

Health & Safety in a Construction Environment



Staff use only

Date Issued

Date Completed

Date Marked

Result

☐

PASS

☐

REFER



Learner Number:

Prison:

Let's get started!

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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 around 2-3 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

Health and Safety in a Construction Environment

Monday, Wednesday, Friday & Saturday



Content Guide	Monday, Wednesday & Saturday	Friday/Sunday
Episode 1: The Purpose of Risk Assessments 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)
Episode 2: The Importance of Safe Manual Handling 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)
Episode 3: Working Safely at Height 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)
Episode 4: Risks to Health 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)
Episode 5: Working Safely Around Plant and Equipment 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

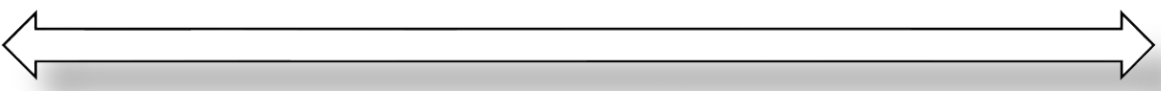
Starting Out

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)

1	2	3	4	5	6	7	8	9	10
<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

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 **75%** of the questions.

This equates to **19** correct answers out of the 26 questions asked.



Episode 1

Question 1

What is the main purpose of a Risk Assessment?

(Please tick the appropriate box)

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

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

The Legal definition of an accident is:

Question 4

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

(Please tick the appropriate box)

A	A process that is too risky	
B	Any source of potential damage or harm	
C	Where maintenance standards are poor	
D	The likelihood that something will cause somebody harm	

Question 6

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

(Please tick the appropriate box)

A	Not following the method statement	
B	The number of accidents and near misses on a building site	
C	Causing harm by negligent	
D	Likelihood that a person may be harmed or suffer adverse health effects if exposed to a hazard	

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

What is the most common hazard associated with services?

(Please tick the appropriate box)

A	Fire	
B	Electric shock	
C	Damage to equipment	
D	Back Injury	

Episode 2

Question 1

What must the employer do when an employee must handle and store materials?

(Please tick the appropriate box)

A	Assess whether the employee is strong enough to carry out the activity	
B	Ensure that the employee has safe access	
C	Ensure that the employee has manual handling training	
D	Set the employee reasonable targets so they do not have to rush	

Question 2

As an employee, when lifting objects, which of the following statements is true?

(Please tick the appropriate box)

A	Consult the supervisor before every object is lifted	
B	Use the equipment and methods provided by the employer	
C	Only lift loads that weigh less than 15kg per person	
D	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)

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



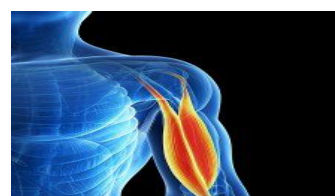
BACK

☐


SHOULDER

☐


LEGS

☐


ARMS

☐

Episode 3

Question 1

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

(Please tick the appropriate box)

A	Working on any scaffolding or ladders	
B	Working in any place where a person could fall a distance liable to cause personal injury	
C	Working on any ladder which is more than 2m	
D	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)

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

Question 3

What is the recommended slope or angle of the ladder?

(Please tick the appropriate box)

A	85 Degrees	
B	75 Degrees	
C	30 Degrees	
D	60 Degrees	

Question 4

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

(Please tick the appropriate box)

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

Question 5

If you need to stack materials on a working platform, what is the best way to stop the materials from falling over the edge?

(Please tick the appropriate box)

A	Fit brick guards or netting to the edge	
B	Build the stack so it leans away from the edge	
C	Put a warning sign on the stack	
D	Cover stack with polythene	

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)

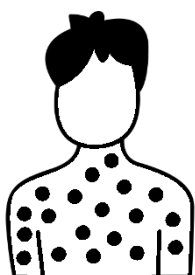
A	Restrict access to working at height to specialists	
B	Provide information and instruction	
C	Limit fall distance using nets and mats	
D	Limit the risk with safety harnesses	

