



SMSTS Practice Mock Paper

Independent revision paper - 25 questions / 32 practice marks

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This practice paper uses 18 one-mark multiple-choice questions and 7 two-mark questions to give a realistic revision structure. It is not the CITB exam.

Candidate name: _____ **Date:** _____

1. A principal contractor is planning a new work activity. What should happen before the activity starts?

- A. Start work and write the method statement later
- B. Identify hazards, assess risk and establish suitable controls
- C. Rely only on operative experience
- D. Wait for an HSE inspection

2. Which statement best describes the purpose of a construction phase plan?

- A. To record every employee holiday
- B. To set out how health and safety will be managed during the construction phase
- C. To replace all risk assessments
- D. To advertise the project to clients

3. When selecting a control for a significant risk, what should a manager consider first?

- A. The cheapest PPE available
- B. Eliminating the hazard where reasonably practicable
- C. Whether the task can be finished faster
- D. Using warning signs only

4. A worker reports that a control measure is not working. What is the best management response?

- A. Tell them to continue until break time
- B. Review the risk and controls before work continues where necessary
- C. Remove the worker from the project
- D. Ignore it unless an accident occurs

5. What is the main purpose of a site induction?

- A. To replace trade training
- B. To communicate site-specific rules, hazards, emergency arrangements and expectations
- C. To provide payroll information only
- D. To avoid the need for supervision

6. Which is the strongest indicator that a toolbox talk has been effective?

- A. It lasted exactly ten minutes
- B. Workers can explain the relevant controls and apply them
- C. The attendance sheet has many signatures
- D. The manager used technical language

7. A scaffold has been altered after inspection. What should happen before it is used?

- A. Nothing if the alteration looks minor
- B. It should be checked by a competent person as required before use
- C. Only the client needs to approve it
- D. Workers should test it by climbing it

8. When planning vehicle movements on a busy site, which control is most effective?

- A. High-visibility clothing as the only control
- B. Separating pedestrians and vehicles wherever reasonably practicable
- C. Asking pedestrians to walk faster
- D. Using reversing alarms only

9. What should a manager do if suspected asbestos-containing material is unexpectedly disturbed?

- A. Continue carefully
- B. Stop the work, prevent access and follow the asbestos emergency arrangements
- C. Sweep it up immediately
- D. Ask an untrained worker to bag it

10. Which control is generally most effective for reducing respirable construction dust at source?

- A. A dust mask only
- B. Suitable extraction or suppression at the point of generation
- C. Opening a distant window
- D. Working faster

11. Why should exposure to excessive noise be controlled?

- A. Only to avoid complaints from neighbours
- B. Because repeated exposure can damage hearing and controls are required
- C. Because noise always causes structural damage
- D. Only because it affects productivity

12. What is the purpose of monitoring hand-arm vibration exposure?

- A. To estimate paint drying time
- B. To manage exposure and reduce the risk of vibration-related ill health
- C. To check tool ownership
- D. To decide where tools are stored

13. What is a key management duty for lifting operations?

- A. Allow any available worker to plan the lift
- B. Ensure lifting operations are properly planned, supervised and carried out safely
- C. Use the largest crane available
- D. Avoid documenting complex lifts

14. Before excavation work begins, what is an important early control?

- A. Assume services are deeper than the excavation
- B. Identify underground services and plan suitable precautions
- C. Use a metal shovel to find cables
- D. Rely on old drawings without checks

15. A temporary works design has been changed on site. What should happen?

- A. The change should be controlled through the temporary works process and checked appropriately
- B. The change can be accepted if the foreman agrees
- C. No record is needed
- D. Workers can choose the safest-looking option

16. Why are welfare facilities important on a construction site?

- A. They are optional on short projects
- B. They support health, hygiene and legal welfare requirements
- C. They are only needed for office staff
- D. They remove the need for breaks

17. Which action best supports a positive safety culture?

- A. Discouraging near-miss reports
- B. Responding constructively to concerns and acting on lessons learned
- C. Blaming individuals for every incident
- D. Keeping risk information within management only

18. What should an emergency plan take account of?

- A. Only fire
- B. Foreseeable emergencies, communication, evacuation and arrangements for assistance
- C. Only events that have happened before
- D. Only incidents during normal office hours

19. WORKING AT HEIGHT: Give TWO management actions that should be considered before work at height starts.

Answer:

20. VEHICLES AND PEDESTRIANS: Give TWO controls that can reduce interface risk on a construction site.

Answer:

21. MANUAL HANDLING: Give TWO actions that can reduce manual-handling risk.

Answer:

22. ASBESTOS: State TWO immediate actions if suspect asbestos material is unexpectedly damaged.

Answer:

23. DUST: Give TWO ways to control hazardous construction dust.

Answer:

24. NOISE: Give TWO management actions for a noisy activity.

Answer:

25. VIBRATION: Give TWO actions to manage hand-arm vibration exposure.

Answer:

Answer key and revision notes

Use this key for self-checking only. An official course result can only come from the authorised course assessment process.

1. **B** - Identify hazards, assess risk and establish suitable controls
2. **B** - To set out how health and safety will be managed during the construction phase
3. **B** - Eliminating the hazard where reasonably practicable
4. **B** - Review the risk and controls before work continues where necessary
5. **B** - To communicate site-specific rules, hazards, emergency arrangements and expectations
6. **B** - Workers can explain the relevant controls and apply them
7. **B** - It should be checked by a competent person as required before use
8. **B** - Separating pedestrians and vehicles wherever reasonably practicable
9. **B** - Stop the work, prevent access and follow the asbestos emergency arrangements
10. **B** - Suitable extraction or suppression at the point of generation
11. **B** - Because repeated exposure can damage hearing and controls are required
12. **B** - To manage exposure and reduce the risk of vibration-related ill health
13. **B** - Ensure lifting operations are properly planned, supervised and carried out safely
14. **B** - Identify underground services and plan suitable precautions
15. **A** - The change should be controlled through the temporary works process and checked appropriately
16. **B** - They support health, hygiene and legal welfare requirements
17. **B** - Responding constructively to concerns and acting on lessons learned
18. **B** - Foreseeable emergencies, communication, evacuation and arrangements for assistance
19. Example points: Avoid work at height where reasonably practicable; Where unavoidable, select suitable work equipment and controls to prevent falls or minimise consequences. Equivalent suitable answers may also be valid.
20. Example points: Physically separate pedestrian and vehicle routes where practicable; Plan traffic routes, crossings, visibility, reversing and competent assistance where needed. Equivalent suitable answers may also be valid.
21. Example points: Avoid or mechanise hazardous manual handling where practicable; Assess the task and reduce load, route, posture or frequency risk; use aids or team handling where appropriate. Equivalent suitable answers may also be valid.
22. Example points: Stop work and keep people away / prevent spread; Follow the emergency procedure and seek competent asbestos advice before restarting. Equivalent suitable answers may also be valid.
23. Example points: Use suitable on-tool extraction or water suppression at source; Plan the work to reduce dust and use suitable RPE only as part of an adequate control system. Equivalent suitable answers may also be valid.
24. Example points: Eliminate, substitute or reduce noise at source and select quieter plant or processes; Assess exposure and apply suitable controls such as isolation, maintenance and hearing protection where needed. Equivalent suitable answers may also be valid.
25. Example points: Select lower-vibration tools, maintain equipment and reduce trigger time; Plan exposure and provide information and health surveillance where required. Equivalent suitable answers may also be valid.

Revision reminder

These questions are intentionally original. They are designed to help you practise applying site-safety principles, not to predict or reproduce the official examination. Review the current required CITB course publication and any material supplied by your trainer.