



Name: _____ Date: _____ Score: ____ / 8

CIRCLE THE CORRECT ANSWER FOR EACH QUESTION**Q1. What is the primary legislation governing work at height in the UK?**

- A. Health and Safety at Work Act 1974
- B. Work at Height Regulations 2005
- C. Provision and Use of Work Equipment Regulations 1998
- D. Construction (Design and Management) Regulations 2015

Q2. What is the first step in the hierarchy of controls for work at height?

- A. Use a harness
- B. Avoid working at height altogether
- C. Use scaffolding
- D. Install guardrails

Q3. At what height does the Work at Height Regulations 2005 apply?

- A. Above 2 metres
- B. Above 3 metres
- C. Any height where a person could be injured by a fall
- D. Above 1.8 metres

Q4. How often should a ladder be inspected?

- A. Annually by a competent person only
- B. Before each use and formally at regular intervals
- C. Monthly
- D. Only when damage is suspected

Q5. What is the correct angle for a leaning ladder?

- A. 1:3 ratio (75 degrees)
- B. 1:4 ratio (75 degrees)
- C. 1:2 ratio (60 degrees)
- D. Vertical (90 degrees)

Q6. What does 'collective protection' mean?

- A. PPE shared between workers
- B. Safety measures that protect all workers without individual action
- C. Group risk assessments
- D. Team safety briefings

Q7. Which of the following is a collective fall prevention measure?

- A. Safety harness
- B. Hard hat
- C. Guardrail system
- D. Hi-visibility vest

Q8. What should you do if you find a damaged ladder?

- A. Use it carefully
- B. Tag it as out of service and report it
- C. Repair it yourself
- D. Only use it for short periods

Answer Key (Trainer Use Only): Q1:B Q2:B Q3:C Q4:B
 Q5:B Q6:B Q7:C Q8:B