Check the explanation after answering

10.3 Which TWO statements are correct? Select two.

A. A guardrail is an example of collective protection.

B. Any available ladder is suitable for any short task.

C. A harness removes the need to plan rescue.

D. Fall restraint aims to stop the worker reaching a fall position.

My answer: _____

Check the explanation after answering

10.4 High winds occur after a scaffold’s inspection. What matters before use?

A. Only whether the next weekly date has arrived

B. Whether the event could have affected safety and whether the appropriate competent inspection is required

C. Whether the scaffold tag remains the same colour

My answer: _____

Check the explanation after answering

10.5 A worker needs to reach farther from a ladder to finish a fitting. What does this reveal?

A. Experience makes overreach acceptable.

B. The position or selected access method may not be suitable for the whole task.

C. The ladder must be safe because the first part of the task was completed.

My answer: _____

Check the explanation after answering

11. Site traffic, access and protecting the public

11.1 Which measure most directly prevents pedestrians entering a vehicle route?

A. A suitable separate pedestrian route with effective separation

B. High-visibility clothing alone

C. A reminder that vehicles are heavy

My answer: _____

Check the explanation after answering

11.2 Why can a one-way system help?

A. It removes every need to consider pedestrians.

B. It can reduce reversing and conflicting vehicle movements.

C. It makes the ground strength irrelevant.

My answer: _____

Check the explanation after answering

11.3 A driver loses contact with the authorised signaller during a controlled reversing movement. What should happen?

A. Ask an unbriefed passer-by to improvise signals.

B. Continue slowly because the signaller was visible a moment ago.

C. Stop the movement and restore the agreed safe communication arrangement.

My answer: _____

Check the explanation after answering

11.4 Which TWO details should be considered when planning a delivery? Select two.

A. Where people will walk during unloading

B. Only the vehicle's travel route, assuming unloading needs no separate space

C. How the vehicle will turn or leave afterwards

D. Only that the driver holds a licence, without explaining site arrangements

My answer: _____

Check the explanation after answering

11.5 Why is locking every gate not automatically a suitable site-security solution?

A. Visitors should always choose their own route.

B. Construction sites do not need to prevent unauthorised access.

C. It could obstruct emergency escape for people working inside.

My answer: _____

Check the explanation after answering

12. Work equipment, guarding and maintenance

12.1 What does PUWER require consideration of?

A. Whether equipment is suitable, maintained, protected and used by appropriately trained people

B. Only whether a manufacturer's sticker is still visible

C. Only whether the machine was recently purchased

My answer: _____

Check the explanation after answering

12.2 A machine guard prevents a worker reaching a moving blade. What type of protection is it providing?

A. Only a reminder to concentrate

B. A substitute for every other equipment requirement

C. A physical barrier to the danger zone

My answer: _____

Check the explanation after answering

12.3 Which TWO statements about a normal stop control are correct? Select two.

A. Unexpected restart may still be possible unless the appropriate isolation is established.

B. Every energy source is always isolated by a single operating stop button.

C. Stored pressure or a raised component can remain hazardous after stopping.

D. A raised part that is stationary cannot move after the stop button is pressed.

My answer: _____

Check the explanation after answering

12.4 A worker finds damage during a pre-use check. What is the useful next action?

A. Report it at the next handover but leave the equipment available meanwhile.

B. Follow the defect-reporting and withdrawal arrangement so the equipment is not unknowingly reused.

C. Assume the scheduled service date makes the defect unimportant.

My answer: _____

Check the explanation after answering

12.5 What should a supervisor confirm before equipment returns after maintenance?

A. That the first operator will discover any remaining faults

B. The authorised return-to-service checks are complete and required protection is restored.

C. Only that production is behind schedule

My answer: _____

Check the explanation after answering

13. Lifting operations and lifting equipment

13.1 Which statement describes the basic approach to lifting operations?

A. Competent planning, appropriate supervision and safe execution

B. Planning is needed only when a load is unusually heavy

C. An operator's confidence is enough to replace planning

My answer: _____

Check the explanation after answering

13.2 A site supervisor has SSSTS but no appointed lifting role or relevant lifting competence. What can be assumed?

A. They can coordinate their team with the lifting arrangements but cannot assume specialist lifting authority.

B. They can redesign the lift because they supervise a trade.

C. They can approve any sling if they have seen one before.

My answer: _____

Check the explanation after answering

13.3 Which TWO changes can affect a planned lift? Select two.

A. An unchanged lift is recorded on a duplicate copy of the same current plan.

B. The ground supporting equipment has deteriorated after rain.

C. The same competent operator rereads the unchanged agreed plan.

D. The landing area is moved beside a pedestrian gate.

My answer: _____

Check the explanation after answering

13.4 Why are pre-use checks still relevant after a thorough examination?

A. They allow untrained workers to repair accessories.

B. Damage or deterioration may occur after the examination.

C. They automatically cancel all formal examination requirements.

My answer: _____

Check the explanation after answering

13.5 Which statement explains the need to keep pedestrians out of a suspended load's danger area?

A. Exclusion is needed only when the load rises above head height.

B. A falling or moving load can strike or crush someone in its path.

C. Exclusion is needed only if the equipment examination is overdue.

My answer: _____

Check the explanation after answering

14. Electrical safety and underground and overhead services

14.1 What does a buried-service drawing establish?

A. A guaranteed exact depth for every service

B. Useful information about likely service positions that must be combined with appropriate locating and safe work

C. Permission to excavate mechanically anywhere not marked

My answer: _____

Check the explanation after answering

14.2 Why can an overhead line be dangerous even without contact?

A. All overhead wires are harmless unless visibly sparking.

B. An insulated-looking covering guarantees that approaching the line is safe.

C. Electricity can arc across a gap.

My answer: _____

Check the explanation after answering

14.3 Which TWO movements need considering near overhead lines? Select two.

A. Only the vehicle while its engine is switched off

B. Only direct contact by a metal machine

C. Moving a long scaffold pole into position

D. Raising a tipper body during unloading

My answer: _____

Check the explanation after answering

14.4 A machine's control switch is off before electrical maintenance. What should a supervisor understand?

A. Safe isolation and verification still need to follow the authorised competent procedure.

B. The switch position alone proves every part is dead.

C. Any worker can now test live parts with improvised equipment.

My answer: _____

Check the explanation after answering

14.5 A locator identifies one buried cable in the work area. Which conclusion is sound?

A. Other services may still be present, so continue the planned locating and safe excavation process.

B. The cable's depth never needs further consideration.

C. No other service can be nearby.

My answer: _____

Check the explanation after answering

15. Excavations and temporary works

15.1 Which statement about excavation depth is correct?

A. Only deep excavations can affect nearby foundations.

B. No single depth guarantees safety in all ground and site conditions.

C. Every trench below one metre is automatically safe.

My answer: _____

Check the explanation after answering

15.2 Why can placing spoil or vehicles near an excavation edge be dangerous?

A. It always strengthens the sides by compressing them safely.

B. It matters only if the plant is moving at speed.

C. The added load can affect stability and material may fall in.

My answer: _____

Check the explanation after answering

15.3 Which TWO events can require reassessment or inspection of excavation safety? Select two.

A. A fall of earth from the side

B. An unchanged inspection report being filed in the site office

C. Heavy rain that may affect strength or stability

D. A person rereading the current inspection report without any intervening change

My answer: _____

Check the explanation after answering

15.4 Which is an example of temporary works?

A. A finished retaining wall designed solely for its permanent use, with no temporary construction support role

B. A completed permanent floor slab that is not being used to support any temporary construction activity

C. A working platform supporting construction plant

My answer: _____

Check the explanation after answering

15.5 A prop blocks the installation of a service. What must happen before it is removed?

