

Occupational Health

Archive

lecture 11

Silicosis

Occupational Health

1. Which of the following is incorrect regarding silicosis?

- A. Crystalline silica has non-toxic pulmonary effects
- B. Basilar emphysema
- C. Affects upper lobes of the lung
- D. Causes egg-shell calcification

answer. A

2. A 40-year-old man, who has worked in a coal mine for 15 years, developed cough, dyspnea on exertion, and chest pain. His chest X-ray showed a "snowstorm" appearance in the lung fields.

What is the most likely diagnosis?

- A. Anthracosis
- B. Siderosis
- C. Silicosis
- D. Byssinosis

answer. C

3. Which of the following is NOT true about silico-tuberculosis?

- A. High positive AFB in sputum
- B. Children of cases cannot develop the disease
- C. Affects total lung capacity
- D. Snowstorm appearance

answer. A

4. Silicosis affects?

- a. Lower lobes of lungs
- b. Upper and lower lobes of the lung
- c. Hilum of lungs
- d. Upper lobes of lungs
- e. Not affects lung lobes

answer. D

5. Silicosis occurs With exposure to?

- a Cotton
- b. Sugarcane fibres
- c Carbon particles
- d. Silica fibres
- e Hydrated magnesium silicate

answer. D

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"6.Snow-storm' appearance in chest X ray is seen in?

A Anthracosis

b. Byssinosis

c. Bagassosis

d. Silicosis

e. Asbestosis

Answer. D

7. Egg-shell calcifications are seen in?

Silicosis



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lecture 12

Asbestosis

Occupational Health

1. A 40-year-old man, working in a coal mine for 15 years developed cough, dyspnoea on exertion and chest pain. His chest X-ray showed 'shaggy heart' appearance. The most likely diagnosis is?

- a. Anthracosis
- b. Silicosis
- c. Asbestosis
- d. Siderosis
- e. Byssinosis

answer. C

2. Regarding Asbestosis one statement is true?

- a. Clubbing of the Fingers is a known feature
- b. Tissue biopsy is required for diagnosis
- c. Radiographic abnormalities are more common in upper lung zone
- d. Chest radiography showing Eggshell calcification
- e. Lung function test normally revealed obstructive pattern

answer. A

3. All of the following features are suggestive of asbestosis except

- a. The disease progresses even after removal of contact
- b. Occurs within five years of exposure
- c. Can lead to pleural mesothelioma
- d. Sputum contains asbestos bodies
- e. Presence of bilateral basal late inspiratory crepitation

answer. B

4. Which of the following disease you can't get from animal products?

- a. anthrax
- b. brucellosis
- c. anthracosis

answer. C

5. Miner working in coal mines for 15 years, He had cough, expectoration and dyspnea..... on chest x ray black fibrosis was seen?

- a. Anthracosis

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6. Which of the following disease you can't get from animal products?

- a. anthrax
- b. brucellosis
- c. anthracosis

answer. C



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lecture13

lead

Occupational Health

1. All are true about lead poisoning EXCEPT:

- a. The greatest source is drinking water from lead pipes
- b. Can cause blue line on gums
- c. Coproporphyrin measurement in urine is a useful screening test
- d. In acute lead poisoning, death may occur within few days
- e. Exposure to different types of lead compounds shows a different clinical picture

answer. A

2. Wrist drop may be caused as industrial hazard in:

- a. Gas industry
- b. Asbestos industry
- c. Battery industry
- d. Aniline industry
- e. Iron factories

answer. C

3. The useful screening test for lead is the measurement of

- a. Coproporphyrin in urine
- b. Aminolevulinic acid in urine
- c. Lead in blood
- d. Lead in urine
- e. Basophilic stippling of RBCs

answer. A

4. Most common heavy metal poisoning in the world:

- a. Lead
- b. Arsenic
- c. Mercury
- d. Cadmium

answer . A

5. In chelating therapy, all of the following are considered except:

- a. Blood level of lead
- b. Biochemical and hematologic disturbances
- c. Severity of symptoms
- d. Duration of exposure
- e. Discontinue exposure before starting therapy

answer. D

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6. All are correct lead levels in non-exposed person EXCEPT:

