



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 van 60

Which law tries to protect employees' health and safety at work?

- a) The Working Hours Act (Arbeidstijdenwet).
 - b) The Working Conditions Act (Arbowet).
 - c) The Safety Act (Veiligheidswet).
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2 van 60

Which of the following is under the obligation to carry out an inventory of the risks at the workplace?

- a) The certified Arbo-dienst (Occupational Health and Safety Service).
 - b) The employer.
 - c) The employer and the employees.
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3 van 60

What, pursuant to the Arbo-wet (Working Conditions Act) is compulsory with respect to the provision of instructions and information?

- a) The instructions and information must be tailored to the employees' specific duties.
 - b) Instructions and information must be given by an Arbo (working conditions) expert.
 - c) Instructions and information must be provided in the form of written documentation.
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4 van 60

Which important employees' right is contained in the Working Conditions Act (Arbowet)?

- a) The right to compliance with the Collective Labour Agreement (CAO).
 - b) The right to stop work if there is a hazardous situation.
 - c) The right to keep quiet about incriminating facts after an accident.
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5 van 60

When different employers are working on the same site, what does the Working Conditions Act (Arbowet) say they must cooperate on?

- a) Environmental management and waste disposal.
 - b) The provision of personal protective equipment and the organisation of an in-house emergency team.
 - c) Health and safety.
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6 van 60

What is the objective of the Chemical Substances Act?

- a) To reduce and segregate the various types of waste.
 - b) To protect humans and the environment from hazardous substances.
 - c) To make employers environmentally conscious.
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7 van 60

Which body adopts European SHE directives?

- a) The European Council.
 - b) The Security Council.
 - c) The International Court of Justice.
-

8 van 60

What is an example of a dangerous act?

- a) An unprotected floor opening.
 - b) Using defective electrical tools.
 - c) A lot of rubbish and tools in a working area.
-

9 van 60

Which of these is most important when collecting evidence for an accident investigation?

- a) You must handle the evidence discretely.
 - b) You must move the evidence to a safe place.
 - c) You must keep a record of how and where the evidence was obtained.
-

10 van 60

How can a company make sure its machines are technically safe?

- a) By having regular technical checks done.
 - b) By having a pair of safety glasses next to each machine.
 - c) By making sure the workplace is kept neat and tidy.
-

11 van 60

How, according to the Burkhardt theory, can we encourage safe conduct?

- a) By emphasising the success of safe conduct.
 - b) By limiting the opportunities for unsafe conduct.
 - c) By emphasising the consequences of unsafe conduct.
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12 van 60

Why are safety observations carried out at the workplace?

- a) Because the Arbo-wet (Working Conditions Act) prescribes the performance of safety observations by all companies.
 - b) Because it gives a good insight into the safety conditions at the workplace.
 - c) Because it is required by the Arbeidsinspectie (Health and Safety Inspectorate) following an accident.
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13 van 60

What is a toolbox meeting?

- a) A meeting in which information about a new project is provided.
 - b) A short meeting at the workplace addressing safety issues.
 - c) A short meeting about the work assignments.
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14 van 60

What does SCC certification indicate about a company?

- a) It indicates that the company works on SHE management in accordance with the regulations.
 - b) it indicates that the company complies with the safety-control system by means of safety-observation reports.
 - c) It indicates that the company registers dangerous situations, and has them certified.
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15 van 60

When should notification be given of general safety regulations?

- a) At each toolbox meeting.
 - b) Every year, to all the company's permanent employees.
 - c) Whenever anyone enters the work area for the first time.
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16 van 60

What is a responsibility of the work permit holder?

- a) Deciding whether supplementary work may be carried out.
 - b) Storing and archiving the work permit in the project file immediately after receipt.
 - c) Ensuring that the work is carried out with a valid permit.
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17 van 60

What type of activity requires an additional work permit?

- a) All activities carried out at night.
 - b) All activities on the client's premises.
 - c) All activities involving hazardous substances.
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18 van 60

What is a 'risk'?

- a) The chance of an undesirable effect.
 - b) An immediate danger.
 - c) A potentially dangerous situation.
-

19 van 60

A task risk analysis has been carried out. The situation has since changed. What action should now be taken?

- a) Immediate adjustment of the task risk analysis.
 - b) Evaluation of the task risk analysis in the toolbox meeting.
 - c) Adjustment of the task risk analysis after the project.
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20 van 60

What is the purpose of working-conditions work preparations?