A. A trade supervisor can remove it if replacement is promised later.

B. The change must follow the authorised temporary-works design and coordination arrangements.

C. It can be removed because temporary items do not carry important loads.

My answer: _____

Check the explanation after answering

16. Fire prevention, hot work and emergencies

16.1 Which three elements make up the fire triangle?

A. Fuel, heat and a confined space

B. Heat or ignition, fuel and oxygen

C. Fuel, oxygen and an extinguisher

My answer: _____

Check the explanation after answering

16.2 Which statement about a hot-work permit is correct?

A. Its required controls must still be implemented and maintained.

B. A permit remains suitable after conditions change until its printed expiry time.

C. The signature guarantees that hidden combustibles cannot exist.

My answer: _____

Check the explanation after answering

16.3 Which TWO items should be checked in an emergency arrangement? Select two.

A. How people will recognise the warning and reach a safe assembly area

B. How emergency help will find and access the site

C. Only the previous project's emergency plan

D. Only that an extinguisher is present somewhere on the site

My answer: _____

Check the explanation after answering

16.4 A refurbishment closes a corridor used by occupants of the building. What is the safety issue?

A. A new sign alone always makes any alternative route suitable.

B. Occupants' escape is irrelevant to construction planning.

C. The work may affect an existing escape route and needs coordinated arrangements.

My answer: _____

Check the explanation after answering

16.5 An untrained worker sees a developing fire. What should the revision principle be?

A. Retrieve tools before leaving.

B. Follow the site's alarm and evacuation arrangements without entering additional danger.

C. Always fight the fire before raising an alarm.

My answer: _____

Check the explanation after answering

17. Confined spaces and rescue planning

17.1 Which description best fits a confined space?

A. Only an underground tunnel

B. Any room narrower than two metres

C. An enclosed or largely enclosed space with a reasonably foreseeable specified risk

My answer: _____

Check the explanation after answering

17.2 Why is smelling the air not a reliable safety check?

A. Some dangerous atmospheric conditions cannot be detected by smell.

B. Every hazardous atmosphere has a strong warning smell

C. A person can always leave before any atmospheric harm occurs.

My answer: _____

Check the explanation after answering

17.3 What should be considered first when planning work involving a confined space?

A. Which available breathing apparatus could be used for entry

B. Whether the task can be completed without entering

C. Which communication and rescue arrangements would support entry

My answer: _____

Check the explanation after answering

17.4 Which TWO statements about rescue are correct? Select two.

A. Suitable arrangements must be established before entry.

B. A would-be rescuer may face the same atmospheric hazard as the casualty.

C. Fitness alone makes unplanned rescue entry safe.

D. Public emergency services are sufficient as the entire plan.

My answer: _____

Check the explanation after answering

17.5 A space was entered safely yesterday, but a different process is planned today. What follows?

A. Only the name of the person entering needs changing.

B. Yesterday's experience guarantees safe conditions today.

C. The new task and conditions must be assessed within the entry arrangements.

My answer: _____

Check the explanation after answering

18. Environmental protection, storage and waste

18.1 Which action is highest in the waste hierarchy?

A. Recycling surplus after it has become waste

B. Ordering accurately so surplus material does not become waste

C. Sending everything to disposal

My answer: _____

Check the explanation after answering

18.2 Why is a drain important when assessing a fuel spill?

A. Fuel cannot travel in drainage systems.

B. It may provide a route for pollution to reach water or another receptor.

C. Every drain automatically makes the spill harmless.

My answer: _____

Check the explanation after answering

18.3 Which TWO practices support responsible waste management? Select two.

A. Mix every waste type to avoid checking what it is.

B. Assume a verbal promise makes every disposal route legal.

C. Use the appropriate carrier and transfer checks for the waste and jurisdiction.

D. Use designated secure storage and keep access routes clear.

My answer: _____

Check the explanation after answering

18.4 What should happen to cement-contaminated wash water?

A. It can always be hosed into the nearest drain.

B. It becomes harmless as soon as extra clean water is added.

C. It should follow the site's suitable collection and authorised disposal arrangements.

My answer: _____

Check the explanation after answering

18.5 Why must a UK-wide revision guide distinguish national environmental requirements?

A. Environmental protection applies only in England.

B. Waste and pollution arrangements can differ among the UK nations.

C. A supervisor's preference replaces national rules.

My answer: _____

Check the explanation after answering

Explained answers

Review every explanation, including questions you answered correctly by guessing. Return to the corresponding notes when a concept is unclear.

1. Supervisory duties, CDM and health and safety law

1.1 A firm appoints a supervisor to carry out its daily safety checks. What happens to the firm's duties as contractor?

Correct answer: A. Separate responsibility for performing a check from the legal duties the check helps fulfil.

A. They remain with the contractor, with the supervisor helping carry out its arrangements. Correct: operational tasks can be delegated while the contractor remains a dutyholder.

B. They apply only when the supervisor is absent. Duties do not switch on and off according to the supervisor's attendance.

C. They transfer entirely to the supervisor. Delegating a task does not remove the contractor's legal responsibilities.

Primary references: HSE01, HSE02, HSE30, CITB01, HSE37, HSE41, HSENI01.

1.2 Which role coordinates the construction phase on a project involving several contractors?

Correct answer: C. The phase of the project and the appointed role determine the coordination duty.

A. Principal designer. This role coordinates the pre-construction phase, although cooperation continues during construction.

B. The longest-serving trade supervisor. Experience does not create the principal contractor appointment.

C. Principal contractor. Correct: the principal contractor coordinates health and safety during the construction phase.

Primary references: HSE01, HSE02, HSE30, CITB01, HSE37, HSE41, HSENI01.

1.3 Which statement about an Approved Code of Practice is accurate?

Correct answer: C. Do not confuse guidance status with permission to disregard the underlying legal duty.

A. It can always be ignored because it is only advice. An alternative must still meet the law, and the Code has a particular role in proceedings.

B. It is identical to an Act of Parliament. An ACOP is not itself an Act, although it has special legal status.

C. It describes an accepted approach; another method can be used if legal compliance is demonstrated. Correct: the important test is compliance, with the Code's special status taken into account.

Primary references: HSE01, HSE02, HSE30, CITB01, HSE37, HSE41, HSENI01.

1.4 What distinguishes a prohibition notice from an improvement notice?

Correct answer: A. The notice's terms matter. A prohibition notice can prevent the activity before someone is injured.

A. It addresses an activity posing a risk of serious personal injury. Correct: prohibition concerns the serious-injury risk of an activity.

B. It is only a recommendation for the next toolbox talk. A notice is an enforceable restriction, not a suggested briefing topic.

C. It always gives at least a month to continue work. Prohibition can take immediate effect; read and comply with the actual notice.

Primary references: HSE01, HSE02, HSE30, CITB01, HSE37, HSE41, HSENI01.

1.5 Which TWO statements are correct? Select two.

Correct answers: C, D. Safety is a set of connected responsibilities, not a single duty assigned to the person with the most visible title.

A. An SSSTS certificate proves competence to design temporary works. Training in supervision does not demonstrate specialist design competence.

B. A site rule can cancel a statutory requirement. Local rules cannot remove legal duties.

C. The same organisation may have more than one CDM role. Correct: organisations can hold multiple roles where capable of carrying them out.

D. Workers have responsibilities to cooperate and protect themselves and others. Correct: workers have duties as well as a right to be consulted.

Primary references: HSE01, HSE02, HSE30, CITB01, HSE37, HSE41, HSENI01.

2. Risk assessment, RAMS and permits to work

2.1 Which is a hazard rather than a description of risk?

Correct answer: B. Identify the source of harm first, then assess exposure and the potential consequence.

A. The combination of contact likelihood and injury severity. This describes risk, not the hazard itself.

B. An exposed rotating cutting blade. Correct: this is a source of potential harm.

C. The likelihood of a hand contacting the blade during cleaning. This describes the chance of harm in a particular situation.

Primary references: HSE03, HSE04, CITB01, HSE35.

2.2 A component can be ordered pre-drilled, removing the need to drill it on site. What kind of control is this for the on-site drilling hazard?

