

Learner Self-Reflection 2 – 24354 (v3) Demonstrate knowledge of health and safety legislation and apply safe working practices in a BCATS environment

Student name:

1. You are required to unload 15 x 40kg bags of cement off the back of a truck. The storage area is 75 metres away across a drive littered with construction waste. Describe the safest and most efficient means to get the cement into the storage area.

2. Describe the correct lifting techniques for a heavy load, such as a bag of cement.

3. Describe the correct technique for carrying a sheet of plywood.

4. Identify a risk associated with storing heavy items on shelves.

5. Identify the type of fire that you would use each of the following extinguishers for
Provide an example of combustible material for each extinguisher.



Type of extinguisher: _____

For use on: _____

E.g. of combustible materials: _____



Type of extinguisher: _____

For use on: _____

E.g. of combustible materials: _____



Type of extinguisher: _____

For use on: _____

E.g. of combustible materials: _____

6. Describe the potential consequences of using a water type extinguisher on an electrical fire.

7. What does the sign to the right represent and when would this area be used?

