

GENERAL CONSTRUCTION

Understanding the fundamentals of construction is essential for any trade professional. These exercises will help reinforce key principles used on-site every day.

Q1	The legal minimum height for a guardrail on scaffolding is 950mm.	ANSWER			
		TRUE	✗	FALSE	
Q2	The standard width of a doorway in a new-build home must be at least 762mm to comply with accessibility regulations.	ANSWER			
		TRUE	✗	FALSE	
Q3	All domestic electrical work must be carried out by a qualified electrician.	ANSWER			
		TRUE		FALSE	✗
Q4	Concrete must reach at least 90% of its final strength within 24 hours of being poured.	ANSWER			
		TRUE		FALSE	✗
Q5	A DPM (Damp Proof Membrane) must be installed below a concrete slab to prevent rising damp.	ANSWER			
		TRUE	✗	FALSE	
Q6	All new buildings must meet minimum energy efficiency requirements set by Building Regulations Approved Document L.	ANSWER			
		TRUE	✗	FALSE	
Q7	The minimum recommended pitch for a tiled roof is 10 degrees.	ANSWER			
		TRUE		FALSE	✗
Q8	Building regulations state that all excavation work deeper than 1.2 metres requires support to prevent collapse.	ANSWER			
		TRUE	✗	FALSE	
Q9	A cavity wall tie must be installed at a maximum spacing of 900mm horizontally and 450mm vertically.	ANSWER			
		TRUE	✗	FALSE	
Q10	Plasterboard sheets should always be fixed vertically to walls.	ANSWER			
		TRUE		FALSE	✗

MEASUREMENTS

Getting measurements right is crucial in construction - whether it's length, weight, or volume, accuracy matters. Take this quick multiple-choice quiz to test your knowledge.

Q1	How far is a kilometre (km)?	Ans.
	A Ten metres	
	B One hundred metres	
	C One thousand metres	✗
	D One million metres	
Q2	Which unit of length is the most suitable for measuring the length of a nail?	Ans.
	A mm	✗
	B cm	
	C m	
	D km	
Q3	Which of these statements is incorrect?	Ans.
	A 1000mm = 1m	
	B 100mm = 5cm	✗
	C 100cm = 1m	
	D 1000m = 1km	
Q4	Which of these statements is correct?	Ans.
	A A kilogram is one gram	
	B A kilogram is ten grams	
	C A kilogram is ten thousand grams	
	D A kilogram is one thousand grams	✗
Q5	What is ½ litre the same as?	Ans.
	A 12ml	
	B 120ml	
	C 200ml	
	D 500ml	✗
Q6	Which unit of length is the most suitable for measuring the height of a room?	Ans.
	A mm	
	B cm	
	C m	✗
	D km	

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BRICKLAYING

Bricklaying requires precision, strength, and knowledge of materials. Answer these questions to check your understanding of bricklaying.

Q1	What is the standard height of a brick, including mortar joints?	Ans.
A	50mm	
B	65mm	✗
C	75mm	
D	100mm	

Q3	Which type of brick bond is the strongest for a wall under heavy load?	Ans.
A	Stretcher bond	
B	Flemish bond	
C	English bond	✗
D	Stack bond	

Q5	Which tool is used to check a wall is perfectly vertical?	Ans.
A	Spirit level	
B	Plumb bob	✗
C	Trowel	
D	Gauge rod	

Q2	How thick is a standard mortar joint in bricklaying?	Ans.
A	5mm	
B	10mm	✗
C	15mm	
D	20mm	

Q4	What is the primary purpose of a cavity in a cavity wall?	Ans.
A	To store wiring	
B	To improve insulation and prevent damp	✗
C	To save on materials	
D	To allow for expansion	

Q6	What is the purpose of a damp-proof course (DPC) in bricklaying?	Ans.
A	To support roof structures	
B	To prevent rising damp	✗
C	To bond bricks together more securely	
D	To insulate walls	

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CARPENTRY & JOINERY

Carpentry and joinery involve accurate measurements, secure fixings, and the right materials. See how much you know with these questions.

