



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.

Supervisor Safety Training Examination instructions

Exam code: mock examination

Read the following instructions carefully!

This examination consists of **60** 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 **60**. Each correct answer is worth 1 point.

A score of **42** or more points counts as a pass.

The maximum time allowed for this examination is **90** 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
- Give your answers at the corresponding question numbers on 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 of 60

How can an employer safeguard his employees' welfare?

- a) By taking each employee's personal circumstances into account.
 - b) By giving employees a standard range of personal protective equipment.
 - c) By making sure each employee has his or her own workplace.
-

2 of 60

What do we understand by a good action plan?

- a) A verbal explanation of the risk inventory and evaluation and associated measures.
 - b) A written report on the risk inventory and evaluation and associated measures.
 - c) A visual presentation on the risk inventory and evaluation and associated measures.
-

3 of 60

Which of the following should be included in information and instructions?

- a) The company's collective agreement (CAO).
 - b) The company's organisational structure.
 - c) The company's regulations.
-

4 of 60

What principle must the employer comply with when delegating supervisory tasks?

- a) Supervisory tasks should only be delegated to managers.
 - b) Supervisory tasks should be delegated at least 48 hours in advance.
 - c) Supervisory tasks that are delegated, should be confirmed in writing.
-

5 of 60

Unauthorised persons gain entry to a building site. Who is responsible for their safety?

- a) The project client.
 - b) The construction supervisor.
 - c) The employer on the building site.
-

6 of 60

Which of the following provisions is contained in the Chemical Substances Act?

- a) The option of banning certain kinds of work with hazardous substances.
 - b) The maximum time you may legally work with hazardous substances.
 - c) Rules about biological monitoring when using hazardous substances.
-

7 of 60

The European working conditions directives are binding on which countries?

- a) Countries that are part of the EU.
 - b) All European countries.
 - c) European countries that have signed the European Agreement on the International Carriage of Dangerous Goods by Road (ADR).
-

8 of 60

Which of the following potential causes of accidents is a task-related factor?

- a) Insufficient knowledge.
 - b) Insufficient resistance to stress.
 - c) Poor tool maintenance.
-

9 of 60

According to accident theory, which of the following is a management task?

- a) Immediately reporting an accident to the health and safety inspectorate.
 - b) Having enough personal protective equipment available.
 - c) Having an effective consultative structure for issues relating to working conditions and responsibilities.
-

10 of 60

Which of the following is a preventive measure an employee can take to avoid an accident?

- a) Have enough skills to be able to do the work safely.
 - b) Supervise tool maintenance.
 - c) Ensure working methods are efficient.
-

11 of 60

How can the consequences of not working safely be made clear?

- a) By looking together with employees for the causes of accidents.
 - b) By showing employees photos of people who have had accidents.
 - c) By offering employees new personal protective equipment.
-

12 of 60

How can a manager encourage a better attitude among his employees?

- a) By not having employees work above or below their capabilities.
 - b) By paying employees better than competitors do.
 - c) By telling employees clearly what they may not do.
-

13 of 60

What do you look out for during a safety observation?

- a) How the end product is finished.
 - b) The instructions given to colleagues about production.
 - c) The correct use of personal protective equipment.
-

14 of 60

Which group of companies find VCA certification particularly useful?

- a) Companies that work in installations and workplaces belonging to others.
 - b) Engineering firms that design and do the calculations for buildings and installations.
 - c) Cleaning companies that specialise in cleaning office buildings.
-

15 of 60

Can there be a general safety rule about separating waste?

- a) Yes, because waste products coming into contact with one another can cause dangerous reactions.
 - b) No, because waste has no effect on safety or health.
 - c) No, because separating waste is only an environment-related rule.
-

16 of 60

What is one of the aims of a work permit?

- a) To set out the agreements and conditions that apply to the work.
 - b) To guarantee that the work is 100% safe.
 - c) To plan and document the work on a project.
-

17 of 60

When might you need a special additional work permit?

- a) When you do excavation work.
 - b) When you do soldering work.
 - c) When your work involves extremely low temperatures.
-

18 of 60

Which factor can have a decisive effect on work risks?

- a) The nature of the work to be done.
 - b) The use of personal protective equipment.
 - c) The time at which work is done.
-

19 of 60

A task-risk analysis has been done. The situation then changes. What should we do now?

