

Multiple Choice Sample Questions
ITEC Unit 830 – Monitor and Maintain Spa Area

1	What is the correct ratio of salt and water solution for a person suffering from heat exhaustion?		1
A	One tablespoon of salt per 1 litre /35ounces of water	B	Two teaspoons of salt per 1 litre/35ounces of water
C	One teaspoon of salt per 1 litre/35ounces of water	D	Half a teaspoon of salt per 1 litre/35ounces of water
			<input type="checkbox"/> C
2	Which of these is included in The Workplace Regulations?		2
A	Electrical systems must be correctly installed and maintained	B	There must be adequate ventilation, temperature control and lighting
C	All equipment in the workplace must be suitable for the treatment for which it is used	D	The use and storage of dangerous chemicals
			<input type="checkbox"/> B
3	Which of the following is it important to take at regular intervals whilst having a spa treatment?		3
A	Water	B	Energy bars
C	Thermal sensitivity test	D	Body temperature
			<input type="checkbox"/> A
4	Why is it important for the client to relax post spa treatment?		4
A	To increase the appetite	B	To decrease the appetite
C	To normalise the body temperature	D	To increase perspiration
			<input type="checkbox"/> C
5	What should the correct pH level of spa water be?		5
A	Between 7.2 - 7.6	B	Between 6.2 - 6.6
C	Between 5.2 - 5.6	D	Between 4.2 - 4.6
			<input type="checkbox"/> A