

25 Free Sample Questions and Answers (2026)

A 25-question taste of the CITB Health, Safety and Environment test. Every question is in the same multiple-choice format as the real Pearson VUE exam, with the correct answer and a short explanation below each one. Read, self-test, and come to cscsmocktest.uk for the full free 50-question mock test.

Real test format:

- 50 multiple-choice questions, 45 minutes
- Pass mark 45/50 (90%)
- £22.50 booking fee at Pearson VUE
- No negative marking — always answer every question

How to use this PDF:

1. Read each question, decide your answer mentally, then check the answer below.
2. For questions you got wrong, note the topic — it is a weak area to revise.
3. When you are ready, take a full free 50-question timed mock test at cscsmocktest.uk.

[Take the full free test at cscsmocktest.uk](https://cscsmocktest.uk)

Q1 · FIRE SAFETY

What colour band does a CO2 fire extinguisher have?

- A. Red
- B. Cream
- C. Black
- D. Blue

Answer: C — Black

CO2 extinguishers carry a black band and are designed for electrical fires (Class E) and flammable liquid fires (Class B). Never use water on electrical equipment.

Q2 · PPE

What does PPE stand for?

- A. Personal Protection Equipment
- B. Personal Protective Equipment
- C. Professional Protection Equipment
- D. Public Protective Equipment

Answer: B — Personal Protective Equipment

PPE stands for Personal Protective Equipment — the last line of defence after other controls (hard hat, hi-vis, safety footwear, gloves, eye protection).

Q3 · MANUAL HANDLING

When lifting a heavy object from the floor, you should:

- A. Bend at the waist, keep legs straight
- B. Bend your knees, keep your back straight
- C. Lift quickly with a sudden movement
- D. Twist your body while lifting

Answer: B — Bend your knees, keep your back straight

Bend your knees and keep your back straight — load transfers to the stronger leg muscles and the spine is protected. The TILE approach (Task, Individual, Load, Environment) is the CITB framework.

Q4 · WORKING AT HEIGHT

Before using a ladder, you must:

- A. Check it is the right type and in good condition
- B. Ensure it is secured at the top or bottom
- C. Make sure the ground is level and firm
- D. All of the above

Answer: D — All of the above

All three checks are required. Ladders should also be set at a 75-degree angle (the 1:4 ratio).

Q5 · EMERGENCY PROCEDURES

If you discover a fire on site, your first action should be:

- A. Try to put it out yourself
- B. Raise the alarm
- C. Call your supervisor
- D. Take photos for the incident report

Answer: B — Raise the alarm

Always raise the alarm first. Only attempt to tackle the fire yourself if it is small, you have been trained, you have the right extinguisher and you have a clear escape route.

Q6 · NOISE

At what daily noise exposure level must hearing protection be worn?

- A. 70 dB(A)
- B. 80 dB(A)
- C. 85 dB(A)
- D. 90 dB(A)

Answer: C — 85 dB(A)

85 dB(A) — the upper exposure action value under the Control of Noise at Work Regulations 2005. At 80 dB(A) protection must be made available but is not yet mandatory.

Q7 · SCAFFOLDING

How often must scaffolding be inspected while in use?

- A. Every 24 hours
- B. Every 7 days
- C. Every 14 days
- D. Once a month

Answer: B — Every 7 days

Before first use and at intervals of no more than 7 days — plus after any event likely to have affected stability.

Q8 · RIDDOR

A worker takes 8 days off following a site injury. Under RIDDOR this must be reported as a:

- A. Specified injury
- B. Over-7-day injury
- C. Minor incident
- D. Near miss

Answer: B — Over-7-day injury

Over-7-day injury — any injury keeping a worker away from normal duties for more than 7 consecutive days (excluding the accident day) is reportable to the HSE within 15 days.

Q9 · COSHH

Before using a hazardous substance, you should consult:

- A. The product label only
- B. Your supervisor
- C. The Safety Data Sheet (SDS) and COSHH assessment
- D. The brand website

Answer: C — The Safety Data Sheet (SDS) and COSHH assessment

Always consult the SDS and the site COSHH assessment. The SDS gives the hazards; the COSHH assessment tells you the site-specific controls.

Q10 · ELECTRICAL SAFETY

What voltage is standard for portable electrical tools on a UK construction site?

- A. 230 V
- B. 110 V CTE
- C. 24 V
- D. 400 V

Answer: B — 110 V CTE

110 V centre-tapped to earth (CTE) halves the shock voltage to 55 V to earth, dramatically reducing electrocution risk. Always use 110 V tools with a yellow transformer.

Q11 · HAVS

A worker reports tingling and numbness in their fingers after using a breaker. What condition is this an early sign of?

- A. Carpal tunnel syndrome
- B. Hand-arm vibration syndrome (HAVS)
- C. Repetitive strain injury
- D. Normal tiredness

Answer: B — Hand-arm vibration syndrome (HAVS)

Hand-arm vibration syndrome (HAVS). Irreversible if exposure continues. Remove the worker from vibration exposure and refer to occupational health.

Q12 · ASBESTOS

You uncover a suspicious grey-white board while removing ceiling tiles. What is your first action?

