

Revision questions for NGC2 element 1 plus an ergonomics question

As we mentioned both in the Start here leaflet and in the introduction to unit NGC2, following the change over to 'syllabus 2010' the position regarding 'construction' is at times a bit ambiguous ... some aspects of construction - CDM for example - form an (increasingly?) important part of the syllabus. Have a look through the questions below ...several of the questions (questions 3 to 9 for example) could be viewed as questions with a construction flavour, or maintenance, or renovation ... they will still be found in examinations. Presumably, question 2 would not be asked in the future (or it would be worded differently), but don't avoid such a question if you come across it in a past paper - it's still good practice.

Question 1 List the five sets of Regulations which are particularly relevant to construction work.

Question 2 List the most common causes of demolition accidents.

Question 3 Outline the rules for working at height to prevent falls - make sure that the first item in your list sets the scene for the rules which follow.

Question 4 Extend the above rules for preventing falls to encompass the prevention of objects falling and endangering those below (whether workers or members of the public).

Question 5 Outline some of the factors that need to be taken into account when selecting the appropriate platform for work at height ...

Question 6 Outline some general rules for the safety of working platforms

Question 7 Outline the similarities and the differences between the two main types of general access scaffold: independent tied and putlog scaffolding. Give a couple of examples of their uses.

(A question which probably will not re-appear in future examinations, but again, no harm at all in viewing such a question in terms of renovation etc.)

Question 8 Outline the precautions to be taken in the use of temporarily suspended access cradles and platforms.

Question 9 Provide a list of the main precautions to be taken for the safe storage and use of ladders.

Question 10 Outline some of the particular problems addressed by The Health and Safety (Display Screen Equipment) Regulations 1992.

Question 11 Define a 'VDU worker' and outline the basic ergonomic checks and adjustments that should be undertaken on a work station.

Question 12 Outline an employers responsibilities regarding eye tests and the provision of prescription spectacles.

Question 13 The Health and Safety at Work etc Act 1974 makes employers responsible for providing a safe place of work for their employees. In-depth guidance on the condition and arrangement of the actual place of work is provided by which Regulations?

Question 14 The Workplace Regulations do not themselves give all the specific detail on requirements for room temperature, cleaning of windows, toilets and so on - where do you find these details?

Question 15 Who is responsible for reporting defects in the workplace?

Question 16 As in so many other areas of the syllabus and in so many sets of Regulations, maintenance considerations thread their way through the Workplace Regulations. What should a suitable system of maintenance encompass?



Question 17 In our study material, we looked at the provision of a healthy working environment under the following headings (all obviously derived from the Workplace Regulations):

- maintaining the workplace and its systems
- ventilation
- temperatures in indoor workplaces
- lighting
- cleanliness and waste materials
- room dimensions and space
- workstations and seating
- conditions of floors and traffic routes
- falls or falling objects; ladders, roof work; falls into dangerous substances; stacking and racking; loading or unloading of vehicles
- windows, including cleaning
- organisation of traffic routes; vehicles; people and vehicles
- welfare facilities

For the purposes of the NEBOSH Certificate, you should be able to write a couple of sentences under each of the above headings; see if you can.



And now for something a little different, ergonomics ...

'Ergonomics' is necessarily spread throughout the syllabus, but there may be times - ergonomics examination questions in particular of course! - when it is necessary to draw together ideas from different elements; accordingly, attempt this question ...

Question 18 Provide a focus on this wide-ranging subject and make a few notes for the following syllabus elements (and any others you care to add). Some of the subject areas are very obviously 'ergonomic', for example display screen equipment. Others may not appear to have immediate ergonomic implications, but there will be, in every case.

- NGC2/2, 3, 4 PUWER
- NGC2/2 and 3 safeguarding of machinery
- NGC2/3 manual handling
- NGC1/4 confined spaces
- NGC2/6 fire fighting equipment
- NGC2/7 air monitoring of dusts, gases and vapours
- NGC2/7 control of exposure to hazardous substances
- NGC2/1–8 personal protective equipment
- NGC2/8 musculoskeletal disorders
- NGC2/1, 8 display screen equipment
- NGC2/1 welfare factors in health and safety
- NGC1/4, NGC1/5 and NGC2/7 safe place and safe person concepts

... any others you feel it is appropriate to add ...

You might feel that you are not ready to make notes on elements that you haven't yet studied and accordingly, we will repeat this question in the NGC2/8 revision questions by which time you will have completed all the elements.

