

***This answer book will only be marked and certificated if this is completed by the learner AND prison staff***

### Learner Statement of Authenticity

By returning this answer book you are confirming that the work contained is entirely your work and does not include any work completed by anyone other than yourself. You also confirm that you have completed the assignment/portfolio in accordance with the instructions given by your establishment.

**Learner Prison No. in CAPITAL LETTERS**

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**Prison:**

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**Learner's Initials:**

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**Date:**

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### Establishment Confirmation of Authenticity

I confirm that the above-mentioned learner, to the best of my knowledge, is the sole author of this completed answer book.

**Staff Name:**

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**Signed:**

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**Date:**

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### STAFF USE ONLY

Date Issued	Date Marked	Assessor Initials	Result	
			<input type="checkbox"/>	<input type="checkbox"/>
			PASS	REFER

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## How it works

### Welcome to your Way2Learn course.

This course is designed to enable access to education for all – whether in-cell or in your establishment's education facility.



To complete this course, you will need to watch all of the episodes. Times for each episode are provided on the next page.



You can request a copy of the episode transcript from your Distance Learning Coordinator or Learning and Skills Manager if you need to revisit any of the information.



If you have any difficulties in completing this course, please speak to a suitable peer mentor or member of staff for some help.



Once completed, return your answer book to the appropriate member of staff. After it has been received, it can take up to 3 weeks to be assessed and issued a certificate.



You can ask a member of staff for a copy of our policies and practices for further details.

## Episode Guide

Content Guide	Monday, Wednesday & Saturday	Friday/ Sunday
<b>Episode 1: The Purpose of Risk Assessments</b> In this episode, you will get an overview of risk assessments and gain an understanding of how risks can be assessed to improve site safety.	10:00 (am & pm)	6:00pm (Friday only)
<b>Episode 2: The Importance of Safe Manual Handling</b> Manual handling is the biggest cause of injury in a construction environment. This episode will look at safe manual handling practices and how to avoid manual handling related accidents.	10:30 (am & pm)	6:30pm (Friday only)
<b>Episode 3: Working Safely at Height</b> This episode looks at safe working practices in relation to working at heights. This includes safe usage of ladders, scaffolding, and roof work.	4:00pm	6:00pm (Sunday only)
<b>Episode 4: Risks to Health</b> There are many risks to health in a construction environment, including contact with chemicals, dust and electricity. This episode looks at how these risks can be controlled to keep the workforce safe.	4:20pm	6:20pm (Sunday only)
<b>Episode 5: Working Safely Around Plant and Equipment</b> Serious accidents can occur when working around plant and equipment. This episode looks at how you can keep yourself and others safe in this environment.	4:45pm	6:45pm (Sunday only)

## Learning Outcomes



1. Distinguish between accidents, near misses, hazards and risks.
2. Demonstrate the importance of manual handling.
3. Demonstrate knowledge of how to work safely at height
4. Understand regulations and control measures for working at height.
5. Understand risks to health and how they can be controlled.
6. Identify how to work around plan and equipment

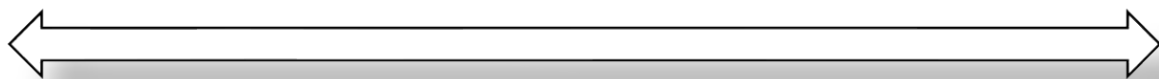
## Starting Out

Consider the learning outcomes above.

On a scale of 1 -10, how would you rate your knowledge of '**Health and Safety in a Construction Environment**'?

*(Please tick the appropriate box)*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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Low

High

At the end of this course, you will have the opportunity to rate your knowledge once more.

## Knowledge Check

To pass this course you will need to correctly answer **80%** of the questions.

This equates to **27** correct answers out of the 34 questions asked.



