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# CSCS MOCK TEST 2022

Full 50 Question CSCS Practice  
Questions and Answers

Your test will start in 10 seconds



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

A. Your knees

B. Your back

C. Your shoulders

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

B. Do a risk assessment of the task

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

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

B. Only injuries requiring hospital treatment

C. All accidents causing an injury

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



4. What does a risk assessment identify?

A. How to report accidents

B. The site working hours

C. Hazards in the work environment

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

B. The site accident rate

C. A type of barrier on a machine guard

D. The likelihood that something might happen



6. You are about to start a job. How will you know if it needs a permit to work?

A. Other workers will tell you 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

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

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



7. What should you do if you cannot do a job in the way described in the method statement?

A. Make up your own way of doing the job

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

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

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

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

C. Health and safety executive inspectors to visit the site

D. Untrained people to work without supervision



9. What should you do in an emergency?

A. Leave site

B. Phone home

C. Follow the site emergency procedure

D. Phone the Health and Safety Executive



10. Where is the assembly point in an emergency?

A. In the site managers office

B. At the site of the accident or incident

C. In the site welfare facilities

D. At the designated place



11. 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

B. Not tell the inspector anything

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

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

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

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

D. To record what injuries were sustained



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

A. Nothing, as you are not a scaffold expert

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

C. Exactly what you saw

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

B. Only if you have been off work

C. Only if you have suffered a broken bone

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

B. The injured someone acting for them

C. The first aider

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

B. The date and time of the accident

C. Details of your injury

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

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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

B. The Covered area and some chairs

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

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



19. What are the legal minimum facilities that should be provided on site for washing your hands?

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

B. A bowl, kettle and towel

C. A cold water standpipe and paper towels

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

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

C. Try to fix the fault yourself

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

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

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

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

B. Thinners

C. White spirit

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

B. They may remove several layers of skin

C. They could block the pores of the 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

B. Through an open Cut in your skin

C. Through your mouth when you eat or drink

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

B. Rickets

C. Acne

D. Skin cancer



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

A. Risk assessment

B. A method statement

C. The site induction

D. The permit to work



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

A. Bandages

B. Plasters

C. Safety pins

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

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

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

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

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

C. Only if more than 25 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

B. Only on sites where refurbishment is being carried out

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

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

B. Ask if you can do a first aiders course

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

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

B. Shout and raise the alarm for medical help

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

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

B. Send medical help

C. Slap their face to wake them up

D. Give mouth to mouth resuscitation



34. 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

B. Welding goggles

C. Reading glasses or sunglasses

D. Light eye protection



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

A. Twisting your ankle

B. Spillages which may burn the sole of your foot

C. Nails or sharp objects puncturing the sole of your foot if you stand on them

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

B. Until the site starts to look finished

C. All the time

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



**37** 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

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

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

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

B. A jumper with a detachable Hood

C. A woolly hat

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

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

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

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

B. You must buy your own

C. Anyone on site with a budget

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

B. Stop what you are doing until it is replaced

C. Carry on wearing it but work more quickly

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

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

C. You are less likely to catch Weil's disease 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

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

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

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

B. You will always need it

C. From the risk assessment or method statement

D. A letter will be sent to your home



45. When should high visibility clothing be replaced?

A. If it is soiled or damaged

B. When it is 1 year old

C. When it has been washed

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



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

A. Loud noise

B. Being struck by a vehicle

C. Slipping and tripping

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

B. Can be harmful to breathe in

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

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

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

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

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

B. Outside on a windy day

C. In a small room

D. In a large indoor space



50. Why is a risk assessment important?

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

B. It tells you the statistics of accidents reported on the job site

C. It helps you identify the people in charge of health and safety 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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