Correct answer: A. Moving up the control hierarchy can reduce reliance on individual behaviour.

A. Elimination. Correct: the on-site activity creating the hazard is removed.

B. A warning system. The activity has changed; this is more than warning people about it.

C. Personal protective equipment. Nothing worn by an individual has been introduced.

Primary references: HSE03, HSE04, CITB01, HSE35.

2.3 Which information belongs especially in a method statement?

Correct answer: C. A useful method statement explains the task in a sequence that the team can follow.

A. A guarantee that conditions will never change. No document can guarantee unchanging site conditions.

B. Only the names of everyone who attended the induction. Attendance may be recorded elsewhere; it does not describe the method.

C. The order of work and how the specified controls will be used. Correct: this translates the risk controls into an understandable work method.

Primary references: HSE03, HSE04, CITB01, HSE35.

2.4 A hot-work permit is valid until noon, but combustible packaging has since been stacked beside the work. What is the correct interpretation?

Correct answer: B. Authorisation is conditional. Check whether the assumptions supporting it still hold.

A. A second signature is sufficient without checking the packaging. Signing again cannot substitute for effective fire controls.

B. The changed fire conditions need resolving and the permit arrangements reviewed before affected work continues. Correct: a live permit does not override a material change.

C. The expiry time means the work remains authorised regardless of the change. The permit's conditions, not just its time limit, must remain satisfied.

Primary references: HSE03, HSE04, CITB01, HSE35.

2.5 Which TWO changes can justify reviewing a task assessment? Select two.

Correct answers: A, D. Review triggers include changes to the work and evidence that controls may not be effective.

A. Replacing a substance with a different product. Correct: hazards, exposure and control needs may change.

B. A worker reading the same current method again before an unchanged task. Re-reading is useful preparation but is not itself a change to the task or evidence that its controls are inadequate.

C. The work continuing unchanged with effective controls simply because it is the next day. The date alone does not establish a material change; still follow any scheduled review and inspection requirements.

D. A new trade starting beside the task. Correct: interfaces can expose additional people or change conditions.

Primary references: HSE03, HSE04, CITB01, HSE35.

3. Inductions, toolbox talks and safety culture

3.1 Which information is most clearly site-specific induction content?

Correct answer: A. Induction turns general awareness into knowledge of the actual site.

A. The location of this site's first-aid provision and assembly point. Correct: these arrangements vary from site to site.

B. A general explanation of the word hazard with no site information. Useful knowledge, but it does not replace site-specific induction.

C. Only evidence that the worker attended an induction at a different site. Another site's induction does not explain the current site's particular risks and arrangements.

Primary references: HSE04, CITB01.

3.2 A supervisor wants to check whether workers understood a changed exclusion zone. Which method is strongest?

Correct answer: B. A check-back question tests the action workers will take.

A. Ask everyone to sign quickly so work can restart. A signature does not establish what people understood.

B. Ask a worker to show the zone boundary and explain who may enter. Correct: the answer reveals understanding of the practical arrangement.

C. Repeat the instruction more loudly without asking a question. Volume alone provides no evidence of comprehension.

Primary references: HSE04, CITB01.

3.3 Which TWO responses support a positive reporting culture? Select two.

Correct answers: A, C. A reporting system works when people can raise concerns and see appropriate follow-up.

A. Thank the worker and investigate the facts. Correct: a constructive response encourages useful information.

B. Publish personal health details to show transparency. Useful safety communication should not disclose unnecessary personal information.

C. Explain what happened to a concern after it was reported. Correct: feedback shows that reporting produces action.

D. Treat every near miss as proof that the reporter was careless. Starting with blame can suppress reporting and miss underlying causes.

Primary references: HSE04, CITB01.

3.4 The team has attended a toolbox talk about dust. What else is needed before a dusty task starts?

Correct answer: C. Awareness and instructions help people use controls; they do not replace those controls.

A. Only another attendance signature. A duplicate record does not control the task.

B. Nothing, because a talk is the highest level of control. Communication is not a substitute for eliminating or controlling exposure.

C. The task-specific assessment, suitable controls and instruction for using them. Correct: a talk cannot deliver physical exposure control on its own.

Primary references: HSE04, CITB01.

3.5 An escorted visitor will spend ten minutes in a defined safe area. How should their induction be approached?

Correct answer: C. Proportionate information is purposeful: enough for the person to stay safe during the actual visit.

A. Require the identical detailed task briefing as every operative, regardless of what the visitor will do. The information should be suitable and proportionate, rather than identical by default.

B. No induction is needed because the visit is short. Visitors still need relevant information about hazards and controls.

C. Give a proportionate induction explaining the relevant route, hazards and emergency arrangements. Correct: induction should match the nature of the visit.

Primary references: HSE04, CITB01.

4. Inspections, near misses and incident reporting

4.1 A lifting accessory has a current examination report but has just been damaged. What does the report establish?

Correct answer: A. Inspection and examination are time-specific evidence, not a warranty against future damage.

A. That the recorded examination occurred; the new damage still needs action. Correct: current condition must be assessed separately from a past record.

B. That the person who noticed damage must repair it. Noticing a defect does not establish competence or authority to repair it.

C. That it can remain in use until the next examination date. The report does not cover damage that happened afterwards.

Primary references: HSE05, HSE15, HSE20, HSE23, HSE33.

4.2 Which is the clearest near miss?

Correct answer: C. A near miss is an event, even though the outcome happened to avoid harm.

A. An unused spare helmet is stored correctly. No hazardous event is described.

B. A planned induction is completed. This is a planned control activity, not a near miss.

C. A falling object lands beside a worker without striking anyone. Correct: an event occurred that could have caused injury.

Primary references: HSE05, HSE15, HSE20, HSE23, HSE33.

4.3 Which action addresses an underlying cause of repeated walkway obstruction?

Correct answer: C. Useful investigation looks beyond the last person involved to how the work is organised.

A. Tell the next person who trips to be more careful. This focuses on the individual without resolving the repeated condition.

B. Stop recording events because none caused injury. That removes information about a recurring failure.

C. Improve the delivery storage arrangement and assign a completion check. Correct: this changes the conditions creating the repeated obstruction.

Primary references: HSE05, HSE15, HSE20, HSE23, HSE33.

4.4 Who should make a RIDDOR report?

Correct answer: B. The supervisor may gather and pass on information, but must not assume the statutory reporting role.

A. Every witness separately. Multiple witness reports are not the prescribed reporting arrangement.

B. The responsible person under the regulations for the particular circumstances. Correct: reporting responsibility follows the legal relationship and event.

C. Always the nearest site supervisor. The job title or proximity does not determine legal responsibility.

Primary references: HSE05, HSE15, HSE20, HSE23, HSE33.

4.5 Which TWO statements about checking and reporting are correct? Select two.

Correct answers: A, B. Good supervision connects observation to resolution, using the appropriate reporting route.

A. Internal reporting can be needed even where RIDDOR does not apply. Correct: site learning and control duties extend beyond statutory report categories.

B. An action is not closed merely because someone has been emailed. Correct: completion and effectiveness still need confirmation.

C. Only incidents causing absence from work matter. Near misses, defects and ill-health concerns can all reveal risks.

D. Every inspection can be performed by anyone holding SSSTS. Competence must match the particular inspection; a general course is not universal authorisation.

Primary references: HSE05, HSE15, HSE20, HSE23, HSE33.

5. COSHH, dust, fumes and respiratory protection

5.1 Which situation needs consideration in a COSHH assessment even without a chemical container?

Correct answer: C. COSHH is about hazardous exposure, including substances generated by work.

A. Only the mechanical risk from an unguarded drive belt. The drive belt requires equipment controls, but it is not itself a hazardous-substance exposure.

B. Only the risk of falling from a ladder during the task. Falls need assessment, but they are not a hazardous-substance exposure covered by COSHH.

