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

**HEALTH**

**SAFETY**

**AND**

**ENVIRONMENT**

**(**

**HSE**

**)**

**WORK**

**SHEET**



**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**

 **HSE 3 – Advance Health and Safety Course**

**1.0**

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

**Time: 10min**

A **hazard** is a source or a situation with the potential for harm in terms of human injury or ill-health, damage to property, damage to the environment

Corrosive material which may cause skin burns and permanent eye damage. Toxic material which may cause life threatening **effects** even in small amounts and with short exposure. May cause serious and prolonged **health effects** on short or long term exposure.

**Task 2.0**

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

**Time: 5mins**

reduced risks;

fewer accidents;

improved standing among suppliers and partners;

better reputation for corporate responsibility among investors, customers and communities;

**Task 3.0**

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

**Time: 10mins.**

**Health and Safety Executive**

**Local authorities**

**Fire and rescue authorities**

**General search and rescue**

**Crowd control**

**4.0**

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

**Time: 5mins**

**Lives, properties and machinery**

**Production**

**Information**

**Profit**

**Task 5.0**

* **List the causes of fire that you know of.**

**Time: 5mins**

Ignorance

Carelessness

Smoking in prohibited areas

Arson

Defective electrical equipment

Spotaneous ignition

Natural causes

**Task 6.0**

* **How can you prevent fire?**

**Time: 5mins.**

Good house keeping

Education

Enforcement

Engineering

**7.0**

* **What is Stress?**

**Mention some stress factors that you know?**

**Time: 10mins.**

**Stress is adverse reaction to external pressure**

Feeling of inadequacy

Lack of challenge in the job

Relationship with colleagues

Pressure of the job

Working condition

Work demands that conflict with domestic/home responbilities/demands

Problem with management

Confusion about, or difficulty in coping with new responsibilities

**Task 8.0**

* **In two sentences, define what Risk Management is.**

**Time: 10mins**

Risk management is the control and monitoring of risks, as well as communicating these risks

**Task 9.0**

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

**Time: 7mins**

Seek help

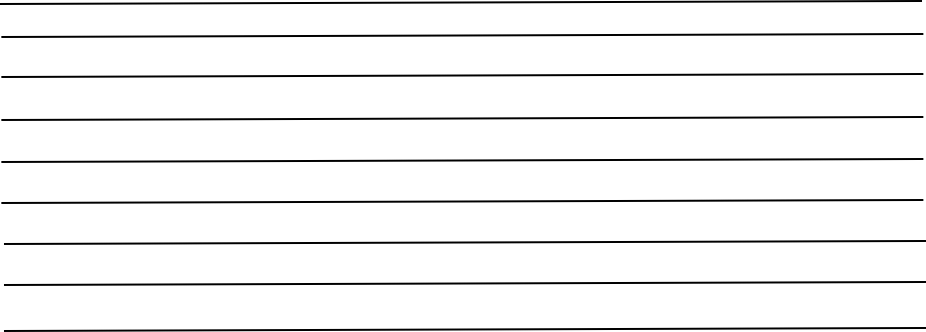
Try to turn off electrical supply

Try to separate casualty from supply

**10.0**

 **Kindly explain why this is a hazard?**

**Time: 5mins**



**Task 11.0**

• **Why is there a need for Risk Management Regulation?**

**Time: 7mins**

To hold stakeholders accountable for managing the risk they create to reduce risk at source

**12.0**

 **What process do you go through when Assessing Risk?**

**Time: 7mins.**

Identify the harzards

Assess the risks and available and control mesures

Manage the risk

**Task 13.0**

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

**Time: 10mins.**

Chemicals

Radiation

Fire

Electrical

Biological

Physical

Thermal

Ergonomics

Slip and trip

Falling hazard

Noise

**Task 14.0**

* **What is Risk?**

**Time: 5min.**

Risk = Consequence resulting from the release

of a hazard

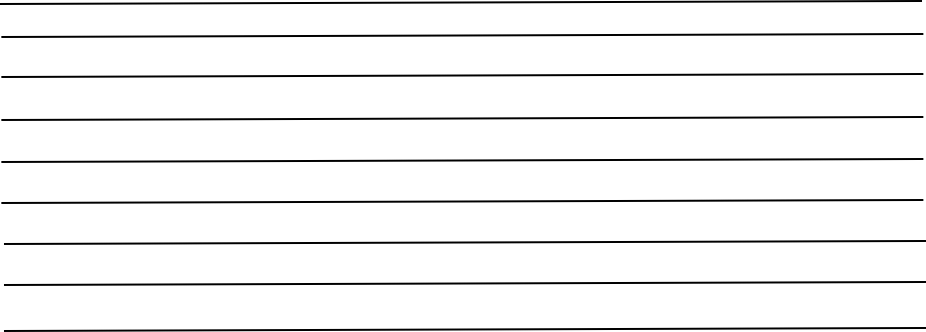
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Probability of the occurrence of that event

