

Ascentis Level 1 Construction Health and Safety in a Construction Environment

Learner Workbook

Name	
Learner ID	

Introduction

This Health and Safety in a Construction Environment workbook has been developed to support learners completing the Ascentis Level 1 Award in Health and Safety in a Construction Environment. The activities are designed to support learning and generate evidence towards the Learning Outcomes and Assessment Criteria and should be used alongside other assessment activities to help learners build a **portfolio of evidence**.

Workbook Aim

The workbook supports learners in developing and demonstrating knowledge and understanding across the main areas of health and safety in construction environments, including:

- Knowledge and understanding of health and safety required for working on construction sites
- Hazards and risks, including those linked to plant equipment, materials, and site activities
- Safe working practices in realistic construction scenarios
- Using health and safety procedures, signs, and controls

Section	Learning outcome	Assessment criteria
1	Know about risk assessment and safe working practices	AC 1.1 State the purpose of risk assessments and method statements. AC 1.2 State the legal requirements of risk assessments and method statements. AC 1.3 State common causes of work-related: fatalities, injuries. AC 1.4 State the implications of not preventing accidents and ill health at work. AC 1.5 State the meaning of the following in relation to health and safety at work: accident, near miss, hazard, risk, competence. AC 1.6 List typical hazards/risks associated with the following: resources, equipment, obstructions, storage, services, wastes, work activities. AC 1.7 State the importance of reporting accidents and near misses. AC 1.8 State typical accident reporting procedures. AC 1.9 State who is responsible for making accident reports. AC 1.10 State the purpose of dynamic risk.

Guidance for tutors

This workbook has been developed to support the delivery of the Ascentis Level 1 Award in Health and Safety in a Construction Environment. It is an optional workbook which includes activities that are designed to support learning and generate evidence towards the Learning Outcomes (LOs) and Assessment Criteria (ACs) within the qualification.

Tutors should refer to the qualification specification for the full Learning Outcomes, Assessment Criteria, assessment requirements and quality assurance requirements.

Activities may be selected at the tutor's discretion to complement delivery; support learner needs and generate evidence for the relevant Assessment Criteria.

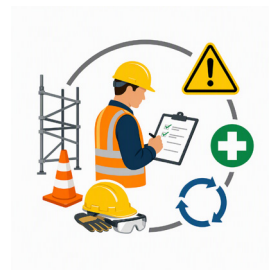
Any evidence in this workbook should be used alongside other appropriate assessment methods to build a portfolio of evidence. Evidence within the portfolio may include:

- Observation records
- Questions and discussions
- Photographs
- Video evidence
- Worksheets
- Audio recordings
- Self-assessments
- Workbook activities
- Multiple-choice tests

A portfolio of evidence is the total evidence presented by the learner to demonstrate competence and/or knowledge and should provide a clear audit trail showing how assessment decisions have been made and how the Assessment Criteria have been met.

Tutors should refer to the qualification specification for information on how to record assessment.

Tutors are responsible for ensuring that evidence is current, authentic, reliable, valid and sufficient, and that assessment decisions are robust and fully auditable. Further guidance can be found in the **Ascentis Assessment and IQA Guidance** available on the **Ascentis Support Portal**.



LO1 Knowing about risk assessment and safe working practices

AC 1.1. State the purpose of risk assessments and method statements

AC 1.2. State the legal requirements of risk assessments and method statements

To stay safe on a construction site, you need to know how risks are managed. This includes following **risk assessments**, working safely, and following health and safety rules. **Accidents** and **injuries** can happen if work is not done safely. These can affect workers, other people, and the site.

It is important to know common health and safety words and to spot **hazards** linked to materials, tools, equipment, work areas, and tasks. Workers must report **accidents** and **near misses** using the correct procedure and know who to tell. Because site conditions can change, workers need to stay aware of dangers and use **dynamic risk assessment** to deal with new risks as they work.

1. Complete the sentences below.

A. State the purpose of a **risk assessment**

B. State the **FIVE** steps of a **risk assessment** by writing what should happen at each stage of the **risk assessment** in the table below.

Identify	
Assess	
Control	
Record	
Review	

C. State the purpose of a **method statement**

Task 5: On-site walkthrough

AC 1.6 List typical hazards/risks associated with the following:

- Resources, Equipment, Obstructions, Storage, Services, Wastes, Work activities

Scenario

It is a busy morning on a housing development construction site. Several different activities are taking place at the same time. Materials and waste have been left in some areas, equipment is being used around the site, and workers are moving between work locations. A vehicle is transporting materials, while other workers are carrying out building work nearby. The Site Supervisor has asked you to complete a safety walkaround.

1. Using the scenario for inspiration or thinking about situations that could realistically happen on a construction site, identify ONE hazard and ONE possible risk for each category in the table below.

Area on Site	What's the hazard?	Possible risk
Example: Obstructions	Materials left in a walkway	A worker could trip and be injured
Resources		
Equipment		
Obstructions		
Storage		
Services		
Waste		
Work activities		

5. Circle ONE answer for each question.

Only supervisors report hazards.

True/False

Everyone on site must report hazards.

True/False

Near misses should be reported.

True/False

Reporting prevents future accidents.

True/False

Task 7: Dynamic risk assessment

AC 1.10 State the purpose of dynamic risk

Things can change quickly on a construction site. Workers need to watch for new **hazards** and work safely if conditions change. Read the question below and think about when a dynamic risk assessment may be needed.