C. Wood dust generated by sanding. Correct: the process creates a substance that can harm health.

Primary references: HSE06, HSE07, HSE29, HSE31.

5.2 Why is a safety data sheet insufficient on its own as a COSHH assessment?

Correct answer: C. An assessment connects substance information to real working conditions.

A. Supplier information must never be used in assessments. It is a useful input, but not the whole assessment.

B. It only matters after someone becomes ill. The information is needed for prevention before exposure occurs.

C. It does not by itself assess the actual task, exposure and people at risk. Correct: supplier information must be applied to how the product is used.

Primary references: HSE06, HSE07, HSE29, HSE31.

5.3 Which TWO actions can reduce dust exposure beyond issuing RPE? Select two.

Correct answers: A, D. Source control and avoidance can protect more people and reduce reliance on individual PPE.

A. Use suitable source extraction as required by the assessed method. Correct: capture near the source reduces escape into the working area.

B. Move an unprotected worker slightly downwind without assessing conditions. That does not establish effective exposure control.

C. Dry sweep settled dust into a pile beside the work. Sweeping can resuspend fine dust and expose the cleaner and others.

D. Use pre-cut components where suitable, avoiding on-site cutting. Correct: removing the process can remove its exposure source.

Primary references: HSE06, HSE07, HSE29, HSE31.

5.4 A worker has grown a beard across the seal of a previously fit-tested tight-fitting respirator. What is the issue?

Correct answer: B. Fit testing and correct use work together; a past result is not a permanent guarantee.

A. A larger size will always solve it without assessment. Size alone cannot guarantee a seal across facial hair; suitable alternatives need selection.

B. The face seal may no longer be effective even though a past fit test was passed. Correct: present fit and sealing conditions matter.

C. The old fit test makes facial hair irrelevant. A test does not guarantee an effective seal after the wearer's sealing conditions change.

Primary references: HSE06, HSE07, HSE29, HSE31.

5.5 Which statement about wet cement is correct?

Correct answer: C. Health assessment must consider skin as well as inhalation exposure.

A. Its main health concern is only the weight of the bag. Handling is one issue, but contact can also cause skin burns and dermatitis.

B. Barrier cream removes cement already trapped against the skin. Cream does not remove contamination or replace washing and other controls.

C. Suitable contact protection and washing arrangements are needed. Correct: skin exposure needs active prevention and prompt action after contamination.

Primary references: HSE06, HSE07, HSE29, HSE31.

6. Asbestos: information, disturbance and training

6.1 What does asbestos awareness training enable a worker to do?

Correct answer: B. Awareness and competence to undertake asbestos work are different things.

A. Take samples by breaking off a small piece. Sampling needs suitable competence and controls beyond awareness.

B. Recognise potential asbestos situations and avoid disturbance. Correct: awareness supports prevention and the correct response to unexpected material.

C. Remove any asbestos material if the task takes less than an hour. Awareness does not qualify someone to perform asbestos work, and duration alone is not the test.

Primary references: HSE08, HSE39.

6.2 A survey excludes a void that the task will open. What conclusion can be drawn?

Correct answer: C. Read scope and limitations, not merely a document title or date.

A. The supervisor can rely on the building's appearance. Appearance cannot establish the absence of asbestos.

B. The void is asbestos-free because it was not listed. An excluded area was not established by the survey; absence from the list is not proof.

C. The information gap needs resolving before the intrusive task. Correct: planning information must cover the area and work.

Primary references: HSE08, HSE39.

6.3 Unexpected fibrous board is exposed while drilling. Which response avoids making matters worse?

Correct answer: A. The immediate goal is to prevent additional exposure, not to identify the material by informal handling.

A. Stop disturbing it and follow the site's asbestos response arrangements. Correct: prevent additional disturbance and obtain the appropriate competent assessment.

B. Dry sweep the dust before reporting it. Sweeping can spread fibres and create additional exposure.

C. Break the board to check the colour inside. Further damage may release fibres and does not provide reliable identification.

Primary references: HSE08, HSE39.

6.4 Why can absence of immediate symptoms be misleading after asbestos exposure?

Correct answer: C. Prevention is necessary because waiting for symptoms would be far too late.

A. All harmful fibres can be seen and removed from the air by eye. Fibres cannot reliably be assessed or controlled by visual inspection.

B. Symptoms are required before prevention measures apply. Preventive duties apply before harm develops.

C. Asbestos-related disease may take many years to become apparent. Correct: latency means immediate wellbeing does not establish that exposure was harmless.

Primary references: HSE08, HSE39.

6.5 Which TWO statements are correct? Select two.

Correct answers: A, B. Think in terms of information, competence and a planned method, not reassuring shortcuts.

A. The work being small does not automatically make it suitable for an awareness-trained worker. Correct: competence and control requirements depend on the actual material and work.

B. Planning must consider the intended disturbance, not just whether a survey exists. Correct: information must be appropriate to the task.

C. A disposable mask authorises any asbestos removal. PPE alone does not establish legal arrangements, competence or adequate controls.

D. A worker's experience on another building proves the material is safe. Different buildings and materials require their own information.

Primary references: HSE08, HSE39.

7. Noise and hand-arm vibration

7.1 Which information matters when assessing hand-arm vibration exposure?

Correct answer: C. Exposure is linked to the work actually performed and the vibration transmitted to the hands.

A. Only how long the tool was booked out of the store. Possession time is not necessarily actual exposure time.

B. Only the declared vibration magnitude, regardless of how long the tool is used. Vibration magnitude alone does not establish daily exposure; actual exposure time across tasks also matters.

C. Vibration magnitude and actual exposure time across the tasks. Correct: both the level and duration contribute to exposure.

Primary references: HSE09, HSE10, HSE36.

7.2 A worker reports finger tingling after regular vibrating-tool use. What should this trigger?

Correct answer: A. Recognise and report possible symptoms without attempting an unqualified diagnosis.

A. Prompt reporting and review through the employer's health and exposure arrangements. Correct: early symptoms need attention and appropriate follow-up.

B. A diagnosis by the supervisor using a practice quiz. A supervisor should not substitute a quiz or personal opinion for professional assessment.

C. An instruction to wait until grip is permanently lost. Waiting can allow further harm.

Primary references: HSE09, HSE10, HSE36.

7.3 Which TWO measures address noise exposure beyond issuing ear defenders? Select two.

Correct answers: C, D. Hearing protection can be one part of control, but the work and source also need attention.

A. Tell workers to ignore the noise until they become used to it. Becoming accustomed to noise does not prevent damage.

B. Place every noisy activity next to the pedestrian route for convenience. That can expose more people rather than reduce risk.

C. Maintain equipment and reduce unnecessary exposure through the work arrangement. Correct: condition and duration can materially affect exposure.

D. Choose a suitable quieter process or tool where possible. Correct: reducing noise generation can protect people at source.

Primary references: HSE09, HSE10, HSE36.

7.4 What is the main purpose of health surveillance for a relevant exposure?

Correct answer: B. Health surveillance and exposure control have different, complementary purposes.

A. To permit any exposure level if no symptoms are found. No symptoms does not mean uncontrolled exposure is acceptable.

B. To detect possible health effects early and support appropriate action. Correct: it helps identify changes that require attention.

C. To replace maintenance of the tool. Surveillance does not control the source of exposure.

Primary references: HSE09, HSE10, HSE36.

7.5 A worker alternates between two vibrating tools. What must be considered?

Correct answer: B. Consider the complete working day and the assessed controls for each task.

A. Only the tool with the highest vibration, regardless of time on the other tool. The other activity can still add exposure; both magnitude and duration matter.

B. The combined exposure from both activities. Correct: exposure does not reset just because the tool changes.

C. Only the first activity of the shift. Later activities can add significant exposure.

Primary references: HSE09, HSE10, HSE36.

8. Manual handling and musculoskeletal health

8.1 Which option should be considered first for a hazardous carrying task?

Correct answer: C. Designing out unnecessary handling is more effective than relying only on how people lift.