- a) To establish a safe working procedure that has no consequences for health.
 - b) To establish the working hours required to complete the work on schedule.
 - c) To establish the number of employees needed to carry out the work.
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21 van 60

What is the purpose of the storage/filing of risk analyses?

- a) To be able to reply quickly to any questions from the Arbeidsinspectie (Health and Safety Inspectorate).
 - b) To be able to make use of the experience gained from the analyses in future work.
 - c) To be able to make a subsequent costing once the project has been completed.
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22 van 60

What is the purpose of a company emergency plan?

- a) To manage the consequences of a possible disaster.
 - b) To prevent fire and accidents.
 - c) To ensure a safe working environment.
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23 van 60

What are the various phases involved in the control and resolution of an incident?

- a) The initial notification of the incident, the installation of crowd barriers, the notification of the fire brigade, and the termination of the incident.
 - b) The initial notification of the incident, the implementation of measures, and the termination of the incident by means of an aural signal.
 - c) The initial notification of the incident, the classification of the incident, the implementation of measures, and the termination of the incident.
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24 van 60

Which of the following is a duty of the company emergency team?

- a) To give safety courses.
 - b) To fight beginning fires.
 - c) To carry out workplace inspections.
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25 van 60

What is determined by pressure differences in the air?

- a) The frequency of the noise.
 - b) The sound-pressure level (dB).
 - c) The number of vibrations per second.
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26 van 60

What can excessive noise cause?

- a) Permanent hearing loss.
 - b) Chronic headache.
 - c) Inflammation of the middle ear.
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27 van 60

What effect does a current of more than 100 mA have on the human body?

- a) Death by electrocution.
 - b) Excessive sweat.
 - c) Complete relaxation.
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28 van 60

Is there a difference between the effect of an alternating current and a direct current on the body if the amount of current is the same in both cases?

- a) No, the effect on the body is exactly the same.
 - b) Yes, a direct current has a greater effect on the body.
 - c) Yes, an alternating current has a greater effect on the body.
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29 van 60

What causes static electricity?

- a) Contact with live parts.
 - b) Leakage of electric current through an earth cable.
 - c) Friction between air, liquids, materials and objects.
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30 van 60

What is the purpose of an earth leakage switch?

- a) It reroutes the high voltage to earth.
 - b) It switches off the current should there be a specific leakage.
 - c) It operates as an artificial earth which many installations need.
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31 van 60

Which of the following forms of radiation is ionizing radiation?

- a) Alpha radiation.
 - b) Ultraviolet radiation.
 - c) Infrared radiation.
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32 van 60

What requirement must a company satisfy to be allowed to remove asbestos?

- a) The company must have a KOMO process certificate for the removal of asbestos.
 - b) The company must have a VCA certificate (certification pertaining to safety, health and the environment) relevant to the removal of asbestos.
 - c) The company must have permission from the Arbeidsinspectie (Labour Inspectorate) to remove the asbestos.
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33 van 60

What should you do when you encounter "suspected asbestos" at the workplace?

- a) You must immediately invite the Arbeidsinspectie (Labour Inspectorate) to come and carry out an inspection.
 - b) You must have an independent laboratory establish whether the suspected material is in fact asbestos.
 - c) You must contract a specialized company to remove the material.
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34 van 60

What does this mean: "The effect of a toxic substance on the body due to system action."

- a) The substance has a bad effect on specific organs and body cells.
 - b) The substance has a bad effect on the body's whole system.
 - c) The substance has a bad effect on blood circulation.
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35 van 60

What is the maximum period of exposure for a MAC TWA of 8 hours?

- a) 24 hours a day.
 - b) 32 hours a week.
 - c) 40 hours a week.
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36 van 60

What is understood by the explosion limits of a gas?

- a) The exclusion area surrounding an area with an explosion danger.
 - b) The area where a danger of explosion always threatens.
 - c) The proportions of a gas/air mixture that permit an explosion.
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37 van 60

What are highly flammable liquids?

- a) Liquids that combust upon contact with light.
 - b) Liquids with a combustion point below 100°C.
 - c) Liquids with a combustion point between 0 and 21°C.
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38 van 60

What is the best way to extinguish a class A fire?

- a) With powder extinguishing agent.
 - b) With carbon dioxide.
 - c) With water.
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39 van 60

What do the health and safety regulations say about signs in the workplace?

