



Name of candidate: _____

This VCA mock examination is only intended for training purposes and is aimed at familiarising candidates with the examination methods. The questions are checked every year for accuracy and relevance.

Basic Safety Examination instructions

Exam code: mock examination

Read the following instructions carefully!

This examination consists of **40** multiple-choice questions.
Each question is followed by three possible answers, only one of which is correct.
The maximum number of points obtainable in this examination is **40**. Each correct answer is worth 1 point.
A score of **28** or more points counts as a pass.

The maximum time allowed for this examination is **60** minutes.

Requirements

- This examination paper
- Answer card (on which you indicate your answers)
- Scrap paper
- Pencil and eraser

Guidelines

- Check that you have all the pages of this examination paper
- Use a pencil only to complete the answer card
- Indicate your answer by filling in ('colouring in') the relevant box
- Erase a wrongly filled-in square cleanly

A multiple-choice question will be marked wrong in the following cases

- If the selected answer is wrong
- If more than one square is filled in
- If none of the squares is filled in
- If a square is marked by any means other than filling in

At the end of the exam

- Write, or check, your name on the answer card
- Hand this examination paper, the answer card and any used scrap paper to the invigilator

1 van 40

What must the employer pay special attention to when putting working conditions policy into practice?

- a) That workplaces, work methods, machines and equipment are suitably adapted for employees to use.
 - b) That working hours are consistent with the Working Conditions Act (Arbowet).
 - c) That employees adapt themselves to workplaces and work methods.
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2 van 40

What does the Working Conditions Act (Arbowet) say an employee must do?

- a) Report immediate safety or health hazards to management.
 - b) Provide personal protective equipment.
 - c) Provide safe machines, equipment, tools and materials.
-

3 van 40

What is one role of the Arbo-dienst (Occupational Health and Safety Service)?

- a) Drawing up information publications about hazardous materials.
 - b) To stop the work in the event of dangerous situations.
 - c) To provide expert support in the fields of prevention and protection.
-

4 van 40

What effect does wearing a safety belt have?

- a) It reduces the chances of having an accident.
 - b) It reduces the effects of an accident.
 - c) It reduces the number of accidents.
-

5 van 40

What increases risks in the workplace?

- a) Working in an area with a low ceiling.
 - b) Working in an area with polluted air.
 - c) Working with protective equipment.
-

6 van 40

What is a possible consequence of "he-man" behaviour?

- a) It increases the rate of work within the team.
 - b) It leads to unsafe actions/situations.
 - c) It fosters a better working atmosphere.
-

7 van 40

What is one of the 5 phases of Lateiner's accident theory?

- a) A dangerous object.
 - b) Human error.
 - c) Expectant behaviour.
-

8 van 40

What must an employee do when there has been an accident resulting in serious injury?

- a) Notify the Arbo-dienst (Occupational Health and Safety Service).
 - b) Clear the way for the police.
 - c) Change as little as possible at the scene of the accident.
-

9 van 40

Which of the following is always included in a work permit?

- a) The measures that must be taken in case of an accident.
 - b) The measures that must be taken to ensure that the work can be carried out safely.
 - c) The measures which are prescribed by the Arbo (Occupational Health and Safety) service.
-

10 van 40

An employee has checked and signed a work permit. What does this mean?

- a) The employee agrees with what the work permit says.
 - b) The employee is saying he will be the only one doing the work.
 - c) The employee has only signed the work permit to say he has received it.
-

11 van 40

What is the best way of protecting yourself from exposure to hazardous substances?

- a) Removing the risk at source.
 - b) Breathing protection.
 - c) Evacuation.
-

12 van 40

What is the maximum period of exposure for a MAC TWA of 8 hours?

- a) 24 hours a day.
 - b) 32 hours a week.
 - c) 40 hours a week.
-

13 van 40

What is the normal percentage of oxygen in the air?

- a) 21%.
 - b) 51%.
 - c) 78%.
-

14 van 40

What is the meaning of R phrases?

- a) An R phrase indicates that the substance is radioactive.
 - b) R phrases contain the registration numbers of the various hazardous substances.
 - c) R phrases describe the general risks of a substance.
-

15 van 40

Which information is given in the blue section of the diamond sign?

- a) The health risks.
 - b) The stability of the substance.
 - c) The fire hazard.
-

16 van 40

What are highly flammable liquids?

- a) Liquids that combust upon contact with light.
 - b) Liquids with a combustion point below 100°C.
 - c) Liquids with a combustion point between 0 and 21°C.
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17 van 40

What are substances which are conducive to fire?

- a) Substances which need extra oxygen in order to burn.
 - b) Substances which release oxygen when wet.
 - c) Substances which release oxygen when heated.
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18 van 40

How does foam put out a fire?