Q1	What is the standard thickness of an internal door?	Ans.
A	25mm	
B	35mm	✗
C	45mm	
D	50mm	

Q3	What is the best method for securing a skirting board to a plastered wall?	Ans.
A	Screws and plugs	✗
B	Nails	
C	Glue	
D	Duct tape	

Q5	Which fixing is best for securing heavy wooden beams?	Ans.
A	Nails	
B	Screws	
C	Coach bolts	✗
D	Staples	

Q2	Which type of wood is best for exterior joinery work?	Ans.
A	Softwood	
B	Plywood	
C	Oak	✗
D	MDF	

Q4	What is the purpose of a spirit level in carpentry?	Ans.
A	Checking vertical and horizontal alignment	✗
B	Measuring thickness	
C	Cutting wood	
D	Measuring angles	

Q6	What is the minimum headroom required for a staircase in a building?	Ans.
A	1.5m	
B	2m	✗
C	2.3m	
D	3m	

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PAINTING & DECORATING

Successful painting and decorating rely on understanding materials, tools, and techniques. Test your knowledge with these important questions.

Q1	What is the standard width of a roll of wallpaper?	Ans.
A	45cm	
B	53cm	✗
C	75cm	
D	100cm	

Q3	What is the recommended order when painting a room?	Ans.
A	Ceilings, walls, woodwork	✗
B	Walls, woodwork, ceilings	
C	Woodwork, walls, ceilings	
D	Ceilings, woodwork, walls	

Q5	What is the purpose of primer when painting?	Ans.
A	To add shine	
B	To seal the surface and help paint adhere	✗
C	To speed up drying	
D	To make the paint thicker	

Q2	If a tin of paint covers 10m ² per litre, how much paint is needed to cover a 40m ² wall with two coats?	Ans.
A	4 litres	
B	6 litres	
C	8 litres	✗
D	10 litres	

Q4	Which type of paint is best suited for high-moisture areas like kitchens and bathrooms?	Ans.
A	Matt emulsion	
B	Eggshell	
C	Gloss	
D	Vinyl silk	✗

Q6	What type of roller is best for smooth walls and ceilings?	Ans.
A	Short pile	✗
B	Medium pile	
C	Long pile	
D	Foam	

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PLASTERING

Plastering requires precision, the right tools, and proper preparation. See how much you know with these questions.

Q1	Which tool is used to smooth out plaster?	Ans.
A	Trowel	
B	Plastering float	✗
C	Hawk	
D	Feather edge	

Q3	What should be done before applying plaster to a dry surface?	Ans.
A	Leave it dry	
B	Wet the surface or prime with PVA	✗
C	Sand the surface	
D	Paint the surface	

Q5	How long should fresh plaster dry before painting?	Ans.
A	12 hours	
B	24 hours	
C	3-4 hours	
D	5-7 hours	✗

Q2	Which type of plaster is best for moisture-resistant areas?	Ans.
A	Standard gypsum plaster	
B	Bonding plaster	
C	Cement-based plaster	✗
D	Lime plaster	

Q4	What is the purpose of a scratch coat?	Ans.
A	Aesthetic texture	
B	Keying the surface for topcoat	✗
C	Stopping water penetration	
D	Preventing cracks	

Q6	What is the purpose of PVA in plastering?	Ans.
A	Sealing the surface	✗
B	Adding colour	
C	Reducing drying time	
D	Strengthening plaster	

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SAFETY REGULATIONS

How much do you know about construction safety and regulations? Have a go at these multiple-choice questions to brush up on the basics and make sure you're staying on top of your game.

