





## CSCS MOCK TEST 2022

Full 50 Question CSCS Practice

Questions and Answers

Your test will start in 10 seconds



Which part of your body is most likely to be injured if you lift heavy loads?

A. Your knees

C. Your shoulders

B. Your back

D. Your elbows



#### 2. You have to lift a heavy load. What must your employer do?

A. Make sure your supervisor is there to advise while you lift

C. Nothing, it is part of your job to lift loads

B. Do a risk assessment of the task

D. Watch you while you lift the load



### 3. Which type of accidents should be recorded in the accident book?

A. Only specified injuries, such as broken arm or death of a person

C. All accidents causing an injury

B. Only injuries requiring hospital treatment

D. Any accidents where the injured person has to stop work



#### 4. What does a risk assessment identify?

A. How to report accidents

C. Hazards in the work environment

B. The site working hours

D. Where the first aid box is kept



### 5. What does the word hazard mean?

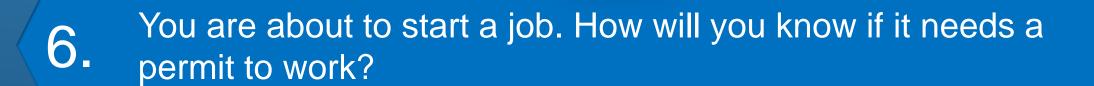
A. Anything that could cause harm to you or another person

C. A type of barrier on a machine guard

B. The site accident rate

D. The likelihood that something might happen





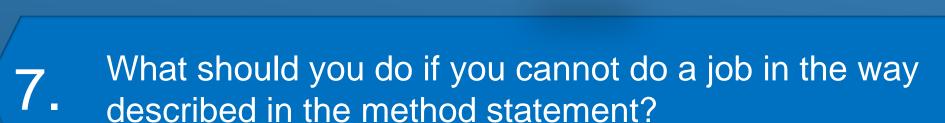
A. Other workers will tell you and you will not be allowed to start work until the permit to work has been issued

C. You will be told during a site induction and you will not be allowed to start work until the permit to work has been issued

B. The Health and Safety Executive will tell you

D. You don't need to know, as permits to work only affect managers





A. Make up your own way of doing the job

C. Ask your workmates how about think you should do the job

B. Do not start work until you have talked to your supervisor

D. Contact the Health and Safety Executive



#### 8. What does a permit to work allow?

A. The emergency services to come on the site after an accident

C. Health and safety executive inspectors to visit the site

B. Certain jobs to be carried out safely under more strictly controlled conditions

D. Untrained people to work without supervision



#### 9 What should you do in an emergency?

A. Leave site

C. Follow the site emergency procedure

B. Phone home

D. Phone the Health and Safety Executive



#### 10 Where is the assembly point in an emergency?

A. In the site managers office

C. In the site welfare facilities

B. At the site of the accident or incident

D. At the designated place





You have witnessed a serious accident on your site and are to be interviewed by a health and safety executive inspector. What should you do?