- a. Lead level in urine 0.2 mg/L
- b. Coproporphyrin in urine is <150 pg/L
- c. Aminolevulinic acid in urine is <5 mg/L
- d. Lead level in blood >75 µg/100 ml
- e. Lead level in blood is 3 µg/dL

Answer. D

Maximum permissible level of occupational exposure to lead is:

- a. 2 mg per 10 cu.mm
- b. Less than 7
- c. 2.5 mg per 10 cu.mm

Answer. A

8. The clinical symptoms of lead toxicity are associated with blood levels of?

- a. 25 mg/100ml blood
- b. 30 mg/100ml blood
- c. 40 mg/100ml blood
- d. 50 mg/100ml blood
- e. 70 mg/100ml blood

answer. E

9. Lead poisoning in industries commonly occurs by?

- a. Faecal-oral
- b. Skin absorption
- c. Ingestion
- d. Conjunctival route
- e. Inhalation

answer. E

10. In non-exposed person, the lead levels below, are correct EXCEPT?

Select one:

- a. Amino levulinic acid in urine is equal to or less than 5mg/L
- b. Lead level in blood more than 70 µg/100ml
- c. Coproporphyrin in urine is less than 150/L
- d. Lead level in blood is 3 µg/dL
- e. Lead level in urine 0.2mg/L

Ans: b

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lecture14

mercury

Occupational Health

1.The maximum permissible level of occupational exposure to mercury is?

- a. 0.1 mg/cubic meter of air averaged
- b. 0.4 mg/cubic meter of air
- c. 0.01 mg/cubic meter of air averaged
- d. 1 mg/cubic meter of air averaged
- e. 0.04 mg/cubic meter of air

answer. D

2.One of the following urinary mercury levels is the correct result for a case of polyneuropathy that occurred as a result of exposure to mercury?

- a. 95 micrograms/gram of creatinine
- b. 105 micrograms/gram of creatinine
- c. 50 micrograms/gram of creatinine
- d. 37 micrograms/gram of creatinine
- e. 35 to 40 micrograms/gram of creatinine

answer. B

3.Mercury exposure except:

- a. inhalation
- b. ingestion
- c. skin
- d. injection
- e. Sexual

answer. E

4.Which one of the following substances is considered a human teratogen?

- a. PBDEs
- b. Thalidomide
- c. Ethanol (Alcohol)
- d. Methyl mercury
- e. Lead

answer D

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lecture 15

biohazard

Occupational Health

1. For protecting workers against the biological hazard, the first line of defence is the

- a) Administrative Controls
- b) Engineering Controls
- c) Personal Protective Equipment
- d) Adequate supervision
- e) Personal hygiene

answer. B



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Lecture 16 Toxicology and Cancer

**Corrected by:
Zeinab Qtawneh**

1_Definition of risk?

a. The probability that harm will occur in the presence of Hazard

2_The minimum dose needed to cause a disease?

a. Threshold

3_All of the following are functions of the risk except?-

a. Hazard

b. Exposure

c. Dose

d. Duration

e.Effect

Answer: e

4_Which one of the following substances is considered as a Human Teratogen?Select one:

a. PBDEs

b. Thalidomide

c. Ethanol (Alcohol)

d. Methyl mercury

e. Lead

Answer : b

5_ All the followings are considered as external factors in cancer etiology EXCEPT?Select one:

a. Radiation

b. Hormones

c. Lifestyle Habits

d. Chemicals

e. Viruses

Answer :b

6_ Regarding Toxicology and Cancer; which of the following statement is INCORRECT? Select one:

- a. If there is no exposure to a chemical, no matter how hazardous; there is no risk of harm
- b. Risk is a measure of the probability that harm will occur under defined conditions of exposure to a chemical
- c. Chemicals which pose only a small hazard but with frequent or excessive exposure may pose no risk
- d. Toxicity is the hazard of a substance which can cause poisoning
- e. Hazard is the potential of a substance to cause damage

Answer :c

7_ Which one of the following is the highest contributing factor regarding cancer deaths? Select one:

