

COSHH Assessor Quiz — Knowledge Check

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 **COSHH Assessor** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What does COSHH stand for?

- A) Control of Substances Hazardous to Health
- B) Control of Safety and Health Hazards
- C) Chemicals, Operations, Safety and Health
- D) Control of Serious Health Hazards

Q2. What are the 8 steps of COSHH assessment?

- A) Identify, assess, control, monitor, review, train, record, supervise
- B) Identify substances, assess risks, prevent/control exposure, ensure controls are used, monitor exposure, carry out health surveillance, prepare for accidents, ensure employees are informed/trained/supervised
- C) List chemicals, test them, use PPE, review annually
- D) Identify, eliminate, substitute, engineer, administrate, PPE, review, record

Q3. What is the WEL?

- A) Work Exposure Level
- B) Workplace Exposure Limit — the maximum concentration of a substance in air
- C) Work Environment Legislation
- D) Workplace Equipment Limit

Q4. What is the hierarchy of control for COSHH?

- A) Elimination, substitution, engineering controls, administrative controls, PPE
- B) PPE first, then engineering controls
- C) Training first, then PPE
- D) Administrative controls first

Q5. What is health surveillance?

- A) A general health check
- B) Monitoring workers' health to detect early signs of work-related ill health
- C) An annual medical
- D) A fitness test

Q6. What does a Safety Data Sheet (SDS) contain?

- A) Only the chemical name
- B) Hazard information, composition, first aid measures, handling/storage, exposure controls, PPE
- C) Only the price
- D) Only the supplier details

Q7. What are the GHS hazard pictograms?

- A) Company logos

- B) Standardised symbols indicating chemical hazards (flammable, toxic, corrosive, etc.)
- C) Warning signs for the public
- D) EU chemical labels

Q8. What is biological monitoring?

- A) Monitoring the environment only
- B) Measuring substances or their metabolites in workers' blood, urine or breath
- C) Monitoring plant growth
- D) Air sampling only

Q9. What is the difference between acute and chronic health effects?

- A) They are the same
- B) Acute = immediate effects; chronic = long-term effects from repeated exposure
- C) Acute = long-term; chronic = immediate
- D) Acute = mild; chronic = severe

Q10. What is a carcinogen?

- A) A substance that causes burns
- B) A substance that can cause cancer
- C) A substance that causes allergies
- D) A flammable substance

Q11. What is occupational asthma?

- A) Asthma caused by cold air
- B) Asthma caused by exposure to sensitising substances at work
- C) Asthma caused by exercise
- D) A genetic condition

Q12. What is LEV?

- A) Low Exposure Ventilation
- B) Local Exhaust Ventilation — a system to capture contaminants at source
- C) Legal Exposure Value
- D) Laboratory Equipment Ventilation

Q13. How often must LEV systems be examined and tested?

- A) Annually
- B) At least every 14 months
- C) Every 5 years
- D) Only when faulty

Q14. What is a sensitiser?

- A) A substance that causes immediate irritation
- B) A substance that can cause an allergic reaction after repeated exposure
- C) A corrosive substance
- D) A flammable substance

Q15. What records must be kept for COSHH?

- A) No records required
- B) COSHH assessments, monitoring records, health surveillance records (40 years for some)

- C) Only purchase records
 - D) Only accident records
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Answer Key

Q1: A Q2: B Q3: B Q4: A 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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