- A. Carefully bag it and put it in the skip
- B. Stop work immediately and inform your supervisor
- C. Continue and use a dust mask
- D. Damp it down to control dust

Answer: B — Stop work immediately and inform your supervisor

Stop work immediately. Any suspected asbestos material must be left undisturbed pending a licensed survey.

Q13 · EXCAVATIONS

How often must an excavation deeper than 1.2 m be inspected by a competent person?

- A. Once a week
- B. Daily and before each shift
- C. Once a month
- D. Only when something changes

Answer: B — Daily and before each shift

At the start of every shift and after any event likely to affect strength or stability. A written report is required at least every 7 days.

Q14 · CDM 2015

On a project with more than one contractor, who must appoint the Principal Designer and Principal Contractor in writing?

- A. The HSE
- B. The Client
- C. The Architect
- D. The Lead Contractor

Answer: B — The Client

The Client. Failing to appoint a PD and PC in writing is a criminal offence the HSE prosecutes against clients.

Q15 · ENVIRONMENT

A small fuel spill occurs near a surface water drain. Your first priority is to:

- A. Hose it down with water
- B. Stop the source, contain the spill and prevent it reaching the drain
- C. Cover it with sand and leave it
- D. Call the Environment Agency

Answer: B — Stop the source, contain the spill and prevent it reaching the drain

Stop the source, contain the spill (drain mats / spill kit), prevent it reaching the drain. Pollution of a watercourse is a criminal offence.

Q16 · FIRE SAFETY

A fire involving cooking oil breaks out in a site canteen. Which extinguisher should you use?

- A. Water
- B. Foam
- C. CO2
- D. Wet chemical

Answer: D — Wet chemical

Wet chemical (yellow label) — the only extinguisher type designed for Class F fires involving cooking oils and fats.

Q17 · WORKING AT HEIGHT

What is the minimum height for a top guardrail on a working platform?

- A. 650 mm
- B. 750 mm
- C. 950 mm
- D. 1100 mm

Answer: C — 950 mm

The top guardrail must be at least 950 mm above the working platform under the Work at Height Regulations 2005. Toe boards must be at least 150 mm.

Q18 · PPE

A hard hat that has been struck by a falling object should be:

- A. Wiped down and used again
- B. Used until visible damage appears
- C. Withdrawn from service and replaced
- D. Repaired by the wearer

Answer: C — Withdrawn from service and replaced

Withdrawn from service and replaced. Hidden internal damage can fail without warning even when the shell looks intact.

Q19 · MANUAL HANDLING

Approximately what is the maximum recommended single-handed lifting load for an adult male in good posture?

- A. 10 kg
- B. 15 kg
- C. 25 kg
- D. 40 kg

Answer: C — 25 kg

25 kg lifted in close to the body at waist height. Loads above this should be team-lifted or mechanically assisted.

Q20 · GENERAL RESPONSIBILITIES

You spot a serious hazard but are not authorised to fix it. What should you do?

- A. Ignore it — not your job
- B. Take a photo and post it online
- C. Report it to your supervisor or principal contractor
- D. Wait for the next safety audit

Answer: C — Report it to your supervisor or principal contractor

Report it immediately to your supervisor or the principal contractor. Every worker has a duty under the Health and Safety at Work Act to take reasonable care for the safety of themselves and others.

Q21 · PERMITS TO WORK

A hot-work permit on site has been issued for 2 hours. What must happen at the end of those 2 hours?

- A. Work continues until the job is done
- B. The permit is automatically extended
- C. Work stops and the permit must be re-issued
- D. The supervisor signs an extension verbally

Answer: C — Work stops and the permit must be re-issued

Work stops. Permits are time-limited because conditions (atmosphere, surrounding work, weather) may change. A new written permit is required to continue.

Q22 · SIGNS AND SIGNALS

What does a circular blue sign with a white symbol indicate?

- A. Prohibition
- B. Warning
- C. Mandatory action
- D. Safe condition

Answer: C — Mandatory action

Mandatory action — for example "wear hearing protection" or "use safety boots". Prohibition signs are red circles with a diagonal line; warning signs are yellow triangles; safe condition signs are green rectangles.

Q23 · PLANT AND SITE TRANSPORT

You need to walk past a moving excavator. What is the safest practice?

- A. Walk close to the cab
- B. Make eye contact with the operator and wait for confirmation
- C. Wave at the operator and walk past
- D. Walk behind the bucket

Answer: B — Make eye contact with the operator and wait for confirmation

Make eye contact with the operator and wait for them to confirm they have seen you and the machine is safe to pass. Operators have significant blind spots.

Q24 · HEALTH AND SAFETY LAW

Which enforcement notice immediately stops a dangerous work activity?

- A. Improvement notice
- B. Prohibition notice
- C. Health notice
- D. Warning notice

Answer: B — Prohibition notice

Prohibition notice — issued when there is a risk of serious personal injury. Work must stop immediately and

cannot resume until the issue is resolved. Improvement notices allow up to 21 days to fix the issue.

Q25 · FIRE SAFETY

What does a blue band on a fire extinguisher indicate?

- A. Water
- B. Foam
- C. Dry powder
- D. Wet chemical

Answer: C — Dry powder

Dry powder — versatile, used on Class A (solids), B (flammable liquids), C (gases) and electrical fires. Avoid in enclosed spaces because of inhalation risk.

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