



SSSTS Practice Mock Paper

Independent revision paper - 25 questions / 30 practice marks

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This practice paper contains 22 one-mark multiple-choice questions and 3 written questions worth a combined 8 marks. Four original questions are marked safety-critical for practice only. It is not the CITB exam.

Candidate name: _____ **Date:** _____

1. [Safety-critical practice] A worker is about to enter an unsupported excavation after heavy rain. What should the supervisor do?

- A. Allow entry for a quick inspection
- B. Stop entry until the excavation is assessed and suitable controls are in place
- C. Ask the worker to stay near the edge
- D. Only provide gloves

2. What is a supervisor expected to do when a worker does not understand a method statement?

- A. Tell them to sign it anyway
- B. Explain the relevant controls and confirm understanding before work
- C. Ignore it if they are experienced
- D. Ask another worker to sign for them

3. What is the main purpose of a risk assessment?

- A. To identify hazards, evaluate risk and decide suitable controls
- B. To guarantee no incident can ever happen
- C. To replace supervision
- D. To record wages

4. [Safety-critical practice] A guard is missing from a rotating power tool. What is the correct response?

- A. Use it carefully
- B. Take it out of use until it is made safe
- C. Use thicker gloves
- D. Only use it outdoors

5. Why should supervisors carry out regular site checks?

- A. To confirm conditions and controls remain acceptable
- B. Only to count workers
- C. To replace all formal inspections
- D. To avoid speaking with the workforce

6. What is a toolbox talk best used for?

- A. Communicating a focused safety topic relevant to the work
- B. Replacing all training
- C. Disciplinary interviews
- D. Issuing payslips

7. A worker reports a near miss. What should the supervisor do?

- A. Discourage reporting
- B. Record/report it through site arrangements and help identify corrective actions
- C. Wait until an injury occurs
- D. Tell only the worker involved

8. Which is the best control for pedestrians near moving plant?

- A. High-vis clothing only
- B. Segregated routes and controlled crossing arrangements where practicable
- C. Walking behind reversing plant
- D. Headphones to hear alarms

9. What should a supervisor check before a ladder is used for a task?

- A. That it is suitable for the task and condition, with safer options considered
- B. That it is the longest ladder available
- C. That two people can stand on it
- D. That it matches company colours

10. [Safety-critical practice] A worker uncovers material that may contain asbestos. What should happen?

- A. Break off a sample by hand
- B. Stop work, keep people away and follow site asbestos procedures
- C. Brush away dust
- D. Continue wearing a dust mask

11. Why is good housekeeping important?

- A. It can reduce slips, trips, fire loading and access problems
- B. It is only for client visits
- C. It replaces PPE
- D. It removes the need for waste controls

12. What is the best way to reduce a hazardous manual lift?

- A. Tell the worker to lift faster
- B. Use mechanical assistance or change the task where practicable
- C. Double the load to reduce trips
- D. Only issue gloves

13. What should happen before using a hazardous substance?

- A. Check relevant information and controls, including COSHH arrangements where applicable
- B. Smell it to judge the risk
- C. Mix it with water automatically
- D. Use it outdoors without assessment

14. Why must electrical equipment be suitable for site conditions?

- A. To reduce risk of shock, burns and fire
- B. Only to reduce energy bills
- C. Because all site tools must be battery powered
- D. To avoid training

15. What should be included in a clear site emergency briefing?

- A. Alarm, escape and assembly arrangements and what workers should do
- B. Only the site postcode
- C. Only the manager telephone number
- D. Payroll contacts

16. [Safety-critical practice] A worker removes edge protection to move materials. What should the supervisor do?

- A. Allow it if the job is nearly finished
- B. Stop the exposure and ensure suitable fall prevention is restored or alternative controls are in place
- C. Ask workers to be careful
- D. Move the warning sign closer

17. What is the purpose of PPE?

- A. It is normally a last line of defence for residual risk, not the first control for every hazard
- B. It eliminates every hazard
- C. It replaces safe systems of work
- D. It means supervision is unnecessary

18. A subcontractor starts work without attending the site induction. What should the supervisor do?

- A. Allow them to work with a friend
- B. Ensure the required induction/information is completed before they start relevant work
- C. Ignore it for one shift
- D. Give them only a site map

19. What is a key supervisor role in environmental protection?

- A. Follow site controls for waste, spills, dust and nuisance and challenge poor practice
- B. Environmental issues are only the client responsibility
- C. Burn mixed waste on site
- D. Wash concrete residues into drains

20. Why should supervisors check competence for a task?

- A. To make sure workers have suitable skills, knowledge, training and experience for the work
- B. To reduce paperwork only
- C. Because competent workers do not need instructions
- D. Only for office work

21. When should a risk assessment be reviewed?

- A. When there is reason to think it is no longer valid or when significant changes occur
- B. Never once signed
- C. Only every ten years
- D. Only after an HSE visit

22. Which behaviour best supports a positive safety culture?

- A. Listening to concerns and correcting unsafe conditions
- B. Ignoring minor shortcuts
- C. Rewarding fastest completion regardless of controls
- D. Hiding incident information

23. Written question (3 marks): A new worker is about to start a task at height. State THREE things you would check or confirm before allowing the task to proceed.

Answer:

24. Written question (3 marks): A delivery vehicle must enter a congested site. State THREE controls that can reduce risk to pedestrians.

Answer:

25. Written question (2 marks): State TWO actions after a worker reports a defective item of work equipment.

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** - Stop entry until the excavation is assessed and suitable controls are in place
2. **B** - Explain the relevant controls and confirm understanding before work
3. **A** - To identify hazards, evaluate risk and decide suitable controls
4. **B** - Take it out of use until it is made safe
5. **A** - To confirm conditions and controls remain acceptable
6. **A** - Communicating a focused safety topic relevant to the work
7. **B** - Record/report it through site arrangements and help identify corrective actions
8. **B** - Segregated routes and controlled crossing arrangements where practicable
9. **A** - That it is suitable for the task and condition, with safer options considered
10. **B** - Stop work, keep people away and follow site asbestos procedures
11. **A** - It can reduce slips, trips, fire loading and access problems
12. **B** - Use mechanical assistance or change the task where practicable
13. **A** - Check relevant information and controls, including COSHH arrangements where applicable
14. **A** - To reduce risk of shock, burns and fire
15. **A** - Alarm, escape and assembly arrangements and what workers should do
16. **B** - Stop the exposure and ensure suitable fall prevention is restored or alternative controls are in place
17. **A** - It is normally a last line of defence for residual risk, not the first control for every hazard
18. **B** - Ensure the required induction/information is completed before they start relevant work
19. **A** - Follow site controls for waste, spills, dust and nuisance and challenge poor practice
20. **A** - To make sure workers have suitable skills, knowledge, training and experience for the work
21. **A** - When there is reason to think it is no longer valid or when significant changes occur
22. **A** - Listening to concerns and correcting unsafe conditions
23. Example points: Suitable planning or risk assessment and whether work at height can be avoided; Suitable access/work equipment and fall prevention/protection; Worker competence/instruction plus inspection or rescue arrangements as relevant. Equivalent suitable answers may also be valid.
24. Example points: Segregated route or controlled crossing; Traffic plan, speed or reversing controls and competent assistance where needed; Clear communication, visibility, lighting and exclusion from manoeuvring area. Equivalent suitable answers may also be valid.
25. Example points: Remove or secure the equipment from use where necessary; Report it and arrange competent inspection or repair before reuse. 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.