### Episode 1

#### Question 1

**What is the main purpose of a Risk Assessment?**

*(Please tick the appropriate box)*

<b>A</b>	To allow the employer to take the necessary measures for the safety and health protection of employees	<input type="checkbox"/>
<b>B</b>	To help identify what resources are needed for a job	<input type="checkbox"/>
<b>C</b>	It is a legal requirement	<input type="checkbox"/>
<b>D</b>	To reduce insurance claims	<input type="checkbox"/>

#### Question 2

**Most fatal injuries in the construction industry result from:**

*(Please tick the appropriate box)*



**Falling from Height**

☐


**Slips Trips and Falls**

☐


**Contact with Electricity**

☐


**Hit by a Moving Vehicle**

☐

### Question 3

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**Explain the legal definition of an accident in relation to health and safety at work.**

**The Legal definition of an accident is:**


### Question 4

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**Explain the legal definition for a near miss in relation to health and safety at work.**

**The Legal definition of a near-miss is -:**


### Question 5

Which of these statements best describes a possible consequence of an accident at work?

*(Please tick the appropriate box)*

<b>A</b>	Employees may not be able to work, which could impact on their personal income and family life	
<b>B</b>	The employer will have insurance to cover for accidents so there are no financial implications	
<b>C</b>	Accidents can lead to increased costs and delays, but will not affect long-term profitability	
<b>D</b>	Employees will have to be more careful in future	

### Question 6

Which of the following statements is the correct definition of a hazard in relation to health and safety at work?

*(Please tick the appropriate box)*

<b>A</b>	Not following the method statement	
<b>B</b>	A process that is too risky	
<b>C</b>	Any source of potential damage or harm	
<b>D</b>	The likelihood that something will cause somebody harm	



### Question 7

Materials such as wood and packaging should be stored separately from other types of materials. The most important reason for this is to prevent:

*(Please tick the appropriate box)*



**DAMAGE**

☐


**FIRE**

☐


**THEFT**

☐


**POLUTION**

☐

### Question 8

Which of the following should be **NOT** be included in a Method Statement?

*(Please tick the appropriate box)*

<b>A</b>	The level of competence and training required to do the task	
<b>B</b>	The materials, tools and equipment needed	
<b>C</b>	The risks employees can take	
<b>D</b>	The employees involved in the task	

## Episode 2

### Question 1

**An employee must lift a heavy load. What must the employer do?**

*(Please tick the appropriate box)*

<b>A</b>	Ignore the task if the employee looks confident	
<b>B</b>	Ask another employee to supervise the lifting process	
<b>C</b>	Ensure only strong employees are assigned to heavy lifting tasks	
<b>D</b>	Provide training and ensure a risk assessment is carried out	

### Question 2

**On a site you come to a trench where there are exposed utilities and split ducting- what should you NOT do?**

*(Please tick the appropriate box)*

<b>A</b>	Attempt to cross the trench	
<b>B</b>	Get the attention of the site manager	
<b>C</b>	Only lift loads that weigh less than 15kg per person	
<b>D</b>	You must make sure you are fit and healthy enough to lift weights	

### Question 3

What is the correct way to stand when lifting a load from the floor?

*(Please tick the appropriate box)*

<b>A</b>	Feet together, knees bent in a deep squatting position	
<b>B</b>	Feet wide apart, legs straight, back bent	
<b>C</b>	Feet slightly apart, one leg slightly forward, knees bent	
<b>D</b>	Feet together, legs straight, back bent	

### Question 4

What muscles should be mainly used when lifting a load from the floor?