- a) Adjust the task-risk analysis immediately.
 - b) Evaluate the task-risk analysis at the toolbox talk.
 - c) Adjust the task-risk analysis when the project has been completed.
-

20 of 60

Which activity comes under ergonomic work planning?

- a) Describing the work to be done.
 - b) Organising a schedule for all the work to be done.
 - c) Identifying the safest working method.
-

21 of 60

What must a manager always do when high-risk work is being done?

- a) Deal with the work permit himself by means of a task-risk analysis.
 - b) Check regularly that everything is being done as agreed.
 - c) Extend the permit if the work will take more time than was planned.
-

22 of 60

What is the purpose of a company emergency plan?

- a) To control the effects of a disaster.
 - b) To prevent fires and accidents.
 - c) To ensure a safe work environment.
-

23 of 60

What is a plan of attack part of?

- a) A company emergency plan.
 - b) A risk inventory and evaluation.
 - c) A work permit.
-

24 of 60

When must a company or institution organise an in-house emergency and first-aid service?

- a) Every company and institution must do this.
 - b) When there are significant risks.
 - c) When there are more than 50 employees.
-

25 of 60

How is the overall sound pressure level of two sound sources determined?

- a) By using a table.
 - b) By adding together the sound pressure levels of the two sources.
 - c) By multiplying the sound pressure levels of the two sources.
-

26 of 60

What can cause hearing loss?

- a) When the ear has too little noise to process, it can't process it.
 - b) When the ear has an excess of noise to process, it is deafened and needs a period of rest, otherwise it will be damaged irreparably.
 - c) When the ear rarely has an excess of noise to process, it can't get used to it.
-

27 of 60

What is meant by the 'let-go current' when working with electricity?

- a) The point at which one or more of the main fuses burn out.
 - b) The point at which the victim can no longer let go of live parts.
 - c) The point at which the victim's heart fails.
-

28 of 60

At what value does AC become dangerous?

- a) 50 volts.
 - b) 120 volts.
 - c) 220 volts.
-

29 of 60

How can we minimise the static electricity created by liquids flowing through pipes?

- a) By lowering the air humidity.
 - b) By lowering the flow rate.
 - c) By lowering the temperature of the liquid.
-

30 of 60

What measure can we take to protect ourselves against the dangers of electrocution?

- a) Use a residual current device (RCD).
 - b) Use tools that have a dead man's switch.
 - c) Use tools that have a zero voltage switch.
-

31 of 60

Which of these is ionising radiation?

- a) Ultraviolet radiation.
 - b) Beta radiation.
 - c) Infrared radiation.
-

32 of 60

What must a company have before it can remove asbestos?

- a) A company must have a KOMO process certificate for the removal of asbestos.
 - b) A company must have a VCA certificate relevant to asbestos removal.
 - c) A company must have permission from the health and safety inspectorate to remove asbestos.
-

33 of 60

Asbestos is available in what colour?

- a) Red.
 - b) White.
 - c) Black.
-

34 of 60

Can hazardous substances have a harmful effect on a person's offspring?

- a) Yes, hazardous substances with mutagenic or teratogenic properties can have a harmful effect.
 - b) Yes, mutagenic or teratogenic substances can have a harmful effect, but only in women.
 - c) No, hazardous substances never have a harmful effect on a person's offspring.
-

35 of 60

What is compulsory when working with carcinogenic substances?

- a) Keeping a record of who worked with the substances, when and for how long.
 - b) Maintaining a concentration of less than 50% of the MAC value.
 - c) Being a physically healthy person.
-

36 of 60

A dangerous situation arises. When should people be separated from the cause of the problem?

- a) When it is not possible to deal with the cause.
 - b) When the cause has been successfully dealt with.
 - c) When personal protective equipment is not available.
-

37 of 60

What are liquids with a flash point below 0°C called?

- a) Combustible.
 - b) Inflammable.
 - c) Highly inflammable.
-

38 of 60

A fire extinguisher has 'Suitable for Class B and C fires' on it. What fires can it extinguish?

- a) Liquid and gas fires.
 - b) Gas and metal fires.
 - c) Liquid and metal fires.
-

39 of 60

What form should a safety notice take?

