

NEBOSH GENERAL CERTIFICATE IN OCCUPATIONAL 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 is a key responsibility of installers regarding workplace safety?**
 - A. Marketing articles effectively
 - B. Ensuring safe handling and disposal of articles
 - C. Reducing installation costs
 - D. Improving customer relations
- 2. What is one of the key expectations for workplace health and safety?**
 - A. To increase workplace productivity
 - B. To enhance employee benefits
 - C. To reduce accidents and injuries
 - D. To comply with legal regulations
- 3. Which of the following is a focus of the ILO's occupational safety guidelines?**
 - A. Penalties for adhering to safety regulations
 - B. General advice for workplace ergonomics
 - C. Guidelines for managing health in the workplace
 - D. Standard legal definitions in occupational health
- 4. What is the role of trade associations in workplace safety?**
 - A. Providing safety compliance certifications
 - B. Offering financial support for safety initiatives
 - C. Organizations providing safety information and study resources
 - D. Enforcing safety laws and regulations
- 5. What does the process of submitting a formal request for compensation refer to?**
 - A. Claim Submission
 - B. Compensation Application
 - C. Request for Remuneration
 - D. Financial Claim Application

- 6. Investigation reports primarily aim to do what?**
- A. Document employee training sessions.
 - B. Analyze and improve safety practices.
 - C. Provide market research data.
 - D. Assess employee satisfaction.
- 7. What is described as the standard of care expected in negligence cases?**
- A. Reasonable care
 - B. Exceeding duty
 - C. Extraordinary measures
 - D. Minimal effort
- 8. What legal functions does the County Court perform?**
- A. Only criminal prosecutions
 - B. Only civil and family disputes
 - C. Civil claims and disputes
 - D. Health and safety violations
- 9. What principle in tort law did the Donoghue and Stevenson case establish?**
- A. Duty of care principle
 - B. Negligence principle
 - C. Neighbour principle
 - D. Vicarious liability principle
- 10. What type of insurance is considered mandatory in the UK for employee injury coverage?**
- A. Public Liability Insurance
 - B. Employers' Liability Insurance
 - C. Workers' Compensation Insurance
 - D. Property Insurance

Answers

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

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Explanations

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1. What is a key responsibility of installers regarding workplace safety?

- A. Marketing articles effectively
- B. Ensuring safe handling and disposal of articles**
- C. Reducing installation costs
- D. Improving customer relations

A key responsibility of installers regarding workplace safety is ensuring safe handling and disposal of articles. This includes adhering to safety standards and regulations that minimize risks associated with the materials they work with. By properly managing the handling and disposal of products, installers contribute to a safer work environment for themselves, their colleagues, and the public. This responsibility is integral to preventing injuries, environmental damage, and other workplace hazards that can arise from improper practices. On the other hand, marketing articles, reducing installation costs, and improving customer relations, while important aspects of a business, do not directly address the crucial safety responsibilities that installers hold. These aspects are more related to the business or operational side rather than the specific safety obligations that come with the role of an installer. Focusing on safety ensures compliance with relevant legislation and fosters a culture of safety within the workplace.

2. What is one of the key expectations for workplace health and safety?

- A. To increase workplace productivity
- B. To enhance employee benefits
- C. To reduce accidents and injuries**
- D. To comply with legal regulations

Reducing accidents and injuries is a fundamental expectation for workplace health and safety. This goal is central to creating a safe work environment where employees can perform their duties without the threat of harm. Effective health and safety management aims to identify hazards, assess risks, and implement appropriate controls to minimize the likelihood of workplace incidents. Prioritizing the reduction of accidents not only protects workers but also fosters a culture of safety within the organization, leading to improved morale and productivity over time. While increasing workplace productivity, enhancing employee benefits, and complying with legal regulations are all important aspects of a comprehensive workplace strategy, the primary focus of health and safety initiatives often centers on the proactive prevention of accidents and injuries. This approach ensures that health and safety becomes deeply integrated into the culture of the organization, allowing for sustainable and responsible operations.