*(Please tick the appropriate box)*



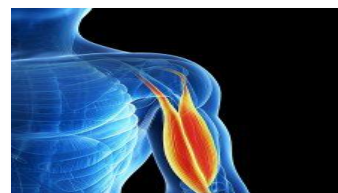
**BACK**

☐


**SHOULDER**

☐


**LEGS**

☐


**ARMS**

☐

## Episode 3

### Question 1

**'Working at height' in relation to Health and Safety at work, means:**

*(Please tick the appropriate box)*

<b>A</b>	Working on any scaffolding or ladders	
<b>B</b>	Working in any place where a person could fall a distance liable to cause personal injury	
<b>C</b>	Working on any ladder which is more than 2m	
<b>D</b>	Working at high altitude	

### Question 2

**What is the best way to protect people from tools and materials that can easily fall from a scaffold platform?**

*(Please tick the appropriate box)*

<b>A</b>	Appropriate signs will warn people	
<b>B</b>	Keep people on the ground away from scaffolding	
<b>C</b>	Use brick guards or netting to stop any items falling below	
<b>D</b>	Workers on the scaffold should warn people below	

### Question 3

On average, how many fatal accidents occur each year in the construction industry due to falls through fragile roofs?

*(Please tick the appropriate box)*

<b>A</b>	17	
<b>B</b>	9	
<b>C</b>	3	
<b>D</b>	7	

### Question 4

Identify the most likely working-at-height hazard associated with overhead cables.

*(Please tick the appropriate box)*

<b>A</b>	Loss of power on the site	
<b>B</b>	Slips, trips and falls	
<b>C</b>	Death by electrocution	
<b>D</b>	Crane getting stuck in the mud	

### Question 5

**You find waste obstructing an emergency exit on a construction site. What should you do?**

*(Please tick the appropriate box)*

<b>A</b>	Pile up the waste in a different location	
<b>B</b>	Wait until someone else removes it	
<b>C</b>	Try to move through the exit carefully	
<b>D</b>	Report the waste to the site manager immediately	

### Question 6

**According to the 'Work at Height Regulations', the best option for managing the risks involved in working at height is to:**

*(Please tick the appropriate box)*

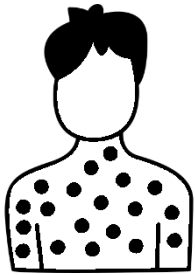
<b>A</b>	Restrict access to working at height to specialists	
<b>B</b>	Provide information and instruction	
<b>C</b>	Limit fall distance using nets and mats	
<b>D</b>	Limit the risk with safety harnesses	

## Episode 4

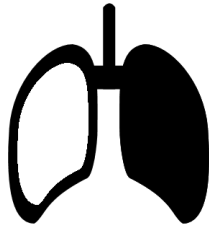
### Question 1

Cement is a hazardous substance and can cause:

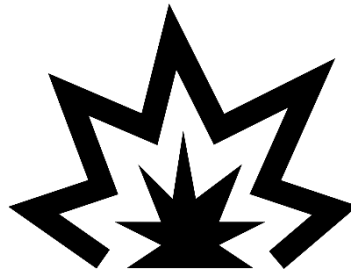
*(Please tick the appropriate box)*



**SKIN DISEASES**

☐


**LUNG DISEASE**

☐


**EXPLOSIONS**

☐


**BURNS**

☐

### Question 2

Which statement about recreational drug use on a construction site is true?

*(Please tick the appropriate box)*

<b>A</b>	It may result in higher absenteeism	
<b>B</b>	It helps employees stay alert for longer periods	
<b>C</b>	It increases the likelihood of workplace accidents	
<b>D</b>	It improves focus and decision-making	

### Question 3

**Why is it a legal requirement to have personal hygiene facilities on site?**

*(Please tick the appropriate box)*

<b>A</b>	Reduce the risk of breathing in hazardous substances	
<b>B</b>	Reduces risk of infection	
<b>C</b>	Stop hazardous substances from getting onto hands	
<b>D</b>	Reduce the need to use gloves	

### Question 4

**Which of the following diseases is most commonly associated with long-term exposure to asbestos?**

*(Please tick the appropriate box)*

<b>A</b>	Asthma	
<b>B</b>	Pneumonia	
<b>C</b>	Bronchitis	
<b>D</b>	Lung cancer	



### Question 5

**Asbestos is most likely to be found in:**

*(Please tick the appropriate box)*

<b>A</b>	Wooden doors and floorboards	
<b>B</b>	Window frames and glass panels	
<b>C</b>	Textured coatings and pipe lagging	
<b>D</b>	Ceramic tiles and house bricks	

### Question 6

**What types of personal protective equipment should be used when dealing with dust, gases, and vapors?**

*(Please tick the appropriate box)*

<b>A</b>	Dust masks or respirators	
<b>B</b>	Hearing protection (ear defenders)	
<b>C</b>	Protective gloves	
<b>D</b>	High-visibility clothing	

## Episode 5

### Question 1

Of the following what is the most likely hazard from working with construction machinery?

