

CSCS Test Questions and Answers

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CSCS test questions with answers

1. What is the main purpose of a risk assessment?

A. To identify hazards and decide how to control the risks (correct)

B. To decide who will be blamed if there is an accident on site

C. To work out how long the job is going to take

D. To record which tools and materials have been delivered to site

The Management of Health and Safety at Work Regulations 1999 require employers to assess risks and put sensible controls in place. You should be told the findings that apply to your work.

2. When you lift a load by hand, which technique is right?

A. Keep your legs straight and bend your back

B. Keep the load close to your waist (correct)

C. Twist your body to turn with the load

D. Hold the load away from you at arm's length

Holding the load close to the body at waist height reduces the strain on your back. Bend your knees, get a good grip and move your feet rather than twisting.

3. Your employer says you must wear a safety harness for a job and that its cost will be taken from your wages. Is this allowed?

A. Yes, as long as the cost is taken in small amounts over several weeks

B. Yes, if the harness becomes yours to keep after the job

C. No, legally required PPE must be free of charge (correct)

D. Yes, if it is written into your contract

Section 9 of the Health and Safety at Work etc. Act 1974 bans employers charging employees for anything they must provide by law, such as PPE required under the Personal Protective Equipment at Work Regulations 1992.

4. Where should you look to find out how to use a hazardous product safely?

A. The delivery note that came with the product order

B. The COSHH assessment and the safety data sheet (correct)

C. The price sticker on the side of the container

D. The site diary kept by the manager

The COSHH assessment sets out the risks and controls for the task, and the supplier's safety data sheet gives the hazards, PPE, first aid and spill advice.

5. Under the Health and Safety at Work etc. Act 1974, which of these is a legal duty of every employee?

A. Buy and maintain their own personal protective equipment

B. Write the risk assessment for each task they carry out

C. Take reasonable care of themselves and others (correct)

D. Carry out the weekly inspection of the site scaffolding

Section 7 of the Act requires employees to take reasonable care of their own health and safety and that of others affected by what they do, and to co-operate with their employer.

6. The tag holder on a scaffold shows a red 'Do not use' sign. What should you do?

A. Use it with care if it looks complete

B. Use it, but only for a quick job

C. Do not use the scaffold and tell your supervisor (correct)

D. Use it as long as you wear a harness

A red tag means the scaffold is incomplete or has not been inspected and passed. Only use a scaffold when the tag shows it is safe for use.

7. Your doctor has prescribed a medicine that warns it may make you drowsy. What should you do?

A. Stop taking it on the days you work

B. Drink strong coffee and work as normal

C. Tell your supervisor before you start work (correct)

D. Say nothing unless you start to feel worse

Some medicines affect alertness and co-ordination. Your supervisor needs to know so you can be kept away from safety-critical tasks such as driving plant or working at height.

8. You need to move a heavy load across site. What should you consider first?

A. Whether a machine or lifting aid can do it (correct)

- B. Which person in the gang is the strongest
- C. How quickly you can carry it to its place
- D. Whether it can be carried on one shoulder

The Manual Handling Operations Regulations 1992 require hazardous manual handling to be avoided where reasonably practicable, for example by using a trolley, hoist or telehandler.

9. A workmate takes the guard off a disc cutter because it gets in the way. What does the law say about this?

A. Interfering with safety equipment is a criminal offence (correct)

- B. It is allowed if the worker is experienced
- C. It is allowed when making short cuts only
- D. It only matters if someone is injured

Section 8 of the Health and Safety at Work etc. Act 1974 makes it an offence for anyone to intentionally or recklessly interfere with or misuse anything provided for health and safety.

10. You are setting up a ladder for access onto a scaffold platform, and there is no other handhold at the top. How far should it extend above the platform?

A. At least 1 metre (correct)

- B. Level with the platform
- C. About 300 millimetres
- D. About half a metre

HSE guidance is that a ladder used to reach another level should be tied and extend at least 1 metre above the landing point, giving a secure handhold for stepping on and off.

11. Why must someone left hanging in a harness after a fall be rescued quickly?

- A. The harness webbing will stretch and fail after a few minutes
- B. Hanging still in a harness can soon cause serious harm (correct)**
- C. The anchor point is only rated for a few minutes
- D. It is only a problem if the person is unconscious

Being suspended in a harness can restrict blood flow and quickly become life-threatening. Anyone using fall arrest must have a rescue plan in place before work starts.

12. What do the hazard pictograms on chemical containers look like?

- A. A yellow triangle with a black border and symbol
- B. A blue circle with a white symbol inside
- C. A green square with a white symbol in it
- D. A red-edged diamond with a black symbol (correct)**

Hazard pictograms under the GB CLP Regulation are diamonds with a red border and a black symbol on a white background. Yellow triangles, blue circles and green squares are safety signs.

13. You are given an extension lead with a yellow industrial plug and socket. Which supply voltage is it designed for?

- A. 400 volts
- B. 110 volts (correct)**
- C. 230 volts
- D. 12 volts

Industrial plugs and sockets are colour coded by voltage: yellow for 110 volts, blue for 230 volts and red for 400 volts. Yellow 110-volt equipment is the standard for site power tools.