A. Choose a universal weight limit for all workers. There is no universal weight that makes every task safe.

B. Tell everyone to carry faster to reduce time. Speed may add risk and does not remove the hazardous task.

C. Change delivery or work arrangements so the carry can be avoided. Correct: avoiding hazardous handling is the first consideration.

Primary references: HSE11, HSE32.

8.2 Why can a light component still create a manual-handling risk?

Correct answer: A. Look at the whole task rather than a single number.

A. It may be handled repeatedly in an awkward posture. Correct: frequency and posture matter as well as mass.

B. Only objects heavier than a worker's body weight count. That is not the definition or assessment approach.

C. Light objects are automatically outside manual-handling assessment. Low weight does not exclude a hazardous task.

Primary references: HSE11, HSE32.

8.3 Which TWO changes may reduce manual-handling risk? Select two.

Correct answers: A, B. Effective changes reduce the demands of the task and fit the people and environment.

A. Use a suitable aid after checking the route and instruction needs. Correct: assistance should fit the actual work.

B. Place materials at a suitable working height near their point of use. Correct: this can reduce awkward reaching and carrying.

C. Ignore worker feedback because the item has a weight label. A label does not describe all task demands.

D. Make each person sign that they can lift any load. A signature cannot remove physical risk.

Primary references: HSE11, HSE32.

8.4 Two people are proposed to move a bulky sheet. Is dividing its weight by two a sufficient assessment?

Correct answer: C. A team lift requires a planned method and suitable people, not just arithmetic.

A. Yes; load sharing is always exactly equal. Load sharing can change and may be uneven.

B. Yes, provided neither person reports pain beforehand. Absence of pain does not establish that a task is safe.

C. No; coordination, grip, posture, visibility and the route also matter. Correct: team handling has practical risks beyond nominal weight per person.

Primary references: HSE11, HSE32.

8.5 What is the limitation of lifting-technique training?

Correct answer: B. Use training as part of a controlled task, not as the only response to avoidable strain.

A. It removes the need for any handling aids. Appropriate aids may still be needed.

B. It cannot by itself make an unsuitable task or environment safe. Correct: training supports task design and other controls.

C. It guarantees that an injury cannot occur. Training is not a guarantee against harm.

Primary references: HSE11, HSE32.

9. Welfare, wellbeing and first-aid arrangements

9.1 Which welfare arrangement is inadequate as described?

Correct answer: B. Check the worker's real access throughout the working period.

A. Facilities have agreed access, cleaning and replenishment arrangements. These are useful features of suitable ongoing provision.

B. Toilets and washing are available only after the crew has already worked for two hours. Correct: provision must be available during the work, not merely later in the day.

C. Remote work areas have accessible arrangements suited to their location. Provision should account for distance and access.

Primary references: HSE12, HSE13, HSE26, HSE34.

9.2 What is the distinction between an appointed person and a first-aider?

Correct answer: B. The needs assessment determines the appropriate provision and personnel.

A. Every appointed person is automatically a trained first-aider. That does not follow from appointment.

B. Appointment to manage arrangements does not itself provide first-aid training. Correct: the roles and competence are different.

C. A first-aider is responsible only for buying supplies. A trained first-aider has a different role from merely looking after supplies.

Primary references: HSE12, HSE13, HSE26, HSE34.

9.3 Which TWO factors belong in a first-aid needs assessment? Select two.

Correct answers: C, D. Appropriate first aid depends on the circumstances, not a single headcount rule.

A. Only the arrangements at the company's office, without considering the site. The site's hazards, workforce and response conditions may differ from the office.

B. Only whether the most senior manager has once taken a first-aid course. Appropriate current competence and available cover must meet the assessed needs.

C. Shift patterns, absences and remote locations. Correct: cover must work when and where people are working.

D. The hazards and nature of the work. Correct: foreseeable injuries and risks affect the provision needed.

Primary references: HSE12, HSE13, HSE26, HSE34.

9.4 A worker says conflicting deadlines are affecting their sleep and concentration. What is a constructive supervisory response?

Correct answer: A. Supportive conversation and practical work changes can be part of prevention.

A. Listen privately, consider immediate work risks and discuss workload and support through the employer's arrangements. Correct: this addresses work factors and appropriate help without diagnosis.

B. Dismiss the concern because stress cannot be work-related. Work organisation can contribute to stress.

C. Diagnose a medical condition and announce it to the team. Diagnosis and unnecessary disclosure are outside that response.

Primary references: HSE12, HSE13, HSE26, HSE34.

9.5 Why are washing facilities relevant to hazardous substances?

Correct answer: C. Welfare is part of protecting health, not merely comfort or appearance.

A. They allow any chemical task to proceed without other controls. Washing does not replace prevention or other required controls.

B. They matter only for appearance at the end of the day. Health protection can require suitable washing during work.

C. They help workers remove contamination before it is spread or swallowed. Correct: hygiene can form part of exposure control.

Primary references: HSE12, HSE13, HSE26, HSE34.

10. Working at height, ladders and scaffolds

10.1 Which situation can be work at height?

Correct answer: A. Focus on the possible fall and injury, not the name of the workplace.

A. Working beside an unprotected opening where a fall could cause injury. Correct: an opening can create a fall risk even without climbing a ladder.

B. Only work on a roof. Many locations, including platforms and openings, can create the risk.

C. Only work more than two metres above ground. There is no universal two-metre exemption.

Primary references: HSE14, HSE15.

10.2 Which option applies the first step of the work-at-height hierarchy?

Correct answer: C. Avoiding the activity can remove the exposure rather than merely manage it.

A. Issue a harness before considering a different work method. Personal protection comes after considering avoidance and prevention.

B. Ask people to stand further from an unprotected edge without assessing the task. A casual instruction does not replace the hierarchy.

C. Assemble the item at ground level so the height task is avoided. Correct: this removes the need for that work at height.

Primary references: HSE14, HSE15.

10.3 Which TWO statements are correct? Select two.

Correct answers: A, D. Understand what the equipment actually prevents and what it still requires.

A. A guardrail is an example of collective protection. Correct: protection does not depend on each person putting it on.

B. Any available ladder is suitable for any short task. Condition, environment and task suitability still need assessment.

C. A harness removes the need to plan rescue. A personal system may require specific rescue arrangements.

D. Fall restraint aims to stop the worker reaching a fall position. Correct: this differs from arresting a fall that has already begun.

Primary references: HSE14, HSE15.

10.4 High winds occur after a scaffold's inspection. What matters before use?

Correct answer: B. Inspection arrangements must respond to changes, not just the calendar.

A. Only whether the next weekly date has arrived. An interval does not override a relevant intervening event.

B. Whether the event could have affected safety and whether the appropriate competent inspection is required. Correct: an event can change condition between normal inspections.

C. Whether the scaffold tag remains the same colour. A colour alone cannot establish current safety.

Primary references: HSE14, HSE15.

10.5 A worker needs to reach farther from a ladder to finish a fitting. What does this reveal?

Correct answer: B. Equipment choice should fit the task's complete reach, duration and conditions.

A. Experience makes overreach acceptable. Experience does not remove loss-of-balance risk.

B. The position or selected access method may not be suitable for the whole task. Correct: plan access that allows the work without unsafe overreach.

C. The ladder must be safe because the first part of the task was completed. Suitability must cover the remaining work as well.

Primary references: HSE14, HSE15.

11. Site traffic, access and protecting the public

11.1 Which measure most directly prevents pedestrians entering a vehicle route?

Correct answer: A. Select controls that change exposure to the hazard, not only awareness of it.

A. A suitable separate pedestrian route with effective separation. Correct: this reduces the interaction itself.

B. High-visibility clothing alone. It may improve visibility but does not prevent interaction.

C. A reminder that vehicles are heavy. Awareness alone does not establish a safe route.

Primary references: HSE16, HSE04, HSE01, HSE38.