**Task 15.0**

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

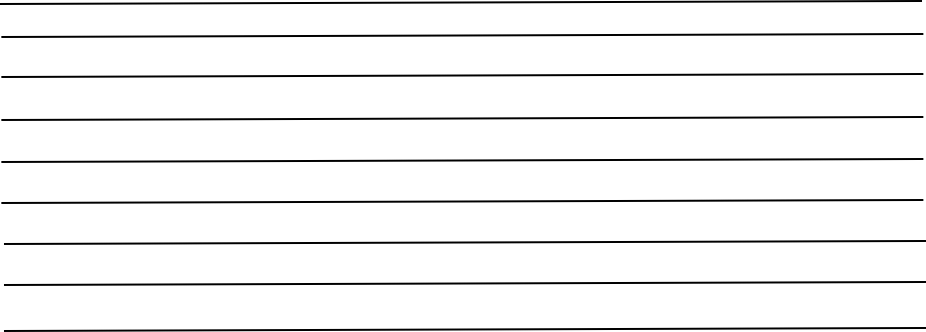
**Time: 10mins.**



**Task 16.0**

* **What is Threats?**

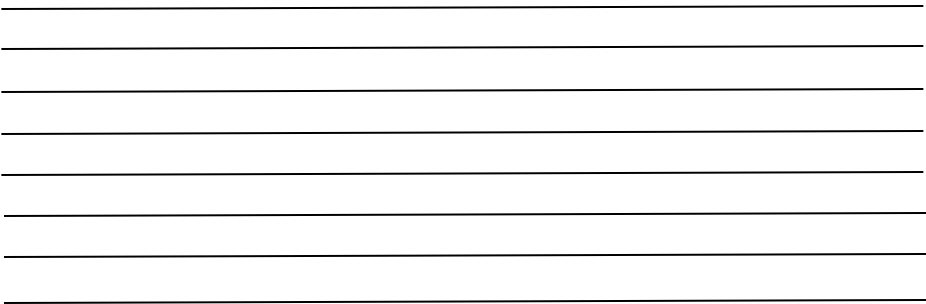
**Time: 5mins.**



**Task 17.0**

• **What is Emergency Action Plan?**

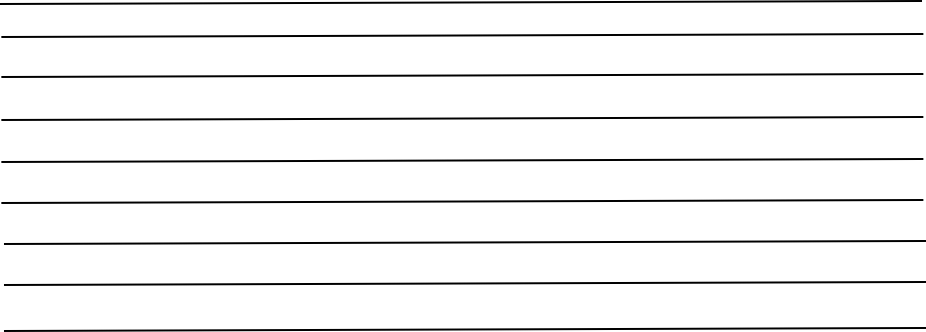
**Time: 5min.**



**Task 18.0**

* **What is Evacuation Plan?**

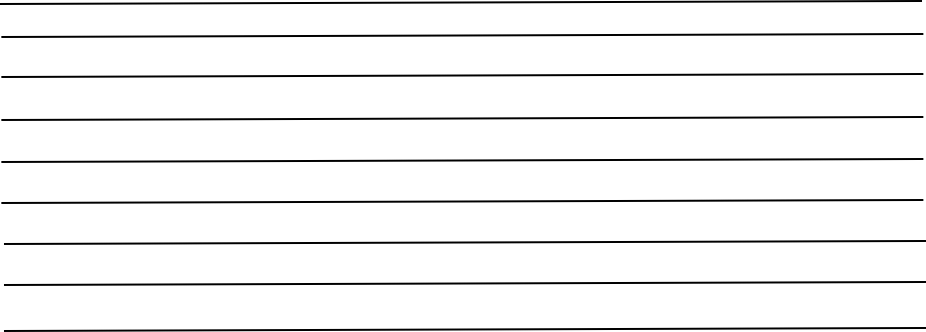
**Time: 5mins.**



**Task 19.0**

* **What is Defensive Driving?**

