

Health & Safety 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 **Health & Safety Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What is the primary piece of health and safety legislation in the UK?

- A) Health and Safety at Work Act 1974
- B) Management of Health and Safety Regulations 1999
- C) COSHH Regulations 2002
- D) Workplace Regulations 1992

Q2. What does RIDDOR stand for?

- A) Reporting of Injuries, Diseases and Dangerous Occurrences Regulations
- B) Recording Incidents, Diseases and Dangerous Operations Regulations
- C) Reporting of Incidents, Deaths and Dangerous Operations Regulations
- D) Regulations for Injuries, Diseases and Dangerous Occurrences Reporting

Q3. How many steps are in a risk assessment?

- A) 3
- B) 4
- C) 5
- D) 6

Q4. What is a hazard?

- A) Something that has already caused harm
- B) Something with the potential to cause harm
- C) A near miss incident
- D) A workplace injury

Q5. What does PPE stand for?

- A) Personal Protective Equipment
- B) Personal Prevention Equipment
- C) Protective Personal Equipment
- D) Primary Prevention Equipment

Q6. Under the Health and Safety at Work Act, who has duties?

- A) Employers only
- B) Employees only
- C) Both employers and employees
- D) Only managers

Q7. What is the hierarchy of control?

- A) A management structure
- B) A prioritised approach to controlling risks
- C) A type of risk assessment

D) An HSE inspection process

Q8. What is a near miss?

- A) A minor injury
- B) An incident that could have caused harm but didn't
- C) A dangerous occurrence
- D) A reportable incident

Q9. How long must accident records be kept?

- A) 1 year
- B) 3 years
- C) 5 years
- D) 10 years

Q10. What is the purpose of a safety sign with a blue circle?

- A) Warning
- B) Prohibition
- C) Mandatory instruction
- D) Safe condition

Q11. What does DSE stand for?

- A) Display Screen Equipment
- B) Digital Safety Equipment
- C) Desk Safety Evaluation
- D) Display Safety Ergonomics

Q12. Who enforces health and safety in offices?

- A) Police
- B) Local Authority Environmental Health
- C) Fire Brigade
- D) HSE only

Q13. What is the minimum temperature for a workplace?

- A) 13°C
- B) 16°C
- C) 18°C
- D) 20°C

Q14. What is a toolbox talk?

- A) A talk about tools
- B) A short, focused safety briefing
- C) A full training course
- D) An HSE inspection

Q15. 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 Hazards
- D) Control of Serious Health Hazards

Answer Key

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

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