- a. Alcohol
- b. Occupation
- c. Tobacco
- d. Diet
- e. Infection

Answer :d

8_ Regarding the safe exposure level standards: which one is CORRECT? Select one:

- a. Benzene: US OSHA is 1 ppm in workplace air over 24 hours
- b. Benzene: US EPA water standard is 0.005 gm/L
- c. Benzene: US OSHA is 1 ppb in workplace air over 8 hours
- d. Radon: U.S. EPA action level is 4 pi/cubic meter
- e. Radon: U.S. EPA action level is 4 pi/L

Answer :e

9_ According to Doll and Pete study regarding environmental factors and cancer deaths, Diet related cancer contributes to?

- a. 35 percent of all cancers
- b. 10 percent of all cancers
- c. 50 percent of all cancers
- d. 20 percent of all cancer
- e. 15 percent of all cancers

Answer :a

10_ Regarding US EPA water standard for Benzene; which statement is CORRECT?

- a. US EPA water standard = (5 ppm)
- b. US EPA water standard = 0.5 mg/L
- c. US EPA water standard = (5 ppb)
- d. US EPA water standard = (50 ppb)
- e. US EPA water standard = 0.05 mg/L

Answer :c

11_ Which statement regarding safe exposure level is INCORRECT? Select one:

- a. Safe exposure levels such as the tolerable daily intake are determined by establishing the dose-response curve
- b. The threshold dose may be approximated by a NOAEL
- c. The Tolerable Daily Intake (TDI) also called a Reference Dose (RfD) in USA
- d. A Threshold dose is the one above which no harm occurs in an exposed population
- e. The threshold dose may be approximated by a LOAEL

Answer :d

12_ Regarding the safe exposure level which statement is INCORRECT?

- a. The extrapolated threshold dose from experimental animals should be divided by uncertainty factors (UF)
- b. The threshold dose may be approximated by a NOAEL
- c. The Tolerable Daily Intake is an estimate of the daily intake of a chemical contaminant which can occur over a lifetime without appreciable health risk
- d. The Tolerable Daily Intake (TDI) also called a Reference Dose (RfD) in USA
- e. Carcinogens are believed to have a safe threshold level of exposure

Answer :e

13_The median dose associated with the death of 75 percent of the exposed population to a chemical expressed as?

- a.ED25 (Effective dose)
- b.ELD25 (Lethal Dose)
- c.TD75 (Therapeutic Dose)
- d.LD75 (Lethal Dose)
- e.ED75 (Effective Dose)

Answer :d

14_U.S. EPA action level of Radon?

4 pCi/L

15_The LD50 stands for?

- a.the median dose associated with the death of 50% of the population
- b.maximum dose
- c.mean dose

Answer :a

16_Thalidomide Discovered to be ?

a human teratogen causing absence of limbs or limb malformations in newborns

17_most important cause of cancer?

Diet.

Occupational Health

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Lecture 17 Anthrax

Occupational Health

1. The occupation or person who is not at risk of anthrax infection:

- A. Family members of farmer
- B. Butcher
- C. Military personnel
- D. Medical staff
- E. Postal worker

Answer. A

2. Following are the modes of infection in Anthrax EXCEPT:

- A. Gastrointestinal ingestion of contaminated
- B. Respiratory inhalation
- C. Cutaneous skin contact
- D. Injection
- E. Direct person to person transmission

answer. E

3. Which is incorrect about anthrax

- 3 doses for pre exposure



Occupational Health

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Lecture 18 Air pollution

Corrected by:
Zeinab Qtawneh

1) Which one of the following statements is CORRECT regarding criteria air pollutants? Select one:

- a. Carbon Monoxide is Colorless, odorless and highly toxic gas
- b. Sulfur dioxide reacts with sunlight to form nitric acid
- c. Nitrogen oxides reacts with water vapor to form acid rain
- d. Nitrogen oxides produced mainly from coal burning power plants
- e. Sulfur dioxide produced chiefly from road traffic

Answer :a

2) About health effects of air pollution: Which statement is INCORRECT? Select one:

- a. Health effects are related to intensity and duration of exposure to air pollution
- b. Consumption via food can also occur
- c. Most effective strategy for controlling air pollution is through electrostatic precipitators
- d. Absorption through the skin can also occur
- e. Inhalation is the most common route

Answer :c

3) All the following air pollution sources are anthropogenic activities EXCEPT? Select one:

- a. Volcanoes
- b. Industrial activities
- c. Vehicular emission
- d. Power plants
- e. Combustion of fossil fuel

Answer :a

4) Which one of the following statements is INCORRECT regarding criteria air pollutants?