- a) Triangular signs must be used to tell workers about possible danger.
 - b) Workers must be given a brochure with pictures of signs.
 - c) Signs must be used to tell workers about possible danger.
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40 van 60

Which information on the label indicates the risks posed by a specific product?

- a) The M phrases.
 - b) The R phrases.
 - c) The S phrases.
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41 van 60

What is a characteristic of a confined space?

- a) The humidity in the area differs from outside.
 - b) The space has virtually no natural ventilation.
 - c) The temperature in the space differs from the outside temperature.
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42 van 60

What requirement must be met before you enter a confined space?

- a) The safety expert must be informed.
 - b) A production worker must be present.
 - c) A safety officer (manhole guard) must be present.
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43 van 60

Which of the following items of personal protection equipment must always be used in a confined space?

- a) Hearing protection.
 - b) Independent respiratory protection.
 - c) Safety shoes.
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44 van 60

Why is ventilation required when spraying paint in a confined space?

- a) To stay below 10% of the lower explosion limit.
 - b) To stay below 50% of the lower explosion limit.
 - c) To stay below the lower explosion limit.
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45 van 60

What must you do before carrying out maintenance work on a machine?

- a) Switch the machine off and secure it.
 - b) Tell your workmates about the maintenance work to be done.
 - c) Make sure there is supervision if the machine remains in operation.
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46 van 60

What requirement must a hammer meet to ensure it is safe to use?

- a) It must not have a secured head.
 - b) It must have an undamaged head.
 - c) It must have a rough handle.
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47 van 60

Which of these applies to a hand-held grinder?

- a) It must be inspected every four years.
 - b) It must have a sticker on it that says 'BE CAREFUL'.
 - c) It must have a side handle.
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48 van 60

When should lifting work be stopped?

- a) From wind-force 4.
 - b) From wind-force 5.
 - c) From wind-force 6.
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49 van 60

What is the maximum permissible angle between the cables in a lifting frame?

- a) Max. 120 degrees.
 - b) Max. 130 degrees.
 - c) Max. 140 degrees.
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50 van 60

When do you have the greatest risk of stumbling?

- a) With a covered guardrail on the ground.
 - b) With a smooth, freshly-mopped work floor.
 - c) With a step which is 45 centimetres deep.
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51 van 60

Which of the measures listed below can best be taken to reduce walking risks?

- a) Erect warning signs at a hazard.
 - b) Cordon-off the hazard with barriers.
 - c) Cordon-off the hazard with ribbon.
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52 van 60

What is the best measure to take where there are holes in a floor?

- a) Cover gaps with sufficiently robust material.
 - b) Cordon off with ribbon.
 - c) Place warning signs around it.
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53 van 60

What safety rule applies to working on a hydraulic work platform?

- a) When working at 25 metres or higher, the person on the platform must always have a walky-talky.
 - b) The platform should not be used in wind stronger than force four.
 - c) There must always be fall protection fixed to the outer wall.
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54 van 60

Which of these can reduce the danger of falling when working on a flat roof?

- a) Roof edge protection.
 - b) A safety harness.
 - c) Walk boards and safety nets.
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55 van 60

What is the consequence of vibrations felt in the hands and arms?

- a) Stomach and intestinal complaints.
 - b) Inflammation of the shoulders.
 - c) What are referred to as "white fingers".
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56 van 60

What can cause physical complaints?

- a) Dynamic underloading.
 - b) Incorrect posture at work.
 - c) Taking regular short breaks.
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57 van 60

When you wear personal protective equipment (PPE), which of these must you do?

- a) Hand the equipment back to the client at the end of the week.
 - b) Use and maintain the equipment according to the instructions.
 - c) Show workmates how the equipment is used.
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58 van 60

When should you wear goggles?

- a) When connecting and disconnecting product hoses.
 - b) When engaged in autogenous welding.
 - c) When grinding, breaking and drilling.
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59 van 60

If you can't breathe the surrounding air, what kind of breathing protection should you use?

- a) A filter mask with a gas filter.
 - b) A half-face mask with a compressed air unit.
 - c) A full-face mask with a P3 filter.
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60 van 60

What does this symbol on a blue sign mean?



- a) Beware of falling objects.
 - b) Hard hat recommended.
 - c) Hard hat compulsory.
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