

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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://cityandguildsunit201healthsafety.examzify.com>



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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 is the main advantage of using a CO2 extinguisher?**
 - A. It leaves no residue
 - B. It is effective on all types of fires
 - C. It is suitable for all indoor fires
 - D. It is the easiest to refill
- 2. 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
- 3. What does the Electricity at Work Regulations specify about the capability of electrical equipment?**
 - A. It must be capable of operating without breaking down
 - B. It must be capable of doing its job without endangering anyone
 - C. It must have a power rating that exceeds requirements
 - D. It must be new and certified
- 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. CO2
 - C. Water
 - D. Powder

- 6. What is the title given to a person responsible for electrical safety in any situation?**
- A. Electrical Supervisor
 - B. Duty Holder
 - C. Site Manager
 - D. Safety Officer
- 7. Which type of work can be performed by non-licensed individuals?**
- A. Asbestos removal
 - B. Short duration work
 - C. Long-term site work
 - D. Testing materials for asbestos
- 8. Which of the following injuries is NOT reportable under RIDDOR?**
- A. Fractured fingers
 - B. Fractured arms
 - C. Fractured toes
 - D. Fractured wrists
- 9. What should you check before starting work in a commercial property?**
- A. The electrical wiring plan
 - B. The fire safety protocol
 - C. The plan or register of asbestos present
 - D. The building's plumbing system
- 10. Which extinguisher is known as the 'multi-purpose' extinguisher?**
- A. Water
 - B. Foam
 - C. Dry Powder
 - D. Carbon Dioxide

Answers

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

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Explanations

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1. What is the main advantage of using a CO2 extinguisher?

- A. It leaves no residue**
- B. It is effective on all types of fires
- C. It is suitable for all indoor fires
- D. It is the easiest to refill

The main advantage of using a CO2 extinguisher is that it leaves no residue after use. This is particularly beneficial in environments where cleanliness is a priority, such as in kitchens, laboratories, or areas with sensitive electronic equipment. Unlike foam or dry powder extinguishers, which can create a mess and may cause additional damage or require extensive cleanup, a CO2 extinguisher displaces oxygen and cools the fire without leaving behind any physical remnants. This characteristic makes it an excellent choice for situations where residues could create further hazards or complications. While CO2 extinguishers are effective on certain types of fires, specifically flammable liquids (Class B fires) and electrical fires (Class C fires), they are not suitable for all types of fires, such as those involving combustible metals (Class D fires). Therefore, the effectiveness of a CO2 extinguisher is limited to specific scenarios. Similarly, the claim that it is suitable for all indoor fires can be misleading, as certain fire classes may require different extinguishing agents for effective control. Also, while refilling CO2 extinguishers is straightforward, it is not necessarily the easiest to refill compared to other types of extinguishing agents, which can make this option less attractive in terms of overall practicality.

2. 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.

3. What does the Electricity at Work Regulations specify about the capability of electrical equipment?

- A. It must be capable of operating without breaking down
- B. It must be capable of doing its job without endangering anyone**
- C. It must have a power rating that exceeds requirements
- D. It must be new and certified

The Electricity at Work Regulations emphasize the importance of ensuring that electrical equipment is safe to operate and does not pose a risk to individuals during its usage. The correct statement highlights that electrical equipment must perform its intended functions without creating hazards that could lead to injury or harm to people. This mandate is essential to maintaining a safe working environment, where the integrity of electrical systems is prioritized to prevent accidents such as electrical shocks, fires, or equipment failures. By focusing on the safety of individuals, the regulations ensure comprehensive risk management practices are upheld. This aligns with the overarching health and safety principles that demand not only effective equipment performance but also the safeguarding of workers and the public. The other options do not adequately capture the core intent of the regulations, as they either emphasize performance without considering safety or impose conditions that do not necessarily relate to the critical aspect of risk to people.

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. CO2
- 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 is the title given to a person responsible for electrical safety in any situation?

