

SITE SAFETY PLUS

Construction health and safety awareness



**HSA WORKBOOK
REVISION
TIPS**
(for learners)

How can I revise for the end-of-course assessment?

To support you to perform at your best when sitting the assessment, here are some revision tips.

Preparing for any test can be overwhelming, but the way that you revise really matters. Using the right approach will help you to feel more confident, and feel prepared to take the test.



Plan your revision

- Start your revision early, and set aside regular, short study sessions.
- A simple revision timetable can help you to stay organised, and avoid last-minute pressure.
- Short revision sessions over time work better than trying to learn everything at once.
- Break revision into small chunks. Do not try to do everything in one go.
- If something is not making sense, take a break and come back to it later.



Use revision activities in your workbook

- Use the knowledge checks in your workbook to practise understanding hazards, risks and safe behaviours that you may come across on site.
- Ask your trainer if they have any other revision materials that they can provide you with.
- Mix different topics or questions, rather than always revising in the same order.
- Practise regularly – revision is not just about reading, but using activities and question to apply what you have learned.



Use visual revision

- Everyone learns differently.
- If you prefer visual learning, then mind maps, pictures, signs and diagrams can help you to understand and remember information.
- Topics are easier to remember when they link to real situations. Think about how the information connects to your own work or experiences on site.



Learn from practice

- Try to answer questions before checking the answers. This helps you to see what you know well and what needs more practice.
- Getting things wrong is a normal part of revision. Use mistakes as a learning opportunity.
- Go back, find the correct information and make a note of it.
- Saying your answers out loud and explaining your thinking can help fix information in your memory.
- Good revision comes from regular practice – the more you practice, the more confident you will feel.