14. The excavator operator has gone on a break and left the key in the machine. You need some soil moved. What should you do?

- A. Move the soil yourself, as it will only take a minute
- B. Ask a labourer who has watched it being used
- C. Move it slowly and keep the bucket low
- D. Wait for the operator, as you are not trained or authorised (correct)**

Only trained, competent and authorised people may operate plant. Keys should be removed when plant is left, and untrained use is a common cause of serious accidents.

15. Which of these buildings could contain asbestos?

- A. A house built in 1995 (correct)**
- B. An office built in 2008

- C. A school built in 2012
- D. A warehouse built in 2019

Asbestos was widely used in buildings until it was fully banned in the UK in 1999. HSE advises that any building built or refurbished before 2000 may contain it, including homes, schools and offices.

16. What is the main purpose of a site induction?

- A. To explain the site's hazards, rules and emergency arrangements (correct)**
- B. To agree your pay rate, your hours of work and your holiday dates
- C. To test how good you are at your trade
- D. To issue you with a CSCS card for that site

An induction tells you about the risks on that site, the site rules, welfare and what to do in an emergency. Under CDM 2015 every worker must receive a suitable site induction.

17. A noise assessment shows your daily exposure on a job will be 86 dB(A). What does the law require?

- A. Hearing protection must be worn in a marked protection zone (correct)**
- B. Hearing protection only has to be offered if you ask for it
- C. Nothing, as 86 dB(A) is below the first action value
- D. Work must stop at once, as 86 dB(A) is over the legal limit

Under the Control of Noise at Work Regulations 2005, 86 dB(A) is above the upper exposure action value of 85 dB(A), so hearing protection must be provided and worn and hearing protection zones marked. At the lower action value of 80 dB(A) it must be made available on request.

18. When do the Work at Height Regulations 2005 apply?

- A. Only when working more than 2 metres above the ground
- B. Only when working from a ladder
- C. Wherever a fall could cause injury, at any height (correct)**
- D. Only when working on a roof

There is no minimum height. Work at height means any place where a person could fall a distance liable to cause injury, including the edge of an excavation or an opening in a floor.

19. When deciding how to control a risk, where does PPE come?

- A. First, because it is the quickest control to put in place
- B. Last, after other ways of controlling the risk (correct)**
- C. Only when nobody else is working anywhere nearby
- D. It replaces the need for any risk assessment at all

PPE only protects the wearer, and only if it is worn correctly. Removing the hazard, safer methods and engineering controls come first, with PPE as the last resort.

20. A workmate has seemed withdrawn for weeks and tells you they cannot cope. What is the best thing to do?

- A. Tell them to toughen up and keep busy, as it will pass
- B. Say nothing, as mental health is not a work matter
- C. Listen to them and encourage them to get support (correct)**
- D. Tell the whole gang so they can keep watch

Talking and listening help. Encourage them to speak to a mental health first aider, their supervisor, their GP or a support line. If they are in immediate danger, call 999.

21. You are drilling into a wall and find a material that you think could contain asbestos. What should you do?

- A. Wet it down with a sprayer and finish the hole carefully
- B. Put on a dust mask and carry on drilling the hole slowly
- C. Break off a small piece and take it to your supervisor
- D. Stop work, leave the area and tell your supervisor (correct)**

If you suspect asbestos, stop straight away, keep others out and report it. Work must not restart until the material has been identified and dealt with under the Control of Asbestos Regulations 2012.

22. You are following a method statement, but conditions on site have changed and the method no longer looks safe. What should you do?

- A. Carry on, as the method has already been approved
- B. Stop and speak to your supervisor before carrying on (correct)**
- C. Change the method yourself and finish the job
- D. Ask a workmate to sign off the change for you

A method statement is only safe for the conditions it was written for. If things change, stop and get it reviewed by the person in charge before work continues.

23. A small fire starts in a 110-volt transformer in the site cabin. You are trained and it is safe to tackle it. What should you use?

- A. A water extinguisher
- B. A carbon dioxide extinguisher (correct)**
- C. A wet chemical extinguisher
- D. The fire hose reel in the corridor

CO2 does not conduct electricity and leaves no residue, so it is the usual choice for fires in electrical equipment. Water, including a hose reel, and wet chemical conduct electricity and could give you a shock.

24. What does a red square or rectangular sign with a white symbol show?

- A. A safe condition such as a fire exit
- B. Where firefighting equipment is kept (correct)**
- C. An area you are banned from entering
- D. A hazard from hot surfaces nearby

Red square or rectangular signs show the location of fire equipment, such as extinguishers, fire hose reels and fire alarm call points.

25. Which of these would stop a tight-fitting disposable FFP3 mask from protecting you properly?

- A. Passing a face fit test for that model
- B. Stubble on your face where the mask seals (correct)**
- C. Throwing it away at the end of the shift
- D. Checking the seal each time you put it on

Even a day's stubble lets dusty air leak past the seal. You must be clean shaven where a tight-fitting mask touches your face, or use RPE that does not rely on a face seal, such as a powered hood.

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