3. Which of the following is a focus of the ILO's occupational safety guidelines?

- A. Penalties for adhering to safety regulations
- B. General advice for workplace ergonomics
- C. Guidelines for managing health in the workplace**
- D. Standard legal definitions in occupational health

The focus of the ILO's occupational safety guidelines centers around managing health in the workplace. This encompasses a range of topics, including the promotion of effective occupational health services, preventive measures against workplace hazards, and the management of occupational health risks. The ILO emphasizes the importance of creating a safe and healthy work environment, which is essential for ensuring the well-being of workers and enhancing productivity. The guidelines aim to provide a comprehensive framework that organizations can implement to protect employees from health hazards and to manage occupational diseases effectively. This proactive approach is integral to fostering a culture of safety and health within workplaces, aligning well with the ILO's mission to promote decent working conditions globally. In contrast, other options focus on specific areas that do not reflect the broader aims of the ILO's guidelines. For instance, while workplace ergonomics is important, it is a subset of health management rather than the overarching focus. Additionally, penalties and standard legal definitions refer to regulatory frameworks rather than guidelines aimed at promoting proactive health management.

4. What is the role of trade associations in workplace safety?

- A. Providing safety compliance certifications
- B. Offering financial support for safety initiatives
- C. Organizations providing safety information and study resources**
- D. Enforcing safety laws and regulations

Trade associations serve a vital function in promoting workplace safety by providing safety information and study resources. They are often comprised of professionals from specific industries, which enables them to share best practices, research, and guidance on safety standards pertinent to their field. By developing educational materials, training programs, and informational resources, trade associations help organizations stay informed about the latest safety regulations, trends, and technologies. This support plays a crucial role in enhancing the knowledge and competencies of workers and managers, contributing to safer workplace environments. While providing safety compliance certifications, offering financial support, and enforcing safety laws are important aspects of workplace safety, these functions are typically carried out by regulatory bodies, governmental agencies, or other organizations specifically focused on compliance and enforcement rather than trade associations. Their primary aim is to support their members in achieving a safety culture through accessible information and education.

5. What does the process of submitting a formal request for compensation refer to?

- A. Claim Submission**
- B. Compensation Application
- C. Request for Remuneration
- D. Financial Claim Application

The process of submitting a formal request for compensation is referred to as Claim Submission. This term encompasses the specific steps taken by an individual or organization to formally request financial restitution for losses, damages, or injuries experienced, often as a result of workplace incidents or negligence. A Claim Submission typically involves the collection of relevant documentation, evidence of the claim (such as medical records, photos of damages, or witness statements), and completing necessary forms to provide a clear basis for the request. This structured approach ensures that the request is formally recognized and processed by the appropriate parties, such as insurance companies, employers, or legal entities. In contrast, while terms like Compensation Application or Financial Claim Application might also describe similar processes in broader contexts, they may not be the standard terminology recognized in every legal or organizational framework related to workplace injuries or damages. Additionally, Request for Remuneration tends to imply a more general request for payment for services rendered or work performed, rather than focusing specifically on compensation for losses or damages.

6. Investigation reports primarily aim to do what?

- A. Document employee training sessions.
- B. Analyze and improve safety practices.**
- C. Provide market research data.
- D. Assess employee satisfaction.

Investigation reports serve the crucial function of analyzing incidents or near misses in the workplace to determine their causes and identify ways to improve safety practices. By systematically examining what went wrong, these reports help organizations develop strategies to prevent future occurrences. They focus on understanding the circumstances and factors that contribute to accidents or unsafe conditions, which can lead to enhanced training, policy changes, and better overall safety management. In contrast, documenting employee training sessions is a distinct activity related to maintaining records of training rather than analyzing incidents. Providing market research data is unrelated to health and safety practices; it typically pertains to understanding consumer behavior and market trends. Assessing employee satisfaction, while important for workplace morale and productivity, does not directly address safety issues that investigation reports are designed to explore. The primary objective of investigation reports is centered on safety enhancement through careful analysis.