Episode 4

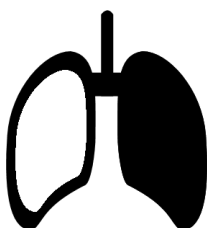
Question 1

Cement is a hazardous substance and can cause:

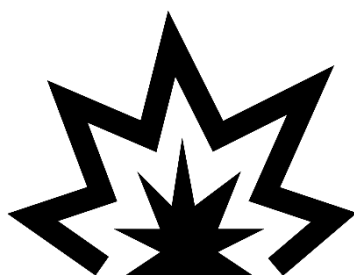
(Please tick the appropriate box)



SKIN DISEASES

☐


LUNG DISEASE

☐


EXPLOSIONS

☐


BURNS

☐

Question 2

What is the main reason for not using drugs or alcohol in the workplace?

(Please tick the appropriate box)

A	May become less punctual	
B	Increases the risk of accidents	
C	Will distract your fellow workers	
D	May take more time off work	

Question 3

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

(Please tick the appropriate box)

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

Question 4

What fatal disease can be caused by exposure to asbestos?

(Please tick the appropriate box)

A	Tuberculosis	
B	Stroke	
C	Lung cancer	
D	Lower respiratory infections	

Question 5

Asbestos is most likely to be found in:

(Please tick the appropriate box)

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

Question 6

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

(Please tick the appropriate box)

A	Handkerchief or scarf tied around the face	
B	Respiratory protective equipment (RPE)	
C	Hand over mouth and nose	
D	Industrial safety helmets	

Episode 5

Question 1

When using cutting equipment what is the most important thing to remember?

(Please tick the appropriate box)

A	To notify your supervisor	
B	To check the weather conditions	
C	Use the appropriate PPE	
D	To notify pedestrians	

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)

☐

End of Knowledge Check

Learning Evaluation

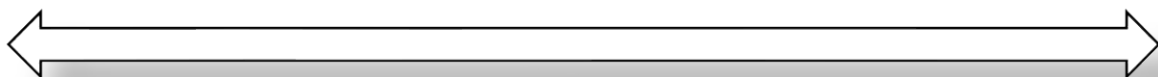
Comment on the three most important things you have learned on this course

Distance Travelled

Now that you have completed this course, on a scale of 1 -10, how would you now rate your knowledge of '**Health and Safety in a Construction Environment** '?

(Please tick the appropriate box)

1	2	3	4	5	6	7	8	9	10
<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

Statement of Authenticity

Candidate 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 centre.

Candidate Prison Number:

.....

Centre confirmation authenticity

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

Staff Name: **Signed:**.....

Date:



Stretch and Challenge (.....or just for fun!)

