

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

Study Guide



Everything you need from our exam experts!

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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. 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.

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. 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!

Questions

- 1. Define the term 'hazardous waste.'**
 - A. Waste that is easy to recycle**
 - B. Waste that poses a risk to human health or the environment**
 - C. Waste that is biodegradable**
 - D. Waste that has no impact on health**
- 2. Which of the following is NOT a characteristic of wet chemical extinguishers?**
 - A. Specifically used for cooking fires**
 - B. Can be used on electrical fires**
 - C. Designed for flammable gas fires**
 - D. Provides cooling and smothering effects**
- 3. What does COSHH stand for?**
 - A. Control of Substances Hazardous to Humans**
 - B. Control of Substances Hazardous to Health**
 - C. Confirmation of Substances Hazardous to Health**
 - D. Compliance of Safety Hazardous Operations**
- 4. Which of the following describes the purpose of safety signs in the workplace?**
 - A. To decorate the work environment**
 - B. To provide information and warn against hazards**
 - C. To confuse employees**
 - D. To promote company branding**
- 5. What is the main function of a workplace evacuation plan?**
 - A. To provide a list of employees in the workplace**
 - B. To outline procedures for safely exiting the workplace in an emergency**
 - C. To minimize the number of exits in the building**
 - D. To restrict access to hazardous areas**

- 6. What is the purpose of fire extinguishers?**
- A. To create a barrier against smoke**
 - B. To suppress small fires and prevent them from spreading**
 - C. To provide light during an evacuation**
 - D. To signal emergencies**
- 7. 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**
- 8. What is a hot work permit?**
- A. A document that authorizes work processes involving flames or heat**
 - B. A certification for working with electronics**
 - C. A safety badge for employees**
 - D. A training course on fire safety**
- 9. What type of fire does a Class F fire involve?**
- A. Fires involving paper and wood**
 - B. Fires involving electrical equipment**
 - C. Fires involving cooking oil and fat**
 - D. Fires involving flammable gases**
- 10. What should you do if unsure about the presence of asbestos before starting any work?**
- A. Assume it is safe unless proven otherwise**
 - B. Start work while keeping a lookout**
 - C. Seek clarification and avoid starting the work**
 - D. Consult with a neighbor**

Answers

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

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Explanations

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1. Define the term 'hazardous waste.'

- A. Waste that is easy to recycle**
- B. Waste that poses a risk to human health or the environment**
- C. Waste that is biodegradable**
- D. Waste that has no impact on health**

Hazardous waste is defined as any waste material that poses a significant risk to human health or the environment. This definition encompasses various types of materials that can be harmful if disposed of improperly, including chemicals, heavy metals, and other toxic substances. The key characteristic of hazardous waste is its potential to cause injury or damage, necessitating careful handling, treatment, and disposal methods to mitigate dangers. For instance, if hazardous waste is not managed correctly, it can lead to pollution of air, water, and soil, ultimately affecting public health and ecological systems. Therefore, recognizing and categorizing waste as hazardous is crucial for implementing proper safety measures and compliance with environmental regulations. Other options, such as waste that is easy to recycle, biodegradable waste, or waste that has no impact on health, do not capture the essence of hazardous waste. These characterizations may refer to types of waste that are considered safe or environmentally friendly, which is fundamentally different from the inherent risks associated with hazardous waste.

2. Which of the following is NOT a characteristic of wet chemical extinguishers?

- A. Specifically used for cooking fires**
- B. Can be used on electrical fires**
- C. Designed for flammable gas fires**
- D. Provides cooling and smothering effects**

Wet chemical extinguishers are specifically designed for use on cooking fires, particularly those involving oils and fats, which are common in kitchen environments. They primarily work by providing a cooling effect and effectively smothering the fire, which helps to extinguish it. However, they are not suitable for flammable gas fires, as these types of fires require different extinguishing methods and agents. The other options highlight characteristics that wet chemical extinguishers possess or are intended for, such as their effectiveness against electrical fires and their cooling and smothering properties. This distinction emphasizes the importance of understanding the specific applications of different types of extinguishers to ensure safety and effectiveness in firefighting situations.

3. What does COSHH stand for?

- A. Control of Substances Hazardous to Humans
- B. Control of Substances Hazardous to Health**
- C. Confirmation of Substances Hazardous to Health
- D. Compliance of Safety Hazardous Operations

COSHH stands for Control of Substances Hazardous to Health. This regulation is crucial in the workplace as it is designed to protect workers from health risks associated with hazardous substances. Under COSHH, employers must assess risks, implement control measures, and ensure that employees are properly trained in handling hazardous materials to minimize exposure. Understanding COSHH highlights its importance in promoting a safe working environment, as it requires systematic assessment and management of substances that could potentially harm health. This framework provides guidelines for storage, usage, and disposal of hazardous substances, making it essential for health and safety practices in many industries.

