TEST YOUR KNOWLEDGE
HEALTH & SAFETY



HEALTH & SAFETY QUIZ

REVISION GUIDE BY
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Health and safety is everyone's duty on site, ensuring safe practices prevent injury and accidents.

Test your health and safety knowledge with these questions. Tick the box next to the correct answer for each question.

Q1	Who is primarily responsible for providing a safe workplace?	Ans.
A	Employees	
B	Employers	
C	Clients	
D	Visitors	

Q3	What do the Electricity at Work Regulations focus on?	Ans.
A	Waste disposal	
B	Electrical safety	
C	Fire safety	
D	Manual handling	

Q2	Which legislation covers general workplace safety?	Ans.
A	COSHH	
B	Control of Noise at Work	
C	WEEE Regulations	
D	Health and Safety at Work Act	

Q4	Which role must follow safety procedures and report hazards?	Ans.
A	Employee	
B	Employer	
C	Inspector	
D	Client	

Q5	What does COSHH regulate?	Ans.
A	Electrical systems	
B	Working at height	
C	Waste recycling	
D	Hazardous substances	

Q6	What should you do first in an emergency involving injury?	Ans.
A	Call for help	
B	Leave the site	
C	Continue work	
D	Ignore the situation	



Q7	What is RIDDOR used for?	Ans.
A	Fire prevention	
B	Accident reporting	
C	PPE selection	
D	Waste disposal	

Q8	What is the purpose of PPE?	Ans.
A	Increase productivity	
B	Eliminate all risks	
C	Protect workers from hazards	
D	Replace risk assessments	

Q9	Which is an example of an environmental impact?	Ans.
A	Faster working	
B	Air pollution	
C	Improved safety	
D	Reduced cost	

Q10	What is the safest approach before using PPE?	Ans.
A	Ignore hazards	
B	Remove or reduce risks	
C	Increase workload	
D	Work faster	



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TEST YOUR KNOWLEDGE
ELECTRICAL CABLES



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ELECTRICAL CABLES QUIZ

Understanding cable types, construction and selection helps electricians work safely, efficiently and to industry standards.

See how much you know about electrical cables with these questions.

Tick the correct answer for each question.

Q1	What is the main purpose of an electrical cable?	Ans.
A	To store energy	
B	To carry electrical current safely	
C	To generate electricity	
D	To reduce voltage	

Q3	What is the purpose of cable insulation?	Ans.
A	Improve appearance	
B	Prevent electric shock	
C	Increase current	
D	Reduce weight	

Q2	What is the conducting part of a cable made from?	Ans.
A	Plastic	
B	Rubber	
C	Copper or aluminium	
D	Steel	

Q4	Which cable type is commonly used in domestic wiring?	Ans.
A	Steel wire	
B	Twin and earth	
C	Fibre optic	
D	Coaxial	

Continued ›››

Q5	What does SWA stand for?	Ans.
A	Safe Wiring Application	
B	Steel Wire Armoured	
C	Standard Wire Assembly	
D	Sealed Wire Access	

Q6	What is the function of the outer sheath on a cable?	Ans.
A	Conduct electricity	
B	Improve flexibility only	
C	Increase voltage	
D	Provide protection	

Q7	What factor affects cable selection?	Ans.
A	Colour only	
B	Length only	
C	Current-carrying capacity	
D	Brand	

Q8	What can happen if a cable is overloaded?	Ans.
A	It becomes stronger	
B	It cools down	
C	It overheats	
D	It changes colour safely	

Q9	Which regulation helps ensure safe cable installation in the UK?	Ans.
A	Building Act	
B	IET Wiring Regulations	
C	Environmental Act	
D	Road Safety Act	

Q10	Why are armoured cables used?	Ans.
A	For decoration	
B	For flexibility	
C	For mechanical protection	
D	To reduce cost	

Q11	What is a flexible cable typically used for?	Ans.
A	Fixed wiring	
B	Portable appliances	
C	Underground supply only	
D	High voltage only	

Q12	What is a common cause of cable damage?	Ans.
A	Mechanical impact	
B	Correct installation	
C	Proper insulation	
D	Correct sizing	

Q13 Use the words in the word bank to complete the sentences.

An electrical cable is used to carry electrical ..... safely.

The ..... is the part of the cable that carries electricity.

..... prevents electric shock.

The outer sheath provides ..... to the cable.

..... is a common cable used in domestic installations.

Too much current can cause ..... .

WORD BANK

Overheating
Protection
Conductor
Current
Insulation
Twin and earth

Q14 Draw a line to match each term with its correct description.

TERM	Ans.	DESCRIPTION
Twin and earth		Used for portable appliances
Flexible cable		Carries electrical current
Conductor		Commonly used in domestic wiring
Insulation		Prevents electric shock
SWA cable		Provides mechanical protection

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TEST YOUR KNOWLEDGE
OHM'S LAW



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OHM'S LAW QUIZ

Ohm's Law allows electricians to calculate voltage, current and resistance, ensuring electrical circuits are designed and tested safely.

Put your knowledge of Ohm's Law to the test with these exercises.

Tick the correct answer for each question.

Q1	What is the formula for Ohm's Law?	Ans.
A	V = I + R	
B	V = I × R	
C	V = I ÷ R	
D	V = R ÷ I	

Q2	What does the symbol I represent?	Ans.
A	Resistance	
B	Power	
C	Current	
D	Voltage	

Q3	What unit is used to measure current?	Ans.
A	Volts	
B	Ohms	
C	Amps	
D	Watts	

Q4	What unit is used to measure resistance?	Ans.
A	Amps	
B	Volts	
C	Ohms	
D	Joules	

Q5	If voltage increases and resistance stays the same, what happens to current?	Ans.
A	It increases	
B	It stays the same	
C	It decreases	
D	It stops	

Q6	Calculate the current: V = 10V, R = 5Ω	Ans.
A	1A	
B	2A	
C	5A	
D	50A	

Q7	Calculate the voltage: I = 3A, R = 4Ω	Ans.
A	7V	
B	10V	
C	12V	
D	1.3V	

Q8	Calculate the resistance: V = 20V, I = 4A	Ans.
A	5Ω	
B	80Ω	
C	16Ω	
D	24Ω	

Q9	What happens to current if resistance increases?	Ans.
A	It increases	
B	It decreases	
C	It doubles	
D	It becomes zero	

Q10	Why is Ohm's Law important?	Ans.
A	It replaces safety procedures	
B	It helps calculate electrical values safely	
C	It only applies to large circuits	
D	It measures power directly	

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