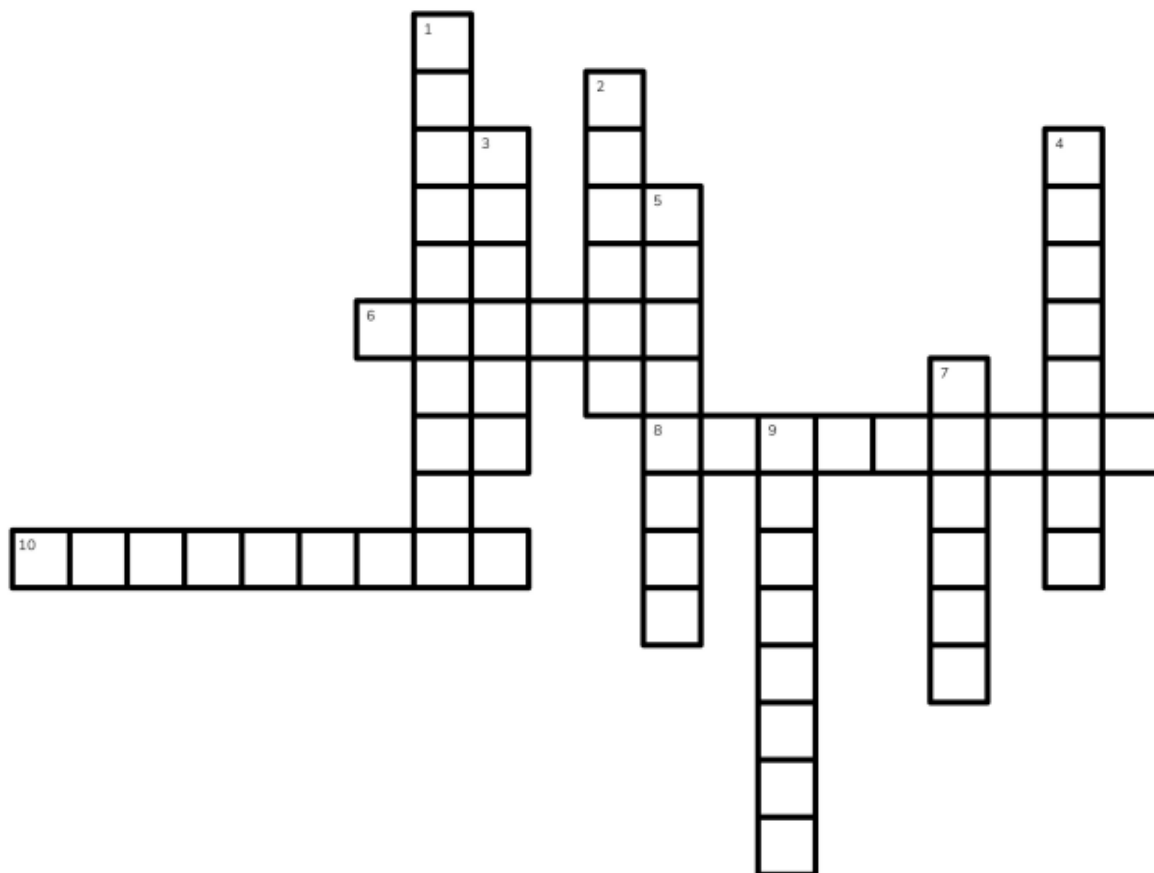
Health and Safety in a Construction Environment

Across

6. You 'nail' it every time with this essential builder's tool.
8. It 'digs' deeper than any human could, a big player in groundworks.
10. This 'plan' lays the groundwork for every construction project.

Down

1. Keeps the heat in and the cold out, it's a 'warm' necessity in construction.
2. This piece of protective equipment is a 'head' above the rest in construction safety.
3. Without this 'approval', construction work can't legally begin.
4. A temporary structure used to support workers and materials, it's a 'lift' in the right direction.
5. This expert 'measures' up the land before construction can start.
7. Not just a risk, but a 'dangerous' element in the construction environment.
9. It's 'solid' as a rock once it's set, a fundamental material in building.



Stretch and Challenge (.....or just for fun!)

Safety in a Construction Environment

E	Q	U	I	P	M	E	N	T	O	D	A	S	O
I	L	I	R	B	R	I	C	K	S	S	G	O	O
I	S	A	S	T	E	L	V	A	C	V	N	T	N
E	I	E	D	S	E	T	P	E	S	I	O	S	C
P	E	H	P	T	I	T	R	T	R	S	I	E	V
R	O	H	R	T	E	M	L	O	O	H	T	B	P
O	O	Y	I	S	L	A	R	B	S	E	A	S	R
T	C	T	S	D	I	A	I	T	I	I	L	A	E
E	N	E	K	R	T	P	D	R	V	G	U	N	P
C	K	F	T	A	I	L	S	D	R	H	G	P	O
T	M	A	A	Z	N	A	S	R	E	T	E	Q	S
I	L	S	I	A	R	N	S	E	P	R	R	S	H
V	S	P	L	H	O	T	T	H	U	U	E	O	R
E	N	H	I	P	H	T	E	S	S	A	B	Q	K

SUPERVISOR
SAFETY
HAZARD
PLANT
MISS
REGULATION
BRICK
LADDER
HEIGHT
RISK

Find
three
more
words
within
the
puzzle
that are
not
listed.

Further Reading



1. "Health and Safety at Work Revision Guide" by Ed Ferret, 2015.
2. "Introduction to Health and Safety in Construction" by Phil Hughes, 2015.
3. "Managing Health and Safety in Construction" by the CIRIA, 2015.
4. "The CSCS Test Book Health and Safety for Operatives and Specialists" by Construction Skills, 2019.

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