11.2 Why can a one-way system help?

Correct answer: B. A layout improvement addresses a specific risk; other route requirements remain.

A. It removes every need to consider pedestrians. Pedestrian routes and crossings still need control.

B. It can reduce reversing and conflicting vehicle movements. Correct: reducing difficult manoeuvres can reduce collision risk.

C. It makes the ground strength irrelevant. Routes must still support the vehicles using them.

Primary references: HSE16, HSE04, HSE01, HSE38.

11.3 A driver loses contact with the authorised signaller during a controlled reversing movement. What should happen?

Correct answer: C. Agreed communication is part of the control during the whole manoeuvre.

A. Ask an unbriefed passer-by to improvise signals. The agreed competent arrangement must be restored, not replaced casually.

B. Continue slowly because the signaller was visible a moment ago. The situation can change immediately after contact is lost.

C. Stop the movement and restore the agreed safe communication arrangement. Correct: continuing would rely on assumptions about people and space.

Primary references: HSE16, HSE04, HSE01, HSE38.

11.4 Which TWO details should be considered when planning a delivery? Select two.

Correct answers: A, C. Plan arrival, work and departure as one connected movement.

A. Where people will walk during unloading. Correct: unloading can change pedestrian exposure.

B. Only the vehicle's travel route, assuming unloading needs no separate space. Unloading can create additional movement, stability and pedestrian risks.

C. How the vehicle will turn or leave afterwards. Correct: the entire movement needs planning.

D. Only that the driver holds a licence, without explaining site arrangements. Driver competence matters, but it does not replace planning the route and interactions.

Primary references: HSE16, HSE04, HSE01, HSE38.

11.5 Why is locking every gate not automatically a suitable site-security solution?

Correct answer: C. A control for one risk should not create an uncontrolled risk elsewhere.

A. Visitors should always choose their own route. Visitors need suitable information and controlled access.

B. Construction sites do not need to prevent unauthorised access. Preventing unauthorised access is an important requirement.

C. It could obstruct emergency escape for people working inside. Correct: security and emergency arrangements must work together.

Primary references: HSE16, HSE04, HSE01, HSE38.

12. Work equipment, guarding and maintenance

12.1 What does PUWER require consideration of?

Correct answer: A. Equipment safety involves the task, condition, protective measures and people.

A. Whether equipment is suitable, maintained, protected and used by appropriately trained people. Correct: safety depends on the equipment and its use together.

B. Only whether a manufacturer's sticker is still visible. A label does not replace checks of actual use and condition.

C. Only whether the machine was recently purchased. New equipment must still be suitable, used correctly and checked for its working conditions.

Primary references: HSE17, HSE18.

12.2 A machine guard prevents a worker reaching a moving blade. What type of protection is it providing?

Correct answer: C. Understand the protective function before considering whether an alternative is adequate.

A. Only a reminder to concentrate. Its purpose is physical protection, not just awareness.

B. A substitute for every other equipment requirement. Suitability, maintenance and training still matter.

C. A physical barrier to the danger zone. Correct: it controls access rather than merely warning the worker.

Primary references: HSE17, HSE18.

12.3 Which TWO statements about a normal stop control are correct? Select two.

Correct answers: A, C. A maintenance safe system must control relevant energy and restart, not only normal movement.

A. Unexpected restart may still be possible unless the appropriate isolation is established. Correct: an operating stop is not necessarily secure isolation.

B. Every energy source is always isolated by a single operating stop button. Incorrect: a normal control may leave supplies, pressure or other energy available.

C. Stored pressure or a raised component can remain hazardous after stopping. Correct: non-electrical energy can remain after normal operation stops.

D. A raised part that is stationary cannot move after the stop button is pressed. Incorrect: gravity can move an unsupported raised component.

Primary references: HSE17, HSE18.

12.4 A worker finds damage during a pre-use check. What is the useful next action?

Correct answer: B. The purpose of a check is to identify a problem and trigger an effective response.

A. Report it at the next handover but leave the equipment available meanwhile. A delayed report with no control of use can leave the next person exposed to the defect.

B. Follow the defect-reporting and withdrawal arrangement so the equipment is not unknowingly reused. Correct: reporting must connect to control of use.

C. Assume the scheduled service date makes the defect unimportant. New defects need action before that future date.

Primary references: HSE17, HSE18.

12.5 What should a supervisor confirm before equipment returns after maintenance?

Correct answer: B. Close the maintenance process with an authorised check and clear communication.

A. That the first operator will discover any remaining faults. Testing by exposing an unsuspecting user is not a suitable return arrangement.

B. The authorised return-to-service checks are complete and required protection is restored. Correct: completion means more than the repairer leaving the area.

C. Only that production is behind schedule. Time pressure does not establish safe condition.

Primary references: HSE17, HSE18.

13. Lifting operations and lifting equipment

13.1 Which statement describes the basic approach to lifting operations?

Correct answer: A. The degree of planning should match the task, while the core principles always matter.

A. Competent planning, appropriate supervision and safe execution. Correct: all three are required parts of the operation.

B. Planning is needed only when a load is unusually heavy. The detail varies, but a familiar or light lift still needs suitable planning.

C. An operator's confidence is enough to replace planning. Confidence does not cover the planning duties.

Primary references: HSE19, HSE20.

13.2 A site supervisor has SSSTS but no appointed lifting role or relevant lifting competence. What can be assumed?

Correct answer: A. Role boundaries help ensure decisions are made by the competent people assigned to them.

A. They can coordinate their team with the lifting arrangements but cannot assume specialist lifting authority. Correct: responsibilities and competence must match the particular role.

B. They can redesign the lift because they supervise a trade. General supervision does not establish specialist competence.

C. They can approve any sling if they have seen one before. Familiarity is not sufficient for selection or approval.

Primary references: HSE19, HSE20.

13.3 Which TWO changes can affect a planned lift? Select two.

Correct answers: B, D. Review material changes to the operation rather than treating the plan as a static form.

A. An unchanged lift is recorded on a duplicate copy of the same current plan. A duplicate record alone does not change the operation; actual conditions must still be checked.

B. The ground supporting equipment has deteriorated after rain. Correct: support and stability assumptions may change.

C. The same competent operator rereads the unchanged agreed plan. Reviewing the plan is useful but does not itself change the lifting conditions.

D. The landing area is moved beside a pedestrian gate. Correct: access, exposure and placement conditions change.

Primary references: HSE19, HSE20.

13.4 Why are pre-use checks still relevant after a thorough examination?

Correct answer: B. Different checks provide different evidence at different times.

A. They allow untrained workers to repair accessories. Checking does not confer repair competence.

B. Damage or deterioration may occur after the examination. Correct: condition can change between formal examinations.

C. They automatically cancel all formal examination requirements. They are complementary, not substitutes.

Primary references: HSE19, HSE20.

13.5 Which statement explains the need to keep pedestrians out of a suspended load's danger area?

Correct answer: B. PPE cannot make standing beneath or in the danger path of a load acceptable.

A. Exclusion is needed only when the load rises above head height. A load can strike or crush people at lower levels too; a chosen height does not define a universally safe area.

B. A falling or moving load can strike or crush someone in its path. Correct: exclusion controls exposure to the operation's danger area.

C. Exclusion is needed only if the equipment examination is overdue. An examination report does not remove the danger from a load moving, falling or striking people during the lift.

Primary references: HSE19, HSE20.

14. Electrical safety and underground and overhead services

14.1 What does a buried-service drawing establish?

Correct answer: B. Use information to guide investigation, not as a guarantee of absence or exact position.

A. A guaranteed exact depth for every service. Plans can be incomplete or inaccurate.

B. Useful information about likely service positions that must be combined with appropriate locating and safe work. Correct: plans are one part of the safe system.

C. Permission to excavate mechanically anywhere not marked. Unmarked areas cannot simply be assumed service-free.

Primary references: HSE18, HSE21, HSE22.

