**Introduction to Health and Safety**

**Assessment answers**

**Question 1.**

Slips, trips and falls.

**Question 2.**

Hazard.

**Question 3.**

Don’t misuse equipment, co-operate, be responsible, and correctly use equipment.

**Question 4.**

You should consider all of these aspects.

**Question 5.**

A written assessment by the employer of the risks to the health and safety of his employees to which they are exposed whilst they are at work.

**Question 6.**

The person who takes charge when someone is injured or falls ill and the person who looks after the first aid equipment.

**Question 7.**

Make a firm base with your feet, keeping them about shoulder width apart. Ensure the load is as close to the body as possible. Do not twist the back but change direction by moving the feet. Take as much care when lowering items as when you lift them.

**Question 8.**

The correct order is: Ensure your own safety, shout “fire, fire!” at the top of your voice, sound the nearest fire alarm, leave the building by the nearest exit without using the lifts, assemble with your colleagues at a designated point away from the building.

**Question 9.**

All of these aspects should be considered.

**Question 10.**

These are all causes of stress in the workplace.

**Question 11.**

Telling a friend, family member or trusted colleague about the problem, consulting your doctor, advising your line manager, talking to an occupational health practitioner if one is available.

**Question 12.**

Does the workplace present a special risk to the lone worker? Is there a risk of violence? Is the person medically fit and suitable to work alone? Is there a safe way in and a way out for one person?