

# City & Guilds - Unit 201 Health and Safety Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## 7. Use Other Tools

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

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- 1. After conducting a risk assessment, what must employers do?**
  - A. Offer cash incentives to employees**
  - B. Implement control measures and provide training**
  - C. Reduce the number of employees working**
  - D. Hire more supervisors**
  
- 2. What does Class E refer to in fire classification?**
  - A. Fires involving metals**
  - B. Fires involving solids**
  - C. Fires involving electrical apparatus**
  - D. Fires involving cooking oils**
  
- 3. Which of the following actions can prevent slips and trips in the workplace?**
  - A. Keeping floors cluttered**
  - B. Regular cleaning and maintenance of floors**
  - C. Ignoring spills until the end of the day**
  - D. Using rugs that are not secured**
  
- 4. How many employees must a company have before risk assessments need to be documented?**
  - A. 3**
  - B. 5**
  - C. 10**
  - D. 15**
  
- 5. Which is the cheapest and most widely used extinguisher?**
  - A. Foam**
  - B. C02**
  - C. Water**
  - D. Powder**

**6. What should seating in the workplace provide according to the regulations?**

- A. Only aesthetic appeal is required**
- B. No specific requirements are mentioned**
- C. Proper back support and optional footrests**
- D. Seating must be adjustable for all users**

**7. What is a critical first step before any work involving potential asbestos disturbance?**

- A. Training new staff on tools**
- B. Conducting a site assessment**
- C. Reviewing safety equipment**
- D. Checking the weather conditions**

**8. Do the Workplace (Health, Safety and Welfare) Regulations cover domestic premises and home-workers?**

- A. Yes, they include all types of workplaces**
- B. No, they do not apply to domestic settings**
- C. Only for home offices**
- D. Yes, if certain conditions are met**

**9. What responsibilities do employees have under health and safety laws?**

- A. To ignore safety instructions**
- B. To only look after their own safety**
- C. To take reasonable care of their own safety and that of others**
- D. To report others for unsafe practices**

**10. What does the regulation state regarding indoor ventilation?**

- A. Ventilation should be minimal**
- B. There should be no requirement for ventilation**
- C. There should be adequate ventilation with fresh air**
- D. Ventilation must include air conditioning systems only**

## **Answers**

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1. B
2. C
3. B
4. B
5. C
6. C
7. B
8. B
9. C
10. C

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## **Explanations**

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## 1. After conducting a risk assessment, what must employers do?

- A. Offer cash incentives to employees**
- B. Implement control measures and provide training**
- C. Reduce the number of employees working**
- D. Hire more supervisors**

After conducting a risk assessment, it is essential for employers to implement control measures and provide training to ensure the safety and health of their employees. This process involves identifying potential hazards in the workplace and determining the best methods to mitigate those risks. By implementing control measures, employers can minimize or eliminate hazards, protecting the workforce from possible harm. Providing training is equally important, as it equips employees with the necessary knowledge and skills to work safely and effectively in their environment. Training ensures that employees understand the risks associated with their tasks and the procedures they need to follow to avoid accidents or health issues. Together, these actions create a safer workplace and help comply with legal obligations regarding health and safety. The other options focus on financial incentives, reducing the workforce, or increasing supervision, which do not directly address the findings of a risk assessment or enhance safety directly. Implementing control measures and training is a proactive approach that specifically targets the outcomes of the risk assessment.

## 2. What does Class E refer to in fire classification?

- A. Fires involving metals**
- B. Fires involving solids**
- C. Fires involving electrical apparatus**
- D. Fires involving cooking oils**

Class E in fire classification refers specifically to fires that involve electrical apparatus. This category is important because electrical fires can behave differently from other types of fires due to the presence of live electrical currents. When dealing with such fires, the use of water or typical extinguishing agents can be hazardous, as they may conduct electricity and pose a greater risk of electrical shock or worsen the fire situation. Understanding that Class E fires require specialized handling is crucial for safety. Specifically designed extinguishing agents, such as carbon dioxide or dry powder extinguishers, are often used to safely put out electrical fires without the risk associated with conductive materials. This knowledge is vital for both training and practical response in emergency situations involving electrical equipment.

**3. Which of the following actions can prevent slips and trips in the workplace?**

- A. Keeping floors cluttered**
- B. Regular cleaning and maintenance of floors**
- C. Ignoring spills until the end of the day**
- D. Using rugs that are not secured**

Regular cleaning and maintenance of floors is crucial in preventing slips and trips in the workplace. This practice ensures that any potential hazards, such as spills, debris, or uneven surfaces, are identified and addressed promptly. Clean floors reduce the risk of employees losing their footing, which is essential for maintaining a safe working environment. In addition to cleanliness, regular maintenance helps to identify and rectify any wear and tear or structural issues that could contribute to accidents. This proactive approach demonstrates a commitment to employee safety and can significantly reduce the likelihood of workplace injuries associated with slips and trips.

**4. How many employees must a company have before risk assessments need to be documented?**

- A. 3**
- B. 5**
- C. 10**
- D. 15**

The requirement to document risk assessments comes into effect when a company has five or more employees. This regulation is in place to ensure that there is a systematic approach to identifying and managing workplace hazards, thereby promoting safety and wellbeing among all employees. When organizations are small (specifically with fewer than five employees), they are still required to conduct risk assessments; however, they are not legally obliged to document them. The rationale behind this distinction is that smaller businesses may have less complex operations and a more informal management structure, which makes it easier for them to communicate risks and safety measures verbally. In contrast, once a company grows to five employees or more, it becomes crucial to have documented risk assessments to establish clear procedures, facilitate communication, and ensure accountability. Documentation serves as a reference point for safety protocols and can also be essential for compliance with health and safety legislation during inspections or audits.