- a. The most visibility problems caused by the volatile organic compounds (VOC)
- b. Carbon Monoxide binds to hemoglobin in red blood cells, interfering with oxygen transport
- c. The main source of Carbon Monoxide results from the car exhaust
- d. The biggest source of lead results from using leaded gasoline
- e. Ozone molecule made of three oxygen atoms

Answer :a

5) All the followings are criteria air pollutants EXCEPT? Select one:

- a. Ozone
- b. Carbon dioxide
- c. Lead
- d. Sulfur dioxide
- e. Particulates matter

Answer : b

6) Which statement about stratospheric ozone is INCORRECT? Select one:

- a. CFCs are mainly used in refrigerators, air conditioners and hair spray
- b. Ozone is a gas found in the upper atmospheric layer (stratosphere)
- c. The main pollutant behind ozone depletion was CFCs
- d. The ozone was being depleted by pollutants containing fluorine
- e. Ozone layer help to block some UV radiatio

Answer: d

7) Regarding the London Smog of 1952; which statement is Correct? Select one:

- a. Emissions of nitrogen dioxide, and fluoride from zinc smelting plant are main causes
- b. The primary cause of the London smog was due to excessive use of leaded gasoline
- c. As a result; a thick smog of nitrous dioxide was shaped over the city
- d. As a result; they make chimneys shorter than before
- e. The primary cause of the London smog was due to burn larger amounts of coal

Answer : e

8) Which statement about indoor air pollution is INCORRECT? Select one:

- a. Cigarette smoke is the most common indoor air pollutant in the U.S
- b. Indoor air pollution have less significant effects on human health than outdoor pollution
- c. Less-developed countries also suffer from indoor air pollution
- d. People generally spend more time indoors
- e. Indoor air pollutants are often associated with poorly ventilated heating and cooking fires

Answer : b

9) All the following statements regarding secondary air pollutants are correct EXCEPT?

- a. Secondary air pollutants formed as a result of a chemical reaction in the air
- b. Reaction of sunlight with nitrogen oxide produce a smog
- c. Reaction of sulfur dioxide with water produce acid rain
- d. Secondary air pollutants released directly into the air
- e. Reaction of oxides of nitrogen with volatile organic compounds produce ozone

Answer :d

10) Unpolluted rain generally has pH ?

5.6

11) Colorless/odorless/highly toxic?

Carbon monoxide (CO)

12) Temperature inversion?

when a layer of cool air is trapped below a layer of warmer air.



Occupational Health

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Lecture 19

Q Fever

Corrected by:
Malaak Al Zaidaneeyen

Occupational Health

Lecture 19

لم تعطى هذه المحاضرة لروح
الأرشيف شامل نبض ووتين ووريد

1- All of the following have a high risk of developing Q fever :

- a) Heart valve disease
- b) Obese
- c) Blood vessel abnormalities
- d) Pregnant
- e) Immunocompromised

Ans : b

2-Following are the source of Q fever infection EXCEPT :

- a) Drinking unpasteurized milk
- b) Man to man transmission
- c) Tick's bite from an infected animal.
- d) Contact with contaminated animal's birthing products.
- e) Inhalation of contaminated dust

Ans : b

3- One statement is not correct. in respect to the Q fever vaccine? Select one:

- a. Is given as a single injection.
- b. Producing a long-lasting immunity
- c. It is highly effective in preventing Q fever infection in humans.
- d. Pre vaccination screen is needed
- e. Serious side effects may occur in about 10% of the vaccine recipients

Ans:e

4- Common animal reservoirs for Q fever, including the following EXCEPT?

- a. Rats
- b. Sheep