*(Please tick the appropriate box)*

<b>A</b>	Falling over whilst using the machinery	
<b>B</b>	Repetitive strain injuries	
<b>C</b>	Contact with moving parts of the machinery	
<b>D</b>	The machinery overheating	

### Question 2

Identify which sign below means you **MUST NOT** do something:

*(Please tick the appropriate box)*



*(Blue background)*

☐


*(Yellow background)*

☐


*(Red outline, white background)*

☐



## Workplace Scenarios

### Question 1 (Episode 1)

**Scenario:** You are working on a construction site, and a new worker has not been briefed on the specific risks related to working near overhead power lines. They begin moving metal scaffolding near some overhead cables without realising the potential danger.

**What immediate steps should you take, and why is it important to report such hazards?**

**Word Count:** 50-100 words, (2 marks available)

### Question 2 (Episode 1)

**Scenario:** A colleague is repeatedly lifting heavy materials on a site without using proper manual handling techniques. You notice they appear to be in discomfort after a few lifts.

**What advice would you give them about proper manual handling, and what long-term risks could they face if they continue lifting incorrectly?**

**Word Count:** 50-100 words, (2 marks available)

### Question 3 (Episode 2)

**Scenario:** You are supervising a team working at height on scaffolding. One worker has tied their harness improperly, and another has left a toolbox near the edge without any guardrails or netting in place.

**What are the risks involved in this situation, and what corrective actions should you take to ensure safety?**

**Word Count:** 50-100 words, (2 marks available)

### Question 4 (Episode 3)

**Scenario:** A worker on site has been handling cement without wearing protective gloves. They have started to experience discomfort but are unsure of the potential hazards involved.

**What health risks are associated with handling cement, and what precautions should be taken when working with it?**

**Word Count:** 50-100 words, (2 marks available)

## End of Knowledge Check

## Learning Evaluation

You must comment on the three most important things you have learnt and complete distance travelled.

1.....

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2.....

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3.....

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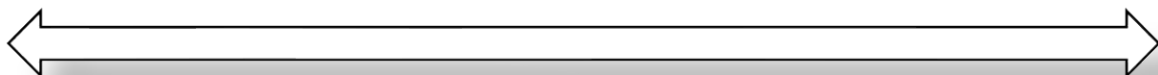
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## Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you rate your knowledge of H&S in a Construction Environment?

*(Please tick the appropriate box)*

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Low

High

## End of Knowledge Check

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## Course Feedback – H&S in a Construction Environment

**TO QUALIFY FOR A MUG OR WATER BOTTLE YOU MUST COMPLETE IN FULL, THE LEARNING EVALUATION. THIS IS A VOLUNTARY SUBMISSION. IF YOU DO NOT COMPLETE THIS YOUR WORKBOOK WILL STILL BE MARKED AND CERTIFICATED, BUT YOU WILL NOT BE ELIGIBLE FOR ANY OF OUR INCENTIVISED GIFTS.**

Please clearly write your full name here:

We value your feedback. Please rate each aspect on the scale below:

### 1. The quality, style and tone of the videos.

1      2      3      4      5      6      7      8      9      10

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Low

High

### 2. The clarity of the answer book.

1      2      3      4      5      6      7      8      9      10

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Low

High

### 3. Your enjoyment of this course.

1      2      3      4      5      6      7      8      9      10

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Low

High

Please tell us what you enjoyed most about this course

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Please give us one suggestion to improve this course

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