



Health & Safety Knowledge Paper

Candidate

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Company

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Date

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**Health & Safety
Knowledge Paper**

1. Give an example of your employer's duties under the Health and Safety at Work (etc) Act 1974

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2. Give an example of your duties under the Health and Safety at Work (etc) Act 1974

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3. Apart from your colleagues and yourself who else could be at risk in your workplace?

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4. How much can you be fined for an offence under Health and Safety legislation?

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5. After how many days absence from work must a carer's work related injury be reported under RIDDOR?

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6. Give an example of each of the following risk factors:

Occupational –
Environmental –
Human –

7. Give 2 examples of triggers for work-related stress.

1.....

2.....

8. How can your employer protect you from the effects of second hand smoke?

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9. What is the first step of a risk assessment

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10. Give 2 examples of groups of people who may need special consideration when you carry out a risk assessment.

1.....

2.....

11. What is the most effective way of reducing the risk associated with a hazard in your workplace?

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12. Suggest 3 ways in which fires might start in your workplace.

1.....

2.....

3.....

13. What's the first thing you must do on discovering a fire?

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14. Give 2 examples of things you can do to prevent fires.

1.....

2.....

15. Give 3 examples of hazards increasing the risks associated with manual handling tasks.

1.....

2.....

3.....

16. Under Manual Handling Operations Regulations 1999, what 3 things must employers and employees do before a handling task is carried out?

1.....

2.....

3.....

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17. Why is it important to keep loads as close to your body as possible while you are moving them?

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18. Which regulations cover equipment used in the workplace?

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19. Give 3 examples of ways in which you would protect yourself and / or others from harm when using hazardous cleaning chemicals.

1.....
2.....
3.....

20. How regularly should lifting equipment be serviced by a competent individual?

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