14.2 Why can an overhead line be dangerous even without contact?

Correct answer: C. Safe distances and work arrangements must prevent dangerous approach, not merely touch.

A. All overhead wires are harmless unless visibly sparking. Absence of visible sparking does not establish safety.

B. An insulated-looking covering guarantees that approaching the line is safe. Appearance does not establish insulation or a safe approach distance; the line owner and competent planning are needed.

C. Electricity can arc across a gap. Correct: close approach can create an electrical path.

Primary references: HSE18, HSE21, HSE22.

14.3 Which TWO movements need considering near overhead lines? Select two.

Correct answers: C, D. Consider the full envelope of plant and materials throughout the task.

A. Only the vehicle while its engine is switched off. The assessment must include movement and work, not just parking.

B. Only direct contact by a metal machine. Long materials and close approach can also create danger, including arcing across a gap.

C. Moving a long scaffold pole into position. Correct: long materials can enter a danger area.

D. Raising a tipper body during unloading. Correct: the working height can exceed travel height.

Primary references: HSE18, HSE21, HSE22.

14.4 A machine's control switch is off before electrical maintenance. What should a supervisor understand?

Correct answer: A. Verification of safe condition belongs within a planned safe system.

A. Safe isolation and verification still need to follow the authorised competent procedure. Correct: an operating control is not the whole isolation system.

B. The switch position alone proves every part is dead. Other supplies or stored energy may remain, and restart may be possible.

C. Any worker can now test live parts with improvised equipment. Testing requires appropriate competence and equipment.

Primary references: HSE18, HSE21, HSE22.

14.5 A locator identifies one buried cable in the work area. Which conclusion is sound?

Correct answer: A. Locating is an informed process with limitations, not a single all-clear signal.

A. Other services may still be present, so continue the planned locating and safe excavation process. Correct: finding one service does not prove completeness.

B. The cable's depth never needs further consideration. Position and depth need the appropriate safe investigation.

C. No other service can be nearby. There may be multiple services or limitations in detection.

Primary references: HSE18, HSE21, HSE22.

15. Excavations and temporary works

15.1 Which statement about excavation depth is correct?

Correct answer: B. Assess actual conditions rather than relying on a memorised threshold.

A. Only deep excavations can affect nearby foundations. Even a smaller excavation can undermine a nearby shallow foundation.

B. No single depth guarantees safety in all ground and site conditions. Correct: conditions and the full range of hazards determine precautions.

C. Every trench below one metre is automatically safe. There is no such universal safe-depth rule.

Primary references: HSE23, HSE24.

15.2 Why can placing spoil or vehicles near an excavation edge be dangerous?

Correct answer: C. Consider loading and falling material as well as the excavation geometry.

A. It always strengthens the sides by compressing them safely. Unassessed loading can make collapse more likely.

B. It matters only if the plant is moving at speed. Stationary loads can also affect stability.

C. The added load can affect stability and material may fall in. Correct: edge loading adds hazards for people in and around the excavation.

Primary references: HSE23, HSE24.

15.3 Which TWO events can require reassessment or inspection of excavation safety? Select two.

Correct answers: A, C. Inspection requirements must respond to what has happened to the excavation.

A. A fall of earth from the side. Correct: this is a direct warning and relevant inspection trigger.

B. An unchanged inspection report being filed in the site office. Filing the record does not itself alter ground conditions or constitute a new inspection trigger.

C. Heavy rain that may affect strength or stability. Correct: water and changed ground conditions can alter safety.

D. A person rereading the current inspection report without any intervening change. Reading the report is useful but is not itself an event affecting strength or stability.

Primary references: HSE23, HSE24.

15.4 Which is an example of temporary works?

Correct answer: C. Temporary works include more than scaffolding and trench support.

A. A finished retaining wall designed solely for its permanent use, with no temporary construction support role. In this example the wall is permanent works. Its appearance or engineering complexity alone does not make it temporary works.

B. A completed permanent floor slab that is not being used to support any temporary construction activity. That described slab is part of the final structure; permanent works used temporarily can require temporary-works consideration, but that is excluded in this example.

C. A working platform supporting construction plant. Correct: temporary arrangements supporting plant are within the temporary-works concept.

Primary references: HSE23, HSE24.

15.5 A prop blocks the installation of a service. What must happen before it is removed?

Correct answer: B. A temporary structure can be critical to stability at that stage of construction.

A. A trade supervisor can remove it if replacement is promised later. A promise does not establish stability during the gap.

B. The change must follow the authorised temporary-works design and coordination arrangements. Correct: the support's role and safe sequence need competent consideration.

C. It can be removed because temporary items do not carry important loads. Temporary support can be essential to preventing collapse.

Primary references: HSE23, HSE24.

16. Fire prevention, hot work and emergencies

16.1 Which three elements make up the fire triangle?

Correct answer: B. The triangle helps identify prevention opportunities before choosing response equipment.

A. Fuel, heat and a confined space. A confined space can affect fire risk, but it is not an element of the fire triangle; oxygen is missing.

B. Heat or ignition, fuel and oxygen. Correct: removing or controlling an element helps prevent fire.

C. Fuel, oxygen and an extinguisher. An extinguisher is a response measure; the missing triangle element is heat or ignition.

Primary references: HSE25, HSE26, HSE40.

16.2 Which statement about a hot-work permit is correct?

Correct answer: A. A permit is part of a control system, not the physical control itself.

A. Its required controls must still be implemented and maintained. Correct: authorisation depends on the conditions being met.

B. A permit remains suitable after conditions change until its printed expiry time. Changed conditions can invalidate the assessed controls before the expiry time; the authorisation and conditions need review.

C. The signature guarantees that hidden combustibles cannot exist. The actual area and possible spread of heat or sparks still need assessment.

Primary references: HSE25, HSE26, HSE40.

16.3 Which TWO items should be checked in an emergency arrangement? Select two.

Correct answers: A, B. Emergency planning must work as a practical sequence from warning to assistance and accountability.

A. How people will recognise the warning and reach a safe assembly area. Correct: alarm and escape need to work for those present.

B. How emergency help will find and access the site. Correct: location and access affect response.

C. Only the previous project's emergency plan. A plan from another project does not establish suitable arrangements for this site.

D. Only that an extinguisher is present somewhere on the site. Suitable firefighting provision is one part; warning, escape and emergency access also need arrangements.

Primary references: HSE25, HSE26, HSE40.

16.4 A refurbishment closes a corridor used by occupants of the building. What is the safety issue?

Correct answer: C. Interfaces with occupied premises are part of the construction risk assessment.

A. A new sign alone always makes any alternative route suitable. The alternative must actually provide appropriate safe escape.

B. Occupants' escape is irrelevant to construction planning. The work must not undermine their protection.

C. The work may affect an existing escape route and needs coordinated arrangements. Correct: protect people affected by the work, including occupants.

Primary references: HSE25, HSE26, HSE40.

16.5 An untrained worker sees a developing fire. What should the revision principle be?

Correct answer: B. The priority is a planned safe response for people, not improvised firefighting.

A. Retrieve tools before leaving. Protecting property should not delay safe evacuation.

B. Follow the site's alarm and evacuation arrangements without entering additional danger. Correct: response should follow the established plan and competence.

C. Always fight the fire before raising an alarm. That can delay warning and put the worker at risk.

Primary references: HSE25, HSE26, HSE40.

17. Confined spaces and rescue planning

17.1 Which description best fits a confined space?

Correct answer: C. The definition depends on conditions and risks, not simply location or dimensions.

A. Only an underground tunnel. Other spaces, including large above-ground tanks, may qualify.

B. Any room narrower than two metres. Size alone is not the definition.

C. An enclosed or largely enclosed space with a reasonably foreseeable specified risk. Correct: enclosure and the relevant risk are both important.

Primary references: HSE27.