4. Which of the following describes the purpose of safety signs in the workplace?

- A. To decorate the work environment
- B. To provide information and warn against hazards**
- C. To confuse employees
- D. To promote company branding

Safety signs in the workplace serve a crucial role in promoting health and safety by providing information and warnings about potential hazards. Their primary purpose is to ensure that employees are aware of dangers and understand how to protect themselves while performing their duties. These signs convey important messages visually, often using symbols and colors that are universally recognized, such as red for danger or green for safe areas. By doing so, they effectively communicate essential safety protocols, emergency procedures, and the necessary actions to mitigate risks, like wearing personal protective equipment or avoiding certain areas. In contrast, using signs merely for decoration, to confuse employees, or for branding would undermine their intended purpose of enhancing safety and compliance with health regulations. Thus, the proper use of safety signs is fundamental in creating a safe working environment and ensuring that all personnel can identify hazards quickly.

5. What is the main function of a workplace evacuation plan?

- A. To provide a list of employees in the workplace**
- B. To outline procedures for safely exiting the workplace in an emergency**
- C. To minimize the number of exits in the building**
- D. To restrict access to hazardous areas**

The main function of a workplace evacuation plan is to outline procedures for safely exiting the workplace in an emergency. This plan is essential for ensuring that all employees know the proper actions to take when an emergency arises, such as a fire, earthquake, or any other hazardous situation. It typically includes details on escape routes, assembly points, and roles assigned to specific personnel to assist in the evacuation process. An effective evacuation plan helps to reduce panic and confusion in an emergency. By providing clear guidance, it ensures that all individuals can exit the building quickly and safely, thereby minimizing the risk of injury or loss of life. The creation and implementation of such a plan are vital components of workplace health and safety regulations.

6. What is the purpose of fire extinguishers?

- A. To create a barrier against smoke**
- B. To suppress small fires and prevent them from spreading**
- C. To provide light during an evacuation**
- D. To signal emergencies**

Fire extinguishers are essential safety devices designed specifically to suppress small fires and prevent them from spreading, which is why this choice is the correct one. When a fire occurs, immediate action can be critical in containing it before it escalates into a larger disaster. Fire extinguishers allow individuals to effectively tackle incipient fires, thus minimizing damage and ensuring the safety of occupants. The other choices, while related to fire safety, do not align with the primary function of fire extinguishers. Creating a barrier against smoke can involve other methods and equipment, such as smoke curtains or ventilation systems, rather than the direct action of using extinguishers. Providing light during an evacuation typically involves emergency lighting or illuminated exit signs, not extinguishers. Similarly, signaling emergencies is usually managed by alarm systems or communication devices, rather than being the role of fire extinguishers, which are intended for fire suppression.

7. 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.

8. What is a hot work permit?

- A. A document that authorizes work processes involving flames or heat**
- B. A certification for working with electronics**
- C. A safety badge for employees**
- D. A training course on fire safety**

A hot work permit is a document that authorizes work processes involving flames or heat. This is essential in maintaining safety during operations that could pose fire hazards, such as welding, cutting, or grinding. The permit serves as a formalized method for ensuring that all safety precautions are observed and that potential risks are mitigated. The issuance of a hot work permit typically requires a detailed assessment of the work site, ensuring proper safety measures are in place, such as the provision of fire extinguishers, the absence of flammable materials in the vicinity, and the notification of personnel who may be affected by the work. This controlled approach helps prevent accidents and ensures compliance with health and safety regulations, making it a critical component of workplace safety in scenarios involving heat or open flames.

9. What type of fire does a Class F fire involve?

- A. Fires involving paper and wood**
- B. Fires involving electrical equipment**
- C. Fires involving cooking oil and fat**
- D. Fires involving flammable gases**

A Class F fire specifically pertains to fires involving cooking oils and fats. This classification is particularly important because these types of fires behave differently from those involving ordinary combustible materials or electrical equipment. Cooking oils and fats can reach high temperatures when heated and may ignite spontaneously or create a more intense fire when water is applied, which is why they require specific firefighting approaches and extinguishing agents. Understanding the classifications of fires is crucial for effective fire safety and management. Class F fires typically need extinguishers that are specifically rated for such fires, often using wet chemical agents designed to cool the flames and form a protective layer over the burning oil, preventing re-ignition. Recognizing this classification helps individuals handle kitchen fires more safely, promoting better safety practices in environments where cooking is performed.

10. What should you do if unsure about the presence of asbestos before starting any work?

- A. Assume it is safe unless proven otherwise**
- B. Start work while keeping a lookout**
- C. Seek clarification and avoid starting the work**
- D. Consult with a neighbor**

When faced with uncertainty about the presence of asbestos before beginning any work, the prudent course of action is to seek clarification and avoid starting the work. This approach is vital for several reasons. Asbestos is a hazardous material that can pose serious health risks, including lung disease and cancer, when its fibers are disturbed and inhaled. It's essential to handle any potential asbestos with care and thorough understanding due to the severe consequences associated with exposure. By seeking clarification, you can ensure that the working environment is safe. This may involve consulting with a qualified professional who can conduct an assessment or test the materials in question. This step not only protects your health but also ensures compliance with legal and safety regulations regarding asbestos management. Engaging in work without confirming the presence of asbestos can put individuals at significant risk and may result in legal ramifications for failing to adhere to health and safety standards. Thus, understanding and following safety protocols is the best practice in such situations.

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.

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!