A. Ask your supervisor what you should say to the inspector

C. Co-operate and tell the inspector exactly what you saw

B. Not tell the inspector anything

D. Tell your inspector what your workmates have told you



# 12. What is the main objective of carrying out an accident investigation?

A. To find out who is at fault

C. To find out the cost of any damage that occurred

B. To find out the cause in order to prevent it happening again

D. The record what injuries were sustained



## 13. A scaffold has collapsed and you saw it happen. What should you say when you asked about the accident?

A. Nothing, as you are not a scaffold expert

C. Exactly what you saw

B. As little as possible because you don't want to get people into trouble

D. Say who you think is to blame and how they should be punished



#### 14. When must you record an accident in the accident book?

A. If you are injured in any way

C. Only if you have suffered a broken bone

B. Only if you have been off work

D. Only if you have to go to hospital



## 15. If someone is injured at work, who should record it in the accident book?

A. The contract manager

C. The first aider

B. The injured someone acting for them

D. Some of the Health and Safety Executive



# 16. Which of these does not have to be recorded in the accident book?

A. National Insurance number

C. Details of your injury

B. The date and time of the accident

D. Your home address



# 17. Which type of accidents should be recorded in the accident book?

A. Only specified injuries, such as broken arm or death of a person

C. All accidents causing an injury

B. Only injuries requiring hospital treatment

D. Any accidents where the injured person has to stop work



#### 18. What sort of rest area should your employer provide on site?

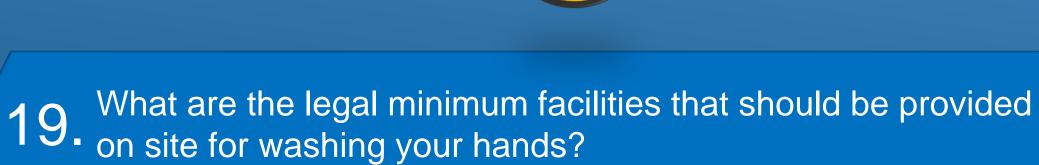
A. A covered area

C. The Covered area, table and chairs, and something to heat water and food

B. The Covered area and some chairs

D. Nothing, employees don't have to provide rest areas





A. Nothing, there is no need to provide washing facilities

C. A cold water standpipe and paper towels

B. A bowl, kettle and towel

D. Hot and cold water, soap, and a way to dry your hands



## 20. The toilets on your site are always dirty or do not flush. What should you do?

A. Try not to use the toilet while you're at work

C. Try to fix the fault yourself

B. Tell the person in charge of the site about the problem

D. See if you can use the toilets in the nearby cafe or pub





## 21. It is your first day on site. You find that there is nowhere to wash your hands. What should you do?

A. Wait until you get home, and then wash them

C. Speak to your supervisor or the site manager about the problem

B. Go to your local cafe or pub and use the wash basin in their toilets

D. There's nothing you can do as the site does not have to provide washing facilities



#### 22. What should you use to clean very dirty hands?

A. Soap and water

C. White spirit

B. Thinners

D. Paraffin



# 23. Why should you not use white spirit or other solvents to clean your hands?

A. They could strip the protective oils from skin

C. They could block the pores of the skin

B. They may remove several layers of skin

D. They may carry harmful bacteria that attack the skin





24. You can catch an infection called tetanus from contaminated land or water. How does it get into your body?

A. Through your nose when you breathe

C. Through your mouth when you eat or drink

B. Through an open Cut in your skin

D. It doesn't, it only affects animals and not people



25. What condition can be caused by direct sunlight on bare skin?

A. Dermatitis

C. Acne

B. Rickets

D. Skin cancer





26. Where will you find out about emergency assembly points?

A. Risk assessment

C. The site induction

B. A method statement

D. The permit to work



#### 27. What should not be in the first aid box?

A. Bandages

C. Safety pins

B. Plasters

D. Tablets and medicines



## 28. If the first aid box on site is always empty, what should you do?

A. Bring your own first aid supplies into work

C. Find out who looks after the first aid box and let them know

B. Find out who is taking over the first aid supplies

D. Ignore the problem, it is always the same



#### 29. Does your employer have to provide a first aid box?

A. Yes, every site must have one

C. Only if more than 25 people work on site

B. Only if more than 50 people work on-site

D. No there is no legal duty to provide one



#### 30. When would you expect eye wash bottles to be provided?

A. Only on demolition sites where asbestos has been removed

C. On all sites where people could get something in Their Eyes

B. Only on sites where refurbishment is being carried out

D. All sites where showers are needed



#### 31. What should you do if you want to be a first aider?

A. Watch a first aider treating people and try it yourself

C. Buy a book on first aid and start treating people

B. Ask if you can do a first aiders course

D. Speak to your doctor about it





32. What is the first thing you should do if you are on your own, and you find an injured person?

A. Go and find your supervisor

C. Move the injured person to a safe place, and then find your supervisor

B. Shout and raise the alarm for medical help

D. Ask the injured person what happens, and then raise the alarm



## 33. If you are not trained in first aid, and someone is not conscious, what should you do first?

A. Turn them over so they are laying on their back

C. Slap their face to wake them up

B. Send medical help

D. Give mouth to mouth resuscitation



## You need to use a grinder, cut off saw, cartridge tool or nail gun. What type of eye protection will you need?

A. Impact rated goggles or full face shield

C. Reading glasses or sunglasses

B. Welding goggles

D. Light eye protection



## 35. What will safety footwear with a protective mid sole protect you from?

A. Twisting your ankle

C. Nails or sharp objects puncturing the sole of your foot if you stand on them B. Spillages which may burn the sole of your foot

