

CITY & GUILDS – UNIT 201 HEALTH AND SAFETY PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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

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- 1. What type of fire is classified as Class C?**
 - A. Fires involving solids
 - B. Fires involving flammable liquids
 - C. Fires involving flammable gases
 - D. Fires involving cooking oils
- 2. Are employees regarded as duty holders under electrical safety regulations?**
 - A. No, they are not.
 - B. Yes, they are considered duty holders.
 - C. Only under supervision.
 - D. Only if they have training.
- 3. What does 'manual handling' refer to?**
 - A. Only the act of lifting heavy items
 - B. The act of carrying out computer tasks
 - C. The act of lifting, carrying, pushing, or pulling objects
 - D. The act of handling paperwork only
- 4. What is a requirement for indoor temperatures for physically active workers?**
 - A. The minimum temperature should be 20 degrees Celsius
 - B. The minimum temperature should be 18 degrees Celsius
 - C. The minimum temperature should be 16 degrees Celsius
 - D. The minimum temperature should be 13 degrees Celsius
- 5. What is a key benefit of having a safety committee in the workplace?**
 - A. To increase production goals
 - B. To manage employee attendance
 - C. To promote a culture of safety and facilitate communication about hazards
 - D. To restrict employee feedback on safety issues

- 6. 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
- 7. What is one of the primary duties of employees concerning health and safety?**
- A. To ensure compliance with company policies
 - B. To take care of their own, and other peoples, health and safety
 - C. To promote sales and productivity
 - D. To train new employees on workplace hazards
- 8. Is work on asbestos-containing textured coatings, such as artex, classified as non-licensed work?**
- A. Yes
 - B. No
 - C. Only if conducted in a public area
 - D. Only with direct supervision
- 9. What is a common cause of slips, trips, and falls in the workplace?**
- A. Well-lit walkways
 - B. Wet or uneven surfaces
 - C. Properly maintained flooring
 - D. Clear, unobstructed pathways
- 10. Why is incident investigation important?**
- A. To assign blame for the incident
 - B. To understand root causes and prevent future occurrences
 - C. To meet government regulations only
 - D. To document incidents without taking action

Answers

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

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Explanations

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1. What type of fire is classified as Class C?

- A. Fires involving solids
- B. Fires involving flammable liquids
- C. Fires involving flammable gases**
- D. Fires involving cooking oils

Class C fires are specifically classified as fires that involve flammable gases. This classification is important for understanding how to properly respond to and extinguish such fires. Flammable gases, like propane or natural gas, require different extinguishing agents compared to fires involving other materials. For instance, using water on a Class C fire could cause the gas to spread, leading to a larger fire or explosion, while suitable extinguishing agents might include dry chemical or foam agents designed for this specific type of fire. Being aware of the different classes of fire helps in choosing the right fire extinguisher and employing the appropriate methods to ensure safety and effective fire control.

2. Are employees regarded as duty holders under electrical safety regulations?

- A. No, they are not.
- B. Yes, they are considered duty holders.**
- C. Only under supervision.
- D. Only if they have training.

Employees are considered duty holders under electrical safety regulations because they have a responsibility to ensure their own safety and that of their colleagues when working with or around electrical installations. This encompasses following safety protocols, understanding the risks associated with electrical systems, and adhering to operational guidelines. The role of employees as duty holders emphasizes the collective responsibility in maintaining a safe working environment. This approach fosters a culture of safety where employees are encouraged to take proactive measures, such as reporting unsafe conditions or using equipment correctly, thus contributing to the overall effectiveness of the organization's health and safety management system. Therefore, it is essential for employees to be aware of their responsibilities, which align with the legal requirements set forth in electrical safety regulations.

3. What does 'manual handling' refer to?

- A. Only the act of lifting heavy items
- B. The act of carrying out computer tasks
- C. The act of lifting, carrying, pushing, or pulling objects**
- D. The act of handling paperwork only

Manual handling encompasses a broader range of activities than just lifting heavy items. It specifically refers to the physical act of lifting, carrying, pushing, or pulling various objects. This includes tasks such as moving boxes, transporting equipment, or any activity that involves the manipulation of items by hand. Understanding the definition of manual handling is crucial because it allows individuals to recognize the ergonomic risks involved in these activities. By acknowledging the full scope of manual handling, workers can implement proper techniques and practices to prevent injuries such as musculoskeletal disorders. Furthermore, adhering to safe manual handling guidelines contributes to a safer work environment. The other options fail to capture the comprehensive nature of manual handling. Focusing solely on lifting heavy items ignores the various forms of movement involved. Similarly, limiting manual handling to computer tasks or paperwork does not align with the physical nature of the definition, as those activities do not typically require the same level of physical exertion or risk management associated with handling objects.

4. What is a requirement for indoor temperatures for physically active workers?

- A. The minimum temperature should be 20 degrees Celsius
- B. The minimum temperature should be 18 degrees Celsius
- C. The minimum temperature should be 16 degrees Celsius
- D. The minimum temperature should be 13 degrees Celsius**

For physically active workers, the minimum temperature requirement is set to ensure their comfort and safety while performing tasks that generate more body heat. The recommended minimum temperature of 13 degrees Celsius acknowledges that these workers are likely to produce excess heat due to their activity levels. If the temperature is too low, it can lead to decreased performance, increased risk of cold-related illnesses, and general discomfort, which can affect overall productivity and safety in the workplace. Maintaining an appropriate thermal environment is essential to support both the well-being and efficiency of physically active workers.

5. What is a key benefit of having a safety committee in the workplace?

- A. To increase production goals
- B. To manage employee attendance
- C. To promote a culture of safety and facilitate communication about hazards**
- D. To restrict employee feedback on safety issues

Having a safety committee in the workplace serves as a crucial mechanism for promoting a culture of safety and facilitating open communication regarding hazards. This committee typically consists of members from various levels and departments within the organization, allowing for diverse perspectives and a collaborative approach to safety management. The establishment of a safety committee encourages employees to actively participate in safety discussions, share their concerns, and contribute to the identification of hazards. This inclusive environment makes it easier to identify potential risks and implement proactive measures to mitigate them, ultimately enhancing the overall safety of the workplace. Furthermore, the safety committee plays a vital role in disseminating important safety information and training to all employees, thus reinforcing the message that safety is a shared responsibility. By fostering this culture of safety, companies not only comply with regulatory requirements but also create a safer and more productive work environment where employees feel valued and engaged in their safety and well-being.

6. 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.

7. What is one of the primary duties of employees concerning health and safety?

- A. To ensure compliance with company policies
- B. To take care of their own, and other peoples, health and safety**
- C. To promote sales and productivity
- D. To train new employees on workplace hazards

One of the primary duties of employees concerning health and safety is to take care of their own, and other people's, health and safety. This responsibility is fundamental in any workplace as it fosters a culture of safety and awareness among all staff members. When employees actively engage in safeguarding their health and that of their colleagues, they contribute significantly to reducing accidents, injuries, and health-related issues. By being vigilant and proactive in identifying potential hazards and taking appropriate measures, employees help create a safer work environment. This duty is often reinforced by health and safety regulations that empower workers to not only look after themselves but also assist their peers in adhering to safety protocols. In contrast, while ensuring compliance with company policies is important, it is more of a procedural duty rather than a direct health and safety concern. Promoting sales and productivity, while beneficial for the organization, does not align with the core aspects of health and safety responsibilities. Training new employees on workplace hazards is essential but typically falls under the responsibilities of supervisors or designated health and safety officers rather than the primary duties of all employees.

8. Is work on asbestos-containing textured coatings, such as artex, classified as non-licensed work?

- A. Yes**
- B. No
- C. Only if conducted in a public area
- D. Only with direct supervision

Work on asbestos-containing textured coatings, such as artex, is classified as non-licensed work under certain conditions, which is why the answer is accurate. Non-licensed work pertains to activities that involve materials containing asbestos but are deemed to pose a lower risk when proper safety measures are in place. In the case of textured coatings, if the work is straightforward and the material is in good condition, it generally falls into the non-licensed category. This means that while precautions should still be taken, including appropriate training, the regulatory requirements are not as stringent as with licensed asbestos work. Therefore, it allows for a more flexible approach as long as guidelines set out by health and safety regulations are adhered to, such as the use of personal protective equipment and ensuring minimal disturbance to the material to prevent asbestos fibers from becoming airborne. This classification is significant for workers and employers to understand, as it influences the type of training required and the level of regulatory oversight needed for asbestos-related activities.

9. What is a common cause of slips, trips, and falls in the workplace?

- A. Well-lit walkways
- B. Wet or uneven surfaces**
- C. Properly maintained flooring
- D. Clear, unobstructed pathways

A common cause of slips, trips, and falls in the workplace is wet or uneven surfaces. These conditions drastically increase the likelihood of accidents occurring. When surfaces are wet due to spills, weather conditions, or cleaning processes, they can become slippery and hazardous. Uneven surfaces, such as cracked pavements, raised floor tiles, or loose carpeting, can also create tripping hazards. Addressing these issues through regular maintenance, immediate cleanup of spills, and proper signage or barriers when hazards are present is essential. Ensuring that walkways are dry and surfaces are even significantly reduces the risk of injuries related to slips, trips, and falls. In contrast, well-lit walkways, properly maintained flooring, and clear pathways contribute to a safer environment, helping to prevent accidents rather than being associated with them.

10. Why is incident investigation important?

- A. To assign blame for the incident
- B. To understand root causes and prevent future occurrences**
- C. To meet government regulations only
- D. To document incidents without taking action

Incident investigation is crucial because it enables organizations to identify the root causes of incidents rather than simply attributing fault. By understanding the underlying factors that led to an incident, steps can be taken to rectify weaknesses in processes, systems, or training, thereby preventing similar occurrences in the future. This proactive approach not only improves workplace safety but also fosters a culture of continuous improvement and accountability. In contrast to merely meeting regulatory requirements or documenting incidents without taking subsequent actions, a thorough investigation focuses on learning and enhancing safety practices for all employees.

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!

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