

HEALTH SAFETY AND ENVIRONMENT (HSE) WORK SHEET

This worksheet covers the entire programme for Health Safety and Environment level 3 (HSE 3)

- HSE 3 – Advance Health and Safety Course

- At the end of each course, you are expected to answer the following task(s) provided below as directed by the instructor.
- Each task provided serves as a prerequisite for the next task as the class progresses.
- This document acts as an assessment and evaluation paper for this programme.
- Kindly ensure that tasks given are dutifully answered.

Prepared by the HSE department

Task 1.0

What is hazard and name the effect of hazard to your health?

Time: 10min

Task 2.0

- **What are the benefits of HSE to you as a student?**

Time: 5mins

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Task 3.0

- **List 5 of law Enforcement Agencies you know of?**

Time: 10mins.

Task 4.0

- List the things you stand to lose due to Fire outbreak.

Time: 5mins

Task 5.0

- List the causes of fire that you know of.

Time: 5mins

Task 6.0

- How can you prevent fire?

Time: 5mins.

Task 7.0

- What is Stress?

Mention some stress factors that you know?

Time: 10mins.

Task 8.0

- In two sentences, define what Risk Management is.

Time: 10mins

Task 9.0

- What will you do in the case of an electric shock (seeing someone under an electric shock)

Time: 7mins

Task 10.0

- Kindly explain why this is a hazard?

Time: 5mins



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Task 11.0

- Why is there a need for Risk Management Regulation?

Time: 7mins

Task 12.0

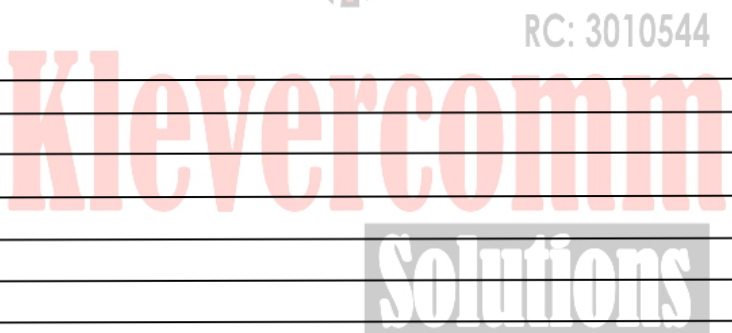
- What process do you go through when Assessing Risk?

Time: 7mins.

Task 13.0

- Mention some of the hazards you can commonly see in your workplace.

Time: 10mins.



Task 14.0

- What is Risk?

Time: 5min.

Task 15.0

- List Top Events or Incidents which will result when hazards are released and relate them to the hazards identified.

Time: 10mins.

Task 16.0

- What is Threats?

Time: 5mins.

Task 17.0

- What is Emergency Action Plan?

Time: 5min.

Task 18.0

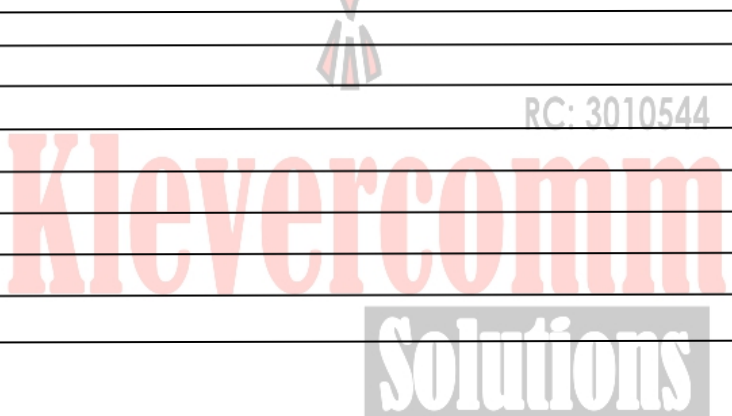
- What is Evacuation Plan?

Time: 5mins.

Task 19.0

- What is Defensive Driving?

Time: 5mins.




Task 20.0

- Identify ways your work can affect your health and safety directly and indirectly?

Time: 15mins.

Task 21.0

- [illegible]



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