

Level 1 Essential Communication Skills

Sample confirmatory test 3

Maximum duration: 30 minutes

Important note

This is a sample confirmatory test, developed jointly by the four Essential Skills Wales awarding bodies (Agored Cymru, City & Guilds, Pearson and WJEC).

This sample test provides an indication of the likely format and structure of the live confirmatory tests.

A separate document, containing the answer keys (correct answers) and specification references is also available.

This confirmatory test consists of 20 multiple choice questions.

Text 1

Questions 1 to 10 are about Text 1 below.

A Good Night's Sleep?	Line 1
Several studies suggest that teenagers are not getting enough sleep.	Line 2
One reason why teenagers do not get enough sleep could be because	Line 3
they are glued to their digital devices, such as smart phones and tablets	Line 4
Just over half of 13 to 17 year olds say they are getting eight or more	Line 5
hours sleep a night. Sleep experts say young people in this age group	Line 6
tend to need at least eight hours sleep to maintain their health and	Line 7
wellbeing and to help them concentrate at school.	Line 8
Many experts believe that screens and other electronic devices _____	Line 9
to blame and suggest placing strict limits on their use during the	Line 10
evening. The light from screens can affect how easily children get to	Line 11
sleep, _____ gadgets can be a constant distraction, stopping children	Line 12
getting the rest they need.	Line 13
Professor Jim Horne, of the Sleep Research Centre at Loughborough	Line 14
University, has warned that children's bedrooms are changing from a	Line 15
place of calm to places where there are lots of things to keep children	Line 16
awake, such as computers, phones and televisions.	Line 17
'Children are often tempted to take their smart phone to bed with them	Line 18
and start using social media and chatting online with their friends without	Line 19
their parents being aware.'	Line 20
'This distraction means they're not in a relaxed state and ready for	Line 21
good-quality sleep. This can affect their learning and achievement at	Line 22
school or college.'	Line 23
'I would place limits on the use of tablets, computers, smart phones,	Line 24
laptops and any other digital devices in their bedroom.'	Line 25

[Adapted from NHS choices]

1 The text can be **best** described as:

- a a technical report
- b an angry exchange
- c a promotional leaflet
- d an informative article

- 2 According to the text, teenagers should sleep for:
- a as long as they want
 - b a minimum of 8 hours
 - c at least 12 hours per night
 - d as long as parents tell them
- 3 The text suggests that:
- a parents should take greater control over the use of electronic devices
 - b children need the light from screens to help them get to sleep
 - c computers, smartphones and televisions can help children to relax
 - d all electronic devices should be turned off in the evening
- 4 What environment is Professor Jim Horne most concerned about?
- a School classrooms
 - b Social media sites
 - c Teenagers' bedrooms
 - d Online chat rooms
- 5 Which word could **best** replace the phrase 'being aware' on Line 20?
- a Know
 - b Known
 - c Knows
 - d Knowing
- 6 What is the missing punctuation on Line 4?
- a Comma
 - b Full stop
 - c Question mark
 - d Exclamation mark
- 7 The correct word to insert in the space on Line 12 is:
- a if
 - b when
 - c since
 - d though
- 8 Which of the following phrases uses informal language?
- a Glued to their digital devices
 - b This age group tend to need
 - c Gadgets can be a constant distraction
 - d Changing from a place of calm

9 The **best** word to replace 'wellbeing' on Line 8 is:

- a happiness
- b interest
- c protection
- d success

10 The correct word to insert into the space on Line 9 is:

- a be
- b am
- c is
- d are

Text 2

Questions 11 to 20 are about Text 2 below.

FIRE SAFETY	Line 1
In most cases fires can be prevented. Those responsible for workplaces and other	Line 2
buildings used by the public can avoid fires by following the correct safety policies	Line 3
and procedures.	Line 4
The Fire Triangle	Line 5
Fires need three things to start – a source of ignition (heat), a source of fuel	Line 6
(something that burns) and oxygen:	Line 7
• sources of ignition include heaters, lighting, naked flames, electrical equipment,	Line 8
smokers' materials (cigarettes, matches etc.), and anything else that can get	Line 9
very hot or cause sparks;	Line 10
• sources of fuel include wood, paper, plastic, rubber or foam, _____ packaging	Line 11
materials, waste rubbish and furniture;	Line 12
• sources of oxygen include the air around us.	Line 13
What you have to do	Line 14
Employers and building owners are responsible for all areas of the workplace. They	Line 15
must be held accountable for making sure fire policies and procedures are in place	Line 16
and up to date.	Line 17
To help prevent fire in the workplace, a risk assessment should be carried out to	Line 18
identify what could cause a fire to start i.e. sources of ignition such as heat or sparks	Line 19
and substances that burn. You also need to assess who may be at risk.	Line 20
Once you have identified the risks, you can take steps to control them.	Line 21
Consider whether you can avoid the risks altogether _____, if this is not possible, how	Line 22
you can reduce and manage them. also consider how you will protect people if	Line 23
there is a fire.	Line 24
• Carry out a fire safety risk assessment.	Line 25
• Avoid accidental fires, e.g. make sure heaters cannot be knocked over.	Line 26
• Ensure good housekeeping at all times, e.g. avoid rubbish build-up that could	Line 27
burn.	Line 28
• Consider how to detect fires and how to warn people immediately if they start,	Line 29
e.g. installing smoke alarms and fire alarms or bells.	Line 30
• Have the correct firefighting equipment for putting a fire out _____.	Line 31
• Keep fire exits clear and escape routes clearly marked at all times.	Line 32
• Ensure your workers receive training on fire safety, including fire drills.	Line 33
	Line 34

[Adapted from Health and Safety Executive]

- 11 The main purpose of the text is to:
- a advertise
 - b advise
 - c describe
 - d persuade
- 12 According to the text, the people responsible for fire safety in the workplace are the:
- a employees
 - b residents
 - c firefighters
 - d employers
- 13 According to the text, the three things needed to start a fire are:
- a oxygen, a source of heat, things that burn
 - b faulty electrical wiring, matches, discarded cigarettes
 - c dry conditions, unpredictable weather, poor housekeeping
 - d careful planning, the right equipment, a source of ignition
- 14 According to the text who needs to be aware of how to prevent fires in the workplace?
- a Employers, employees and the fire service
 - b Employers, waste disposal and the public
 - c Employers, employees and building owners
 - d Employers, building owners and the public
- 15 The **best** word to fill the space on Line 22 is:
- a as
 - b or
 - c for
 - d so
- 16 The **best** word to fill the space on Line 11 is:
- a loss
 - b lose
 - c loose
 - d losse
- 17 The sentence on Line 21 could **best** be replaced by:
- a identify the risks and then get a grip
 - b it'll be your problem if things go wrong
 - c being aware of the risks lets you take action
 - d if you know your stuff you'll hopefully be OK

18 The correct word to fill the space on Line 31 is:

- a quick
- b quickly
- c quicken
- d quickest

19 The correct spelling for the word 'resieve' on Line 33 is:

- a receive
- b recive
- c receve
- d recieve

20 There is a punctuation mistake on:

- a Line 3
- b Line 9
- c Line 17
- d Line 23

NOW GO BACK AND CHECK YOUR WORK

- **IMPORTANT -**
Are the details at the top of the answer sheet correct?
Have you filled in your answers in INK in the appropriate boxes on the answer sheet?