- a) It lowers the temperature.
 - b) It cuts off the oxygen supply.
 - c) It displaces the oxygen.
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19 van 40

What is a Class A fire?

- a) A fire involving flammable gases.
 - b) A fire involving flammable solids.
 - c) A fire involving flammable liquids.
-

20 van 40

Houses have confined spaces too. Which of these is a confined space?

- a) A crawl space.
 - b) A meter pit.
 - c) A toilet.
-

21 van 40

Why is there an increased risk of fire or explosion in a confined space?

- a) There is little ventilation, and consequently the air pressure can rise rapidly.
 - b) There is little ventilation, and consequently the LEL can readily be reached.
 - c) There is little ventilation, and consequently the MAC level can readily be reached.
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22 van 40

What is the maximum permissible concentration of poisonous gases in a confined space?

- a) Lower than the MAC level.
 - b) Lower than the UEL.
 - c) Lower than 10% of the LEL.
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23 van 40

What must you do when you stop welding or cutting in a confined space?

- a) Just turn off all the gas bottle valves tightly.
 - b) Put the burner down in the space on a non-flammable surface.
 - c) Remove the hoses and burner from the confined space immediately.
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24 van 40

Which of the following is of great importance with respect to stationary grinding machines?

- a) You must never adjust the tool-rest.
 - b) The grinding stones must be sufficiently round.
 - c) The grinding surface of the grinding stone should be slightly convex.
-

25 van 40

What safety feature should a hammer handle have?

- a) The handle should be smooth to avoid hand injuries.
 - b) The handle should be made of specially hardened, unbreakable plastic.
 - c) The handle should have an anti-slip grip.
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26 van 40

What is the purpose of a blind flange?

- a) To vent sections of pipe, vats/tanks, or equipment.
 - b) To isolate sections of pipe, vats/tanks, or equipment.
 - c) To secure sections of pipe, vats/tanks, or equipment.
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27 van 40

When should lifting work be stopped?

- a) From wind-force 4.
 - b) From wind-force 5.
 - c) From wind-force 6.
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28 van 40

Which is the best accessory to use to move a steel plate?

- a) A magnet.
 - b) A pair of pliers.
 - c) A suction cup.
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29 van 40

How can tripping up be avoided?

- a) By cleaning frequently.
 - b) By fencing areas off.
 - c) By ensuring the workplace is kept tidy.
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30 van 40

What is the safest way to move on steep steps?

- a) Ascend facing the steps, descend facing away from the steps.
 - b) Face the steps whether ascending or descending.
 - c) Face away from the steps whether ascending or descending.
-

31 van 40

From what height does the Working Conditions Act (Arbowet) say measures must be taken to prevent the risk of falling?

- a) From 1.5 metres.
 - b) From 2.5 metres.
 - c) From 3.5 metres.
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32 van 40

What is the purpose of a scaffolding tag (steigerkaart)?

- a) It indicates how long the scaffolding can be used without being inspected.
 - b) It indicates whether the scaffolding is safe to use.
 - c) It indicates what the scaffolding is made of.
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33 van 40

Which of these can reduce the danger of falling when working on a flat roof?

- a) Roof edge protection.
 - b) A safety harness.
 - c) Walk boards and safety nets.
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34 van 40

What effect does a current of more than 100 mA have on the human body?

- a) Death by electrocution.
 - b) Excessive sweat.
 - c) Complete relaxation.
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35 van 40

What causes static electricity?

- a) Contact with live parts.
 - b) Leakage of electric current through an earth cable.
 - c) Friction between air, liquids, materials and objects.
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36 van 40

How can one prevent people coming into contact with live components in an electrical installation?

- a) By locating these parts behind a main switch.
 - b) By screening these parts or placing them in a lockable cabinet.
 - c) By earthing these parts and linking them together.
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37 van 40

Why are electrical circuits insulated?

- a) To make live parts inaccessible.
 - b) To prevent the release of heat from cables.
 - c) To keep weak-current and low-voltage components strictly separate.
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38 van 40

Why must we use personal protective equipment?

- a) Because clients require it.
 - b) Because it protects us from danger.
 - c) Because the Labour Inspectorate prescribes it.
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39 van 40

Which rule is applicable to the safe use of hard hats?

- a) The interior parts must be able to withstand high temperatures.
 - b) The interior parts must be replaced at annual intervals.
 - c) The interior parts of hard hats must be inspected at regular intervals.
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40 van 40

Which of the following is always a feature of safety shoes?

- a) Leather inner soles.
 - b) Flexible soles.
 - c) Steel toecaps.
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