## 5. Which is the cheapest and most widely used extinguisher?

- A. Foam
- B. CO<sub>2</sub>
- C. Water**
- D. Powder

The water extinguisher is recognized as the cheapest and most commonly used type of fire extinguisher. One of the main reasons for its widespread use is that water is readily available, making it cost-effective to produce and refill. Water extinguishers are effective for Class A fires, which involve ordinary combustible materials such as wood, paper, and textiles. This type of extinguisher works by cooling the burning material and thus removing the heat element of the fire triangle. Additionally, water extinguishers have minimal maintenance requirements and are easy to operate, which further contributes to their popularity. They are suitable for many residential and commercial environments where flammable materials would typically be present. Due to these factors, water extinguishers remain a preferred choice for various organizations looking to meet fire safety standards economically.

## 6. What should seating in the workplace provide according to the regulations?

- A. Only aesthetic appeal is required
- B. No specific requirements are mentioned
- C. Proper back support and optional footrests**
- D. Seating must be adjustable for all users

Seating in the workplace should provide proper back support and, where necessary, optional footrests. This ensures that employees can maintain good posture while working, which is crucial for preventing musculoskeletal disorders and promoting overall comfort and health. Proper back support helps to reduce the risk of strain on the spine and contributes to the well-being of workers who may spend long periods seated. Optional footrests can enhance comfort for individuals whose feet may not rest comfortably on the floor due to the height of the chair or desk. Regulations emphasize the importance of ergonomic design, aiming to create a workplace environment that minimizes physical strain and promotes productivity. As such, the focus on comfort and health in the workplace seating is essential for cultivating a safe working environment, aligning with health and safety practices.

**7. What is a critical first step before any work involving potential asbestos disturbance?**

- A. Training new staff on tools**
- B. Conducting a site assessment**
- C. Reviewing safety equipment**
- D. Checking the weather conditions**

Conducting a site assessment is key before any work involving potential asbestos disturbance because it allows for the identification and evaluation of any asbestos-containing materials present in the environment where the work is to take place. This assessment is essential for understanding the types and locations of asbestos, determining the risks involved, and implementing appropriate safety measures to protect workers and the surrounding community. By conducting a thorough site assessment, workers can be made aware of the specific hazards they may face, allowing for proper planning and the implementation of necessary controls, such as personal protective equipment and containment procedures. This proactive approach minimizes the risk of accidental exposure to asbestos fibers, which can lead to serious health issues. While training staff on tools, reviewing safety equipment, and checking weather conditions are important aspects of workplace safety, they do not directly address the potential hazards of asbestos disturbance in the same comprehensive manner as a site assessment.

**8. Do the Workplace (Health, Safety and Welfare) Regulations cover domestic premises and home-workers?**

- A. Yes, they include all types of workplaces**
- B. No, they do not apply to domestic settings**
- C. Only for home offices**
- D. Yes, if certain conditions are met**

The key aspect of the Workplace (Health, Safety and Welfare) Regulations is that they are designed to apply primarily to workplaces that are non-domestic. This specifically means that typical home environments, where domestic activities occur, are excluded from these regulations. In a domestic setting, the health and safety regulations tend to focus on different standards and responsibilities, often governed by other legislative frameworks. While home-workers may be conducting their duties at home, the regulations do not extend to these domestic environments because they are not classified as formal workplaces. Understanding this helps clarify why the regulations do not encompass all types of work scenarios, including scenarios that occur in domestic settings. Therefore, the assertion that these regulations do not apply to domestic premises is accurate.

## 9. What responsibilities do employees have under health and safety laws?

- A. To ignore safety instructions**
- B. To only look after their own safety**
- C. To take reasonable care of their own safety and that of others**
- D. To report others for unsafe practices**

Employees have a critical role in maintaining health and safety in the workplace, as outlined in health and safety laws. The correct answer emphasizes the need for employees to take reasonable care not only of their own safety but also for the safety of others around them. This principle ensures that everyone contributes to a safe and healthy work environment. By taking reasonable care, employees are encouraged to be aware of their actions and the potential impact on their colleagues. This collective responsibility fosters a culture of safety, where individuals actively engage in practices that minimize risks, adhere to safety guidelines, and participate in safety training and discussions. The rationale behind this responsibility is not only to comply with legal requirements but to promote a proactive approach toward preventing accidents and injuries. This can include wearing personal protective equipment, following safety protocols, and looking out for hazards that could affect coworkers.

## 10. What does the regulation state regarding indoor ventilation?

- A. Ventilation should be minimal**
- B. There should be no requirement for ventilation**
- C. There should be adequate ventilation with fresh air**
- D. Ventilation must include air conditioning systems only**

The regulation emphasizes the importance of providing adequate ventilation with fresh air in indoor environments. This is crucial for maintaining a healthy atmosphere, as proper ventilation helps to remove contaminants, excess humidity, and ensure an adequate supply of oxygen. Adequate ventilation is linked to improved air quality, which can enhance both comfort and productivity for occupants. Inadequate ventilation can lead to a range of health issues, such as respiratory problems and other long-term health effects, particularly in workplaces where people spend extended periods. The focus on fresh air highlights the need to introduce outside air into indoor spaces rather than relying solely on recirculated air. The other options do not align with health and safety regulations. Minimal or no ventilation fails to address the need for maintaining a healthy environment. Likewise, limiting ventilation to just air conditioning systems overlooks the necessity of fresh air, as air conditioning alone does not ensure adequate air exchange and may lead to unhealthy indoor air quality.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cityandguildsunit201healthsafety.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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