






























Health and Safety at Work

Read the questions below and answer in the space provided. You may work together with others in the group

Q1.	Name a risk or hazard in your department and what might be done to make it safer (use a separate sheet if necessary or the reverse side of this one)										
Q2.	Name two first aid qualified persons within the Organisation Ensure you know where the accident book and first aid kit is kept.										
Q3.	If you hurt yourself slightly such as a cut or a bruise does this have to be reported in the accident book? If you have a serious injury which leaves you unable to work for three days or more this is RIDDOR reportable You also have a duty to report a "near miss"										
Q4.	<u>True or False?</u> When you are given Personal Protective Equipment (PPE) it is up to you whether you wear it or not (provided you are aware of the dangers)?										
Q5.	What do the letters COSHH stand for?	<p style="font-size: small;">What do the COSHH symbols mean?</p> <table border="1" style="width: 100%; text-align: center; border-collapse: collapse;"> <tr> <td style="width: 33%;"> <small>Dangerous to the environment</small></td> <td style="width: 33%;"> <small>Toxic</small></td> <td style="width: 33%;"> <small>Gas under pressure</small></td> </tr> <tr> <td> <small>Corrosive</small></td> <td> <small>Explosive</small></td> <td> <small>Flammable</small></td> </tr> <tr> <td> <small>Caution – used for less serious health hazards like skin irritation</small></td> <td> <small>Oxidising</small></td> <td> <small>Longer term health hazards such as carcinogenicity</small></td> </tr> </table>	 <small>Dangerous to the environment</small>	 <small>Toxic</small>	 <small>Gas under pressure</small>	 <small>Corrosive</small>	 <small>Explosive</small>	 <small>Flammable</small>	 <small>Caution – used for less serious health hazards like skin irritation</small>	 <small>Oxidising</small>	 <small>Longer term health hazards such as carcinogenicity</small>
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Q6.	When can you safely mix two chemicals?										
Q7.	What should you do if you were to - a) Splash a chemical on your skin or in your eyes? b) Swallow a chemical? Make sure you have read and understood all the COSHH data sheets and assessments relevant to you										
Q8.	How should a normal load be carried? a) Near to your body b) At arm's Length c) It doesn't Matter Remember keep your back straight and lift with your legs, shoulder width apart. Your back isn't a crane so let your legs take the strain.										
Q9.	Name two injuries that may occur from poor manual handling? Remember - Wherever possible use a trolley or mechanical aid to assist. 1) _____ 2) _____										
Q10.	List two things to consider when lifting an item in pairs 1) _____ 2) _____										
Q11.	If you are asked to carry out a task or carry a load that is too heavy for your capability, what action should you take? A pregnant woman or nursing mother must not carry out manual handling tasks of any kind without full and proper risk assessment										
Q12.	If you are unwell during a shift or immediately prior to a shift starting, what action should you take? Particularly relevant to food handlers										