D. Getting blisters in warm, wet conditions



#### 36. When should you wear safety footwear on site?

A. Only when working at ground level that's outside

C. All the time

B. Until the site starts to look finished

D. When you are working all day on site and not just visiting



# Which of the following statements about wearing a safety helmet in hot weather is true?

A. You can drill holes in it to keep your head cool

C. You must take it off during the hottest part of the day

B. You can wear it back to front if it is more comfortable that way

D. You must wear it at all times and in the right way



# 38. When working in cold weather, what additional measures can you wear under your hard hat

A. A baseball cap, with the peak to keep the rain out of your eyes

C. A woolly hat

B. A jumper with a detachable Hood

D. Manufacturers attachment addition for cold weather use



#### 39. You have been given disposable foam ear plugs to use, but they keep falling out. What should you do?

A. Throw them away and work without them

C. Put two earplugs in each ear so they stay in place

B. Stop working until you get more suitable ones and are shown how to fit them

D. Put rolled up tissue paper in your ear





40. Who should provide you with any personal protective equipment you need, including the means to maintain it?

A. Your employer

C. Anyone on site with a budget

B. You must buy your own

D. No one has a duty to provide it



# 41. What should you do if your personal protective equipment gets damaged?

A. Throw it away and work without it

C. Carry on wearing it but work more quickly

B. Stop what you are doing until it is replaced

D. Try to repair it



## 42. If you have to work Outdoors in bad weather, why should your employer supply you with correctly fitting waterproof clothing?

A. So you need to take fewer breaks

C. You are less likely to catch Weil's disease if you are warm and dry

B. You need protecting from the weather and are less likely to get muscle strains if you are warm and dry

D. Prevent slips and trips



# 43. Which of these statements about personal protective equipment is not true?

A. You must pay for any damage or loss

C. You must report any damage or loss to your supervisor

B. You must store it correctly when you are not using it

D. You must use it as instructed



44. You are about to start a job. How will you know if you need any extra personal protective equipment?

A. By looking at your employers health and safety policy

C. From the risk assessment or method statement

B. You will always need it

D. A letter will be sent to your home



#### 45. When should high visibility clothing be replaced?

A. If it is soiled or damaged

C. When it has been washed

B. When it is 1 year old

D. If it has been left outside in adverse weather conditions



# What is the biggest cause of long term health issues in the construction industry?

A. Loud noise

C. Slipping and tripping

B. Being struck by a vehicle

D. Breathing in hazardous dust and fumes



## 47. If you use a power tool to cut or grind materials, why must the dust be collected and not allowed to get into the air?

A. To save time and avoid having to clear up the mess

C. The tool will go faster if the dust is collected

B. Can be harmful to breathe in

D. You do not need a machine guard if the dust is collected



## 48. You have been asked to do some work that will create dust. What should you do?

A. You should not do the work. The dust is highly dangerous

C. Start work no controls are needed as dust cannot cause serious harm or injury

B. Use equipment to eliminate or reduce the dust, and Wear the correct personal protective equipment

D. Work for short periods at a time



## 49. Where are you likely to breath in the highest quantities of dust when drilling, cutting, sanding or grinding?

A. Outside on a still day

C. In a small room

B. Outside on a windy day

D. In a large indoor space



#### **50.** Why is a risk assessment important?

A. It lets you know where all safety equipment is located

C. It helps you identify the people in charge of health and safety on the job site B. It tells you the statistics of accidents reported on the job site

D. It identifies known hazards on the site and provides safe methods for following through with tasks



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