



Confined Space Trainer — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **Confined Space Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What legislation covers confined space working?

- A) Health and Safety at Work Act 1974
- B) Confined Spaces Regulations 1997
- C) PUWER 1998
- D) Work at Height Regulations 2005

Q2. What is a confined space?

- A) Any small room
- B) A place which is substantially enclosed, and where there is a reasonably foreseeable risk of serious injury
- C) A basement
- D) Any underground area

Q3. What are the main hazards in confined spaces?

- A) Only oxygen deficiency
- B) Oxygen deficiency, toxic gases, flammable substances, flooding, free-flowing solids, temperature extremes
- C) Only toxic gases
- D) Only flooding

Q4. What is the hierarchy of control for confined space work?

- A) Use PPE, then train staff
- B) Avoid entry → if entry necessary, safe system of work → rescue plan
- C) Train staff, then enter
- D) Enter quickly and exit quickly

Q5. What is a permit to work for confined spaces?

- A) A training certificate
- B) A formal document authorising entry, specifying controls, atmospheric testing results and emergency procedures
- C) A planning permission
- D) An insurance document

Q6. What atmospheric testing should be done before entry?

- A) No testing needed
- B) Test for oxygen level, flammable gases, and toxic gases — continuous monitoring during work
- C) Only oxygen testing
- D) Only flammable gas testing

Q7. What is the normal oxygen level in air?

- A) 15%
- B) 20.9%
- C) 25%
- D) 30%

Q8. What oxygen level is considered immediately dangerous to life?

- A) Below 19.5%
- B) Below 16%
- C) Below 10%
- D) Below 5%

Q9. What is a rescue plan?

- A) A plan for rescuing equipment
- B) A pre-planned procedure for rescuing someone from a confined space — must be in place before entry
- C) An emergency evacuation plan
- D) A first aid plan

Q10. What is the role of the standby person?

- A) To enter the space if needed
- B) To remain outside, monitor the entrant, maintain communication, and initiate rescue if needed
- C) To carry equipment
- D) To complete paperwork

Q11. What is positive pressure ventilation?

- A) Natural ventilation
- B) Forcing fresh air into the confined space using a fan to dilute and remove contaminants
- C) Removing air from the space
- D) A type of breathing apparatus

Q12. What is SCBA?

- A) A type of confined space
- B) Self-Contained Breathing Apparatus — provides independent air supply for entry into oxygen-deficient atmospheres
- C) A safety checklist
- D) A type of gas detector

Q13. What should be done if a worker collapses in a confined space?

- A) Enter immediately to help
- B) Do not enter — initiate rescue plan, call 999, use rescue equipment from outside if possible
- C) Wait for emergency services
- D) Ventilate the space first

Q14. What is a hot work permit?

- A) A permit for working in hot weather
- B) A permit required for work involving ignition sources in or near confined spaces
- C) A fire safety document
- D) A temperature record

Q15. What training is required for confined space work?

- A) No specific training
 - B) Specific training for entrants, supervisors and rescue teams — must be competent
 - C) Only first aid training
 - D) Only gas testing training
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Answer Key

Q1: B Q2: B Q3: B Q4: B Q5: B Q6: B Q7: B Q8: B Q9: B Q10: B Q11: B Q12: B Q13: B Q14: B Q15: B

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