Q1	What is the main purpose of a Construction Phase Plan (CPP)?	Ans.
A	To outline the financial costs of a project	
B	To detail the design specifications for the project	
C	To plan how health and safety will be managed during construction	✗
D	To list the materials needed for the project	

Q3	What does the acronym PPE stand for in the context of construction?	Ans.
A	Property Planning Essentials	
B	Protective Physical Equipment	
C	Personal Protective Equipment	✗
D	Professional Planning Engineers	

Q2	Which organisation enforces health and safety laws in the UK Construction Industry?	Ans.
A	Construction Industry Training Board (CITB)	
B	Health and Safety Executive (HSE)	✗
C	British Standards Institution (BSI)	
D	Royal Institute of British Architects (RIBA)	

Q4	Which of the following is NOT considered a form of manual handling?	Ans.
A	Lifting heavy materials by hand	
B	Operating a forklift truck	✗
C	Carrying bricks across a site	
D	Pulling or pushing equipment manually	

Q5	What is the purpose of a risk assessment?	Ans.
A	To identify the cheapest materials for the project	
B	To assess the probability of completing a project on time	
C	To identify hazards and decide on precautions to reduce risks	✗
D	To determine the number of workers required for a project	

Q7	What does a blue safety sign on a construction site indicate?	Ans.
A	Warning	
B	Prohibition	
C	Mandatory action	✗
D	Emergency escape or first aid	

Q9	What is the legal minimum age for working on a construction site in the UK?	Ans.
A	16 years	✗
B	17 years	
C	18 years	
D	21 years	

Q6	Which document should all construction sites display to comply with UK regulations?	Ans.
A	The company's annual report	
B	A site layout plan	
C	The Health and Safety Law poster	✗
D	A list of subcontractors	

Q8	Which of the following is considered a primary hazard of working at height?	Ans.
A	Slips and trips on the ground	
B	Falling objects	✗
C	Noise exposure	
D	Fire risks	

Q10	Under the Construction (Design and Management) Regulations (CDM), who is responsible for ensuring that a site is safe for workers?	Ans.
A	The architect	
B	The client	
C	The principal contractor	✗
D	The materials supplier	

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SAFETY SIGNS



How well do you know your safety signs? Test your knowledge by labelling each safety sign illustrated below. Good luck!

PROHIBITION SIGNS

WARNING SIGNS

MANDATORY SIGNS

EMERGENCY ESCAPE OR FIRST-AID SIGNS



1

No Aerosols

1

Flammable material or high temperature

1

Eye protection must be worn

1

Assembly Point



2

Do not extinguish with water

2

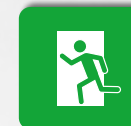
Danger: electricity

2

Safety helmet must be worn

2

Stretcher



3

Not drinkable

3

Toxic material

3

Safety gloves must be worn

3

Exit



4

Do Not Use Ladders

4

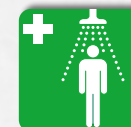
Radioactive material

4

Face protection must be worn

4

Eyewash



5

No access for unauthorised persons

5

Overhead load

5

Safety boots must be worn

5

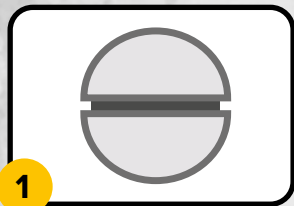
Safety shower

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NAME THAT SCREW!

Study the images below and write the correct screw type in the blank spaces.



1

Slotted screw



2

Phillips cross head screw



3

Posidrive



4

Countersunk screw



5

Pan head screw



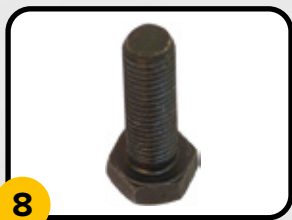
6

Round head screw



7

Allen screw



8

Set screw



9

Set screw with nut & washer

SCREW TYPES

Set screw with nut & washer
Pan head screw
Phillips cross head screw

Posidrive
Slotted screw
Countersunk screw

Allen screw
Set screw
Round head screw

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