- a) A triangular yellow sign with pictograms.
 - b) A rectangular blue sign with text in white letters.
 - c) A white sheet with blue letters.
-

40 of 60

Which of the following provides protection against hazardous substances?

- a) A filter mask with a gas filter.
 - b) A filter mask with damp cotton wool.
 - c) Disposable half-mask with filtering face piece.
-

41 of 60

Which measure reduces the danger of electrocution in an enclosed space?

- a) The use of double-insulated electrical tools.
 - b) The use of electrical tools with an earth connection.
 - c) The correct isolation from a power source of any electrical equipment in the space.
-

42 of 60

What condition must you fulfil in order to be able to work safely in an enclosed space?

- a) Comply with all the instructions in the work permit.
 - b) Have two other colleagues with you in the enclosed space at all times.
 - c) Be approved as medically fit for this kind of work.
-

43 of 60

What is the maximum allowable concentration of toxic gases in an enclosed space?

- a) Lower than the MAC value.
 - b) Lower than the UEL.
 - c) Less than 10% of the LEL.
-

44 of 60

What extra control measure is compulsory when paint products are applied in an enclosed space?

- a) Use high absorption capacity gas filters.
 - b) Use self-contained breathing apparatus.
 - c) Use disposable overalls.
-

45 of 60

What risk do you run when using a circular saw?

- a) Coming into contact with revolving parts.
 - b) Losing control of the saw as a result of too high a blade speed.
 - c) Fire as a result of using a blunt saw.
-

46 of 60

What kind of handle should a file have?

- a) A wooden handle.
 - b) A strong handle.
 - c) An interchangeable handle.
-

47 of 60

What is a significant danger when using a hand-held grinder?

- a) Hearing damage from exposure to noise.
 - b) Physical strain.
 - c) The workpiece overheating.
-

48 of 60

Chain assemblies should only be moved in one direction. Which direction is that?

- a) Diagonally.
 - b) Widthwise.
 - c) Lengthwise.
-

49 of 60

How often should a hoist be inspected?

- a) Once a year.
 - b) Twice a year.
 - c) Three times a year.
-

50 of 60

What is a major risk when walking on an uneven or smooth surface?

- a) The steel sole of your safety shoes can get bent.
 - b) You can trip up, slip or stumble.
 - c) You have to be careful all the time, so you can't work efficiently.
-

51 of 60

How can you avoid danger when walking?

- a) Always wear safety shoes.
 - b) Don't allow yourself to be distracted.
 - c) Never walk with a tool in your hands.
-

52 of 60

A tarpaulin is spread out on a building site. What should you look out for?

- a) Animals may have crept underneath the tarpaulin.
 - b) There may be an opening under the tarpaulin that you could fall through.
 - c) Wind could suddenly lift the tarpaulin up off the ground.
-

53 of 60

How should you climb up mobile scaffolding?

- a) Up the inside.
 - b) Up the outside.
 - c) Up the outside if the outriggers are in position.
-

54 of 60

What is compulsory when using an enclosed work platform?

- a) The platform should be hung from a chain or steel cable.
 - b) Everyone on the platform should wear a safety harness attached to the platform.
 - c) Everyone on the platform should have a walkie-talkie.
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55 of 60

Which of the following is a basic anti-noise measure?

- a) Wearing hearing protection.
 - b) Offering employees a hearing test.
 - c) Installing vibration insulation under machines.
-

56 of 60

Which of the following aids should be used to lift and move a load?

- a) A magnet.
 - b) Mobile scaffolding.
 - c) A sling.
-

57 of 60

What is one of the requirements for personal protective equipment?

- a) It should have been tested.
 - b) It should be available for purchase everywhere.
 - c) It should not be too expensive.
-

58 of 60

Do contact lenses protect the eyes?

- a) Yes, they give the same protection as ordinary glasses.
 - b) Yes, they give the same protection as safety glasses.
 - c) No, contact lenses do not provide any protection.
-

59 of 60

How are the various dust filter protection classes indicated?

- a) Blue, brown and black.
 - b) P1, P2 and P3.
 - c) S1, S2 and S3.
-

60 of 60

What kind of clothing should be worn when working in low temperatures?

- a) All-weather work clothing and insulating underwear.
 - b) Overalls, with all buttons etc. done up.
 - c) A warm overcoat.
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