7. What is described as the standard of care expected in negligence cases?

- A. Reasonable care
- B. Exceeding duty
- C. Extraordinary measures
- D. Minimal effort

The standard of care expected in negligence cases is defined as reasonable care. This term refers to the level of caution and concern an average person should exercise in a given situation. In legal terms, it serves as a benchmark for determining whether a person's actions were adequately careful and responsible to prevent harm to others. In negligence claims, if a person fails to act with reasonable care and this failure results in injury or damage, they may be found liable. The standard is not an absolute measure, as it varies based on the circumstances surrounding each case, the capabilities of the individual, and the context of the situation. The other terms such as exceeding duty, extraordinary measures, and minimal effort do not accurately capture the foundational concept of liability in negligence. Exceeding duty implies going beyond what is generally expected, which could be subject to scrutiny if it leads to harm. Extraordinary measures suggest an unusual level of care that is not typically required. Lastly, minimal effort indicates a lack of due diligence, incompatible with the notion of reasonable care, which anticipates a proactive and thoughtful approach to preventing harm.

8. What legal functions does the County Court perform?

- A. Only criminal prosecutions
- B. Only civil and family disputes
- C. Civil claims and disputes
- D. Health and safety violations

The County Court is primarily responsible for dealing with civil matters, which includes a wide range of civil claims and disputes. This encompasses areas such as contract disputes, tort claims, family law cases, and enforcement issues. By focusing on civil claims, the County Court serves as a fundamental part of the judiciary system for addressing non-criminal legal issues within its jurisdiction. The court is not designed to handle criminal prosecutions, which are typically reserved for Crown Courts. While it may address some family-related disputes, its broader function allows it to adjudicate various civil claims beyond just familial matters. Moreover, health and safety violations are generally overseen by specialized courts or tribunals that focus specifically on regulatory compliance, not by the County Court as a general legal body. Thus, the function of addressing civil claims and disputes is a distinct and critical role of the County Court.

9. What principle in tort law did the Donoghue and Stevenson case establish?

- A. Duty of care principle
- B. Negligence principle
- C. Neighbour principle**
- D. Vicarious liability principle

The case of *Donoghue v. Stevenson* established the "neighbour principle," which is a foundational concept in negligence law. This principle asserts that individuals must take reasonable care to avoid acts or omissions that could foreseeably harm others who are closely and directly affected by their actions. In this landmark case, the court ruled that a manufacturer owed a duty of care to the consumer, even in the absence of a contractual relationship, because the manufacturer could reasonably foresee that a defective product could cause harm to the consumer. The case provided clarity on the responsibilities of individuals toward others in their proximity—hence the name "neighbour principle." It emphasizes that one's actions can impact those around them and that they should act in a way that does not cause unnecessary harm to others. This principle has been influential in developing tort law regarding negligence and the responsibilities held by individuals and organizations in various contexts. The other principles mentioned, such as the duty of care and negligence principles, are closely related but fall under the broader interpretation of what was established through the neighbour principle. Vicarious liability relates to the legal responsibility of an employer for the negligent actions of an employee while performing their duties, which is a different aspect of tort law.

10. What type of insurance is considered mandatory in the UK for employee injury coverage?

- A. Public Liability Insurance
- B. Employers' Liability Insurance**
- C. Workers' Compensation Insurance
- D. Property Insurance

Employers' Liability Insurance is mandatory in the UK for covering employee injury. This type of insurance provides financial protection for employers against claims made by employees who suffer from work-related injuries or illnesses. The law requires employers to have at least £5 million of cover, although many choose to obtain higher levels of insurance to protect their business adequately. This requirement ensures that employees have a safety net if they experience an injury or ill health as a result of their work, promoting a safer workplace overall. The insurance covers legal costs and any compensation that may be awarded, thereby helping to safeguard both employees and employers in the event of a claim. *Public Liability Insurance*, *Workers' Compensation Insurance*, and *Property Insurance* do not fulfill the mandatory requirement for employee injury coverage in the UK. *Public Liability Insurance* is designed to cover injuries to the public or damage to their property, while *Workers' Compensation Insurance* is not a legal requirement in the UK, as it is in some other countries. *Property Insurance* protects physical assets rather than addressing employee injuries.

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://neboshohs.examzify.com>

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

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