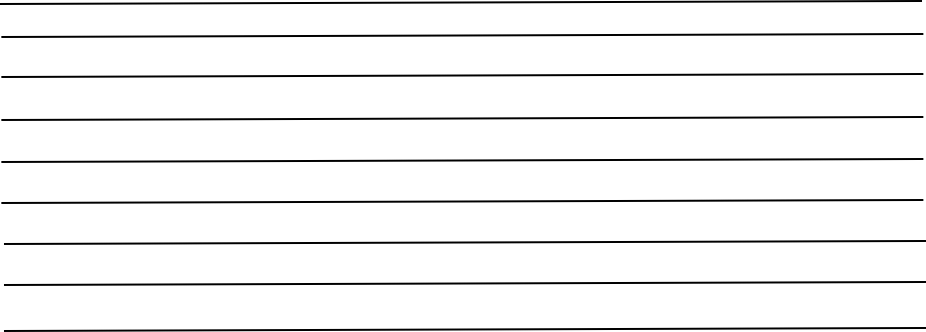
**Time: 5mins.**



**Task 20.0**

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

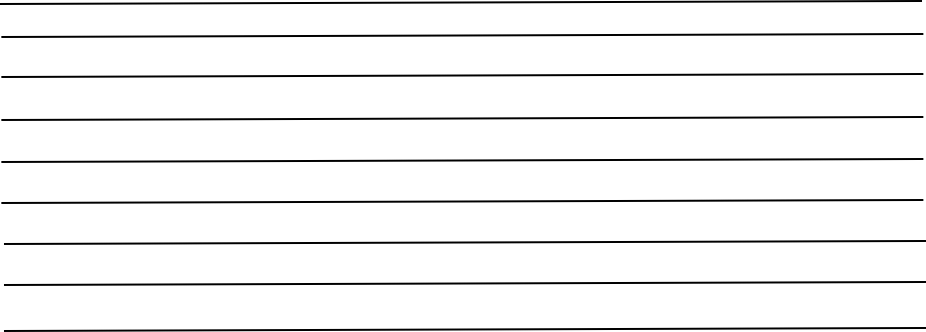
**Time: 15mins.**



**Task 21.0**

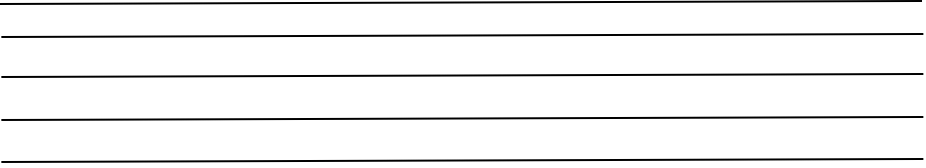
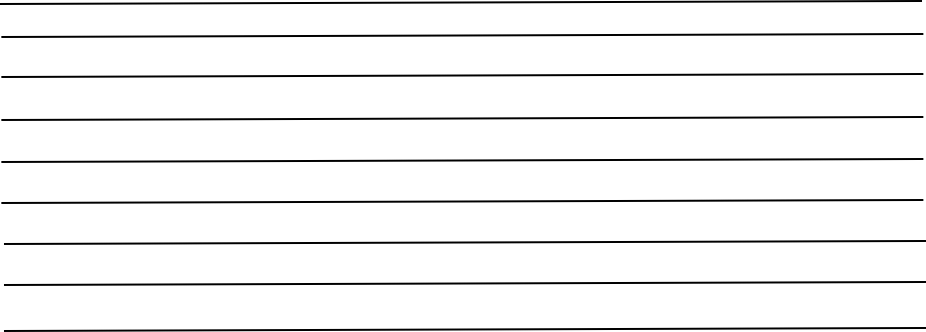
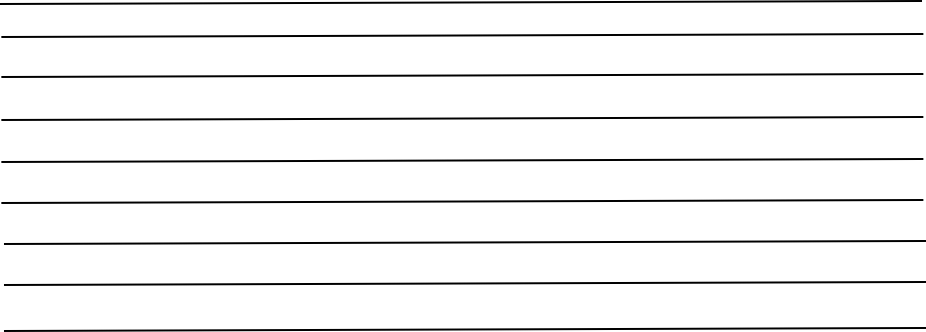
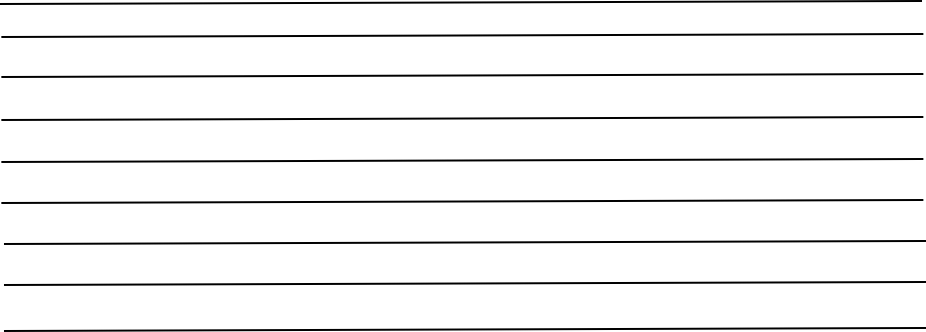
* **Mention the elements of Security Threats?**

**Time: 10mins.**



**Project:**

**Design and Create a HSE Statistical Board**



**NOTES**