1. Tick ONE box to say when dynamic risk assessment needs to be carried out?

- ☐ Before work starts
- ☐ During work when situations change
- ☐ After work has finished

2. State TWO reasons why a dynamic risk assessment is important:

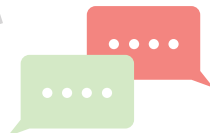
Task 3: Safe manual handling

AC 2.4 State the procedures for safe lifting in accordance with official guidance

The HSE recommend using **TILE** before carrying out **manual handling** tasks. **TILE** helps workers identify risks and plan HOW to lift loads safely.

1. Complete what each letter of **TILE** means:

T	-	
I	-	
L	-	
E	-	

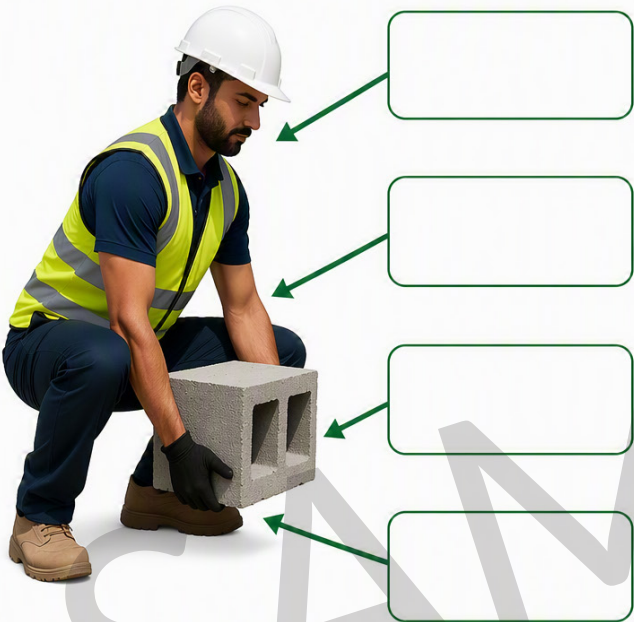


Challenge

Safe workplace lifting limits under ideal conditions at waist height are a maximum of?

2. Label the images to say what the worker is doing right and wrong when lifting.

✓ DO (SAFE PRACTICE)



✗ DON'T (UNSAFE PRACTICE)



3. State FOUR procedures for safe lifting in accordance with official HSE guidance.

Task 6: Reporting a problem

AC 2.7 State how to apply safe work practices, follow procedures and report problems when carrying out safe manual handling in the workplace

Scenario

You are working on a construction site and have been asked to move several heavy bags of concrete from the storage area to a work area. When you go to collect a trolley, you notice that one of the wheels looks damaged and the trolley does not move properly. The bags are heavy and may be difficult to move safely on your own.

Your supervisor is busy and wants the materials moved quickly so work can continue. You need to think about the safe work practices you should follow, the procedures you should use and who you should report the problem to before moving the bags.

1. Complete the sentences below.

A. State **WHO** you would report the damaged trolley to.

B. State **WHY** you cannot use the trolley.

C. State **WHAT** handling aid or equipment could be used instead.

D. State **ONE** safe work practice you should follow before moving the bags of concrete.

E. State **HOW** this would help keep workers safe.



LO4 Know health risks and control measures on site

Working in construction can harm health. Workers may work with harmful substances, dust, noise that can cause illness over time. It is important to understand these risks and know how they can be controlled. This includes safe storage of materials and chemicals, good personal hygiene, and wearing the correct **PPE**. Workers should also be aware of the dangers of materials such as **asbestos** and understand how poor working practices can increase **risk**. Knowing how to reduce these **risks** helps protect long-term health.

Task 1: Hazardous substances

AC 4.1 List substances hazardous to health under current regulations

1. Complete the table below:

- List FIVE hazardous substances that may be found in construction
- Tick the problems that substance can cause

Substance (list FIVE below)	Breathing problems	Skin problems	Dizziness	Fire risk
1.				
2.				
3.				
4.				
5.				

Task 3: Safety briefing card

AC 4.3 State the types of hazards/risks that may occur in the workplace with use of drugs and alcohol

Construction sites often use safety cards to remind workers about important health and safety risks.

1. Complete the toolbox talk sheet below. Use short notes or bullet points to:

- State **HOW** drugs or alcohol can affect a worker.
- State **hazards** and **risks** that may occur on site.
- State **HOW** other workers could be affected.
- State actions that help keep the workplace safe.
- Write a short safety message.

TOOLBOX TALK - DRUGS AND ALCOHOL AT WORK

Date:	Site:	Supervisor:
How drugs and alcohol affect worker		Hazards and risks on site
How drugs and alcohol affect others		Actions to keep the workplace safe
Key safety message:		
Name	Signature	Date



LO5 Understand safe use of plant and equipment

Plant, machinery and equipment are used on most construction sites and can be dangerous if they are not used correctly. Examples include hand-held **equipment** such as drills and grinders, **machinery** such as cement mixers, and plant such as diggers, dumpers and bulldozers.

Moving machinery, plant and tools can cause serious **injuries** if workers do not follow safe working practices. Workers should only use equipment they have been **trained** and authorised to operate.

It is important to understand the **hazards**, follow safety procedures, use safety guards and other protective measures, and keep a safe distance from equipment in use.

Task 1: Plant safety zone activity

AC 5.1 List ways in which moving plant, machinery or equipment can cause injuries.

AC 5.2 State the hazards/risks relating to the use of plant and equipment.

1. Complete the table below:

Moving machinery	Hazard	Injuries
Excavator 		
Digger 		
Dumper truck 		
Forklift 		