17.2 Why is smelling the air not a reliable safety check?

Correct answer: A. Use the competent assessment and monitoring arrangements, not human senses as a substitute.

A. Some dangerous atmospheric conditions cannot be detected by smell. Correct: absence of an unusual smell is not proof of safe oxygen or contaminant levels.

B. Every hazardous atmosphere has a strong warning smell. That is false and could encourage dangerous entry.

C. A person can always leave before any atmospheric harm occurs. Some hazards can overcome a person very quickly.

Primary references: HSE27.

17.3 What should be considered first when planning work involving a confined space?

Correct answer: B. Apply the prevention hierarchy before planning how to carry out the hazardous activity.

A. Which available breathing apparatus could be used for entry. Specialist equipment selection may be necessary if entry cannot be avoided, but first consider doing the task from outside.

B. Whether the task can be completed without entering. Correct: avoiding entry removes the exposure associated with entry.

C. Which communication and rescue arrangements would support entry. These arrangements are essential if entry is unavoidable; they follow the initial consideration of avoiding entry.

Primary references: HSE27.

17.4 Which TWO statements about rescue are correct? Select two.

Correct answers: A, B. Rescue must protect the rescuer as well as reach the casualty.

A. Suitable arrangements must be established before entry. Correct: an emergency is too late to invent the method.

B. A would-be rescuer may face the same atmospheric hazard as the casualty. Correct: unplanned entry can create more casualties.

C. Fitness alone makes unplanned rescue entry safe. Fitness does not remove oxygen deficiency or toxic exposure.

D. Public emergency services are sufficient as the entire plan. The site needs suitable rescue arrangements for the work and space.

Primary references: HSE27.

17.5 A space was entered safely yesterday, but a different process is planned today. What follows?

Correct answer: C. Confined-space safety is specific to the conditions and work, not a permanent label of safe or unsafe.

A. Only the name of the person entering needs changing. The risk assessment must cover the actual new work.

B. Yesterday's experience guarantees safe conditions today. Conditions and activities can change.

C. The new task and conditions must be assessed within the entry arrangements. Correct: the process can introduce or change hazards.

Primary references: HSE27.

18. Environmental protection, storage and waste

18.1 Which action is highest in the waste hierarchy?

Correct answer: B. The best waste decision may occur before a material arrives on site.

A. Recycling surplus after it has become waste. Recycling is useful but comes after prevention and suitable reuse.

B. Ordering accurately so surplus material does not become waste. Correct: this is prevention.

C. Sending everything to disposal. Disposal is the last option in the hierarchy.

Primary references: GOV01, HSE28, GOV02.

18.2 Why is a drain important when assessing a fuel spill?

Correct answer: B. Consider the source, the route of spread and what may be harmed.

A. Fuel cannot travel in drainage systems. Liquid pollution can spread through drains.

B. It may provide a route for pollution to reach water or another receptor. Correct: the pathway can carry harm beyond the immediate spill.

C. Every drain automatically makes the spill harmless. Drainage destination and treatment cannot be assumed.

Primary references: GOV01, HSE28, GOV02.

18.3 Which TWO practices support responsible waste management? Select two.

Correct answers: C, D. Good waste management includes physical storage and responsible transfer.

A. Mix every waste type to avoid checking what it is. Mixing can create hazards and undermine suitable handling and recovery.

B. Assume a verbal promise makes every disposal route legal. The appropriate authorisation and documentation checks are still needed.

C. Use the appropriate carrier and transfer checks for the waste and jurisdiction. Correct: waste transfer requires suitable arrangements.

D. Use designated secure storage and keep access routes clear. Correct: this reduces escape of waste and physical hazards.

Primary references: GOV01, HSE28, GOV02.

18.4 What should happen to cement-contaminated wash water?

Correct answer: C. Cleaning water may still contain pollutants; the destination matters.

A. It can always be hosed into the nearest drain. That can cause pollution and may be unlawful.

B. It becomes harmless as soon as extra clean water is added. Dilution does not automatically make a discharge acceptable.

C. It should follow the site's suitable collection and authorised disposal arrangements. Correct: contaminated water needs planned handling.

Primary references: GOV01, HSE28, GOV02.

18.5 Why must a UK-wide revision guide distinguish national environmental requirements?

Correct answer: B. Use shared prevention principles while checking the actual legal and regulatory context.

A. Environmental protection applies only in England. All UK nations have environmental requirements.

B. Waste and pollution arrangements can differ among the UK nations. Correct: the applicable regulator and requirements must be checked for the site.

C. A supervisor's preference replaces national rules. Site practice must comply with the applicable requirements.

Primary references: GOV01, HSE28, GOV02.

Primary sources

Sources reviewed on 12 November 2026. The notes and questions are independently written; the links let you read the underlying guidance.

[CITB01] SSSTS and SSSTS-R scheme rules, Appendix C v01.01, September 2026

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[HSE01] CDM 2015: summary of dutyholders and duties

https://www.hse.gov.uk/construction/cdm/2015/summary.htm

[HSE02] Legal status of HSE guidance and Approved Codes of Practice

https://www.hse.gov.uk/legislation/legal-status.htm

[HSE03] Risk assessment: steps needed to manage risk

https://www.hse.gov.uk/simple-health-safety/risk/steps-needed-to-manage-risk.htm

[HSE04] Site rules and induction

https://www.hse.gov.uk/construction/safetytopics/site-rules-induction.htm

[HSE05] RIDDOR: who should report

https://www.hse.gov.uk/riddor/reporting/who-should-report.htm

[HSE06] How to carry out a COSHH risk assessment

https://www.hse.gov.uk/coshh/basics/assessment.htm

[HSE07] Construction dust

https://www.hse.gov.uk/construction/healthrisks/hazardous-substances/construction-dust.htm

[HSE08] Asbestos information, instruction and training

https://www.hse.gov.uk/asbestos/training.htm

[HSE09] Hand-arm vibration: worried about your hands?

https://www.hse.gov.uk/vibration/hav/yourhands.htm

[HSE10] Controlling noise risks

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[HSE11] Assess manual handling you cannot avoid

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[HSE12] Construction welfare: overview

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[HSE14] Introduction to working at height safely

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[HSE16] Traffic management on site

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[HSE17] PUWER: work equipment requirements

https://www.hse.gov.uk/work-equipment-machinery/puwer-overview.htm

[HSE18] Maintenance of work equipment

https://www.hse.gov.uk/work-equipment-machinery/maintenance.htm

[HSE19] Planning and organising lifting operations

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[HSE20] Thorough examinations and inspections of lifting equipment

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[HSE21] Electricity: underground cables

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[HSE22] Electricity: overhead power lines

https://www.hse.gov.uk/construction/safetytopics/overhead.htm

[HSE23] Excavations

https://www.hse.gov.uk/construction/safetytopics/excavations.htm

[HSE24] Temporary works

https://www.hse.gov.uk/construction/safetytopics/temporary-works.htm

[HSE25] General fire safety on construction sites

https://www.hse.gov.uk/construction/safetytopics/generalfire.htm

[HSE26] First aid: what employers need to do

https://www.hse.gov.uk/firstaid/what-employers-need-to-do.htm

[HSE27] Introduction to working in confined spaces

https://www.hse.gov.uk/confinedspace/introduction.htm

[HSE28] Material storage and waste management

https://www.hse.gov.uk/construction/safetytopics/storage.htm

[GOV01] Business and commercial waste: responsibilities and national guidance

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[HSE29] Construction hazardous substances: cement

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[HSE30] Improvement and prohibition notices: distinctions

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[HSE31] Respiratory protective equipment: fit testing

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[HSE33] RIDDOR: reportable incidents

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[HSENI01] Construction (Design and Management) Regulations (Northern Ireland) 2016

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[GOV02] Pollution prevention for businesses (England; links to other nations)

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[HSE36] Assessing noise exposure

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[HSE40] Fire safety in construction: HSG168

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