- A. Electrical Supervisor
- B. Duty Holder**
- C. Site Manager
- D. Safety Officer

The title of "Duty Holder" is significant in the context of health and safety, particularly regarding electrical safety, because it identifies the individual or organization with the primary responsibility for ensuring that safety standards and regulations are met. A Duty Holder is accountable for health and safety oversight, implementing safety measures, and ensuring compliance with legal requirements related to electrical installations and practices. This role serves as a critical link between regulatory obligations and day-to-day operations, emphasizing the need to prioritize safety in any scenario involving electrical work. While other roles such as an Electrical Supervisor, Site Manager, and Safety Officer have their specific functions related to project management and on-site safety, the Duty Holder holds the overarching responsibility for all safety-related matters, making it the correct designation in this instance.

7. Which type of work can be performed by non-licensed individuals?

- A. Asbestos removal
- B. Short duration work**
- C. Long-term site work
- D. Testing materials for asbestos

Short duration work can be performed by non-licensed individuals because it typically involves tasks that are low-risk and do not require specialized training or qualifications. Such work is often defined as tasks that can be completed quickly and may include activities where the exposure to hazardous materials is minimal or suitably controlled through appropriate safety measures. In contrast, asbestos removal is a highly regulated activity due to the serious health risks associated with asbestos exposure. It requires specific training, licensing, and adherence to strict safety protocols to protect both the workers and the public from harm. Long-term site work often involves ongoing exposure to potential hazards and might also include the handling of materials such as asbestos, demanding proper licensing and training to ensure safety. Testing materials for asbestos typically requires specialized knowledge and equipment, making it essential for such work to be conducted by trained professionals to avoid health risks and ensure accurate results. Thus, short duration work stands out as an activity that non-licensed individuals can safely perform under the right conditions.

8. Which of the following injuries is NOT reportable under RIDDOR?

- A. Fractured fingers
- B. Fractured arms
- C. Fractured toes
- D. Fractured wrists

Fractured fingers are not categorized as reportable injuries under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR). RIDDOR specifies that certain injuries must be reported, particularly those that have a significant impact on an individual's ability to work. While fractured arms, wrists, and toes can impede one's ability to perform work-related tasks and may warrant reporting, injuries to fingers typically do not fall under this mandate unless they result in more severe consequences, such as requiring hospitalization or leading to a long-term absence from work. This distinction emphasizes the importance of understanding the nuances of RIDDOR reporting requirements, as not all injuries, even if they are fractures, necessitate formal reporting.

9. What should you check before starting work in a commercial property?

- A. The electrical wiring plan
- B. The fire safety protocol
- C. The plan or register of asbestos present
- D. The building's plumbing system

Before starting work in a commercial property, checking the plan or register of asbestos present is crucial due to the significant health risks associated with asbestos exposure. Asbestos was commonly used in construction materials until its dangers became widely recognized. Disturbing asbestos-containing materials can release harmful fibers into the air, posing serious health risks such as lung disease and cancer. Understanding the location and condition of any asbestos present allows workers to take necessary precautions, including wearing appropriate personal protective equipment and following specific procedures to handle or avoid disturbing the material. Ensuring that appropriate measures are taken in advance can help protect both workers and building occupants, thus maintaining a safer working environment. When considering the other options, while knowing the electrical wiring plan, fire safety protocols, and plumbing system are important for general safety and building functionality, they do not carry the same immediate and severe health implications as dealing with asbestos. These plans are more about operational safety rather than the critical health hazard posed by asbestos exposure, making the asbestos register the top priority.

10. Which extinguisher is known as the 'multi-purpose' extinguisher?

- A. Water
- B. Foam
- C. Dry Powder
- D. Carbon Dioxide

The dry powder extinguisher is often referred to as the 'multi-purpose' extinguisher because it is effective against a wide range of fire types. It can be used on flammable solids (such as wood and paper), flammable liquids (like petrol and paint), and gaseous fires. This versatility makes it suitable for various environments, including industrial settings and workshops where multiple types of combustible materials may be present. In contrast, other extinguishers have more specific uses. For example, water extinguishers are primarily effective on solid combustibles but not on flammable liquids or electrical fires. Foam extinguishers are designed mainly for liquid fires and can be used on solids to some extent, but they are not classed as multi-purpose. Carbon dioxide extinguishers are suitable for electrical fires and some liquid fires, but they do not effectively combat fires involving solid materials. Understanding the specific applications of each type of extinguisher is critical for effective fire safety management and ensuring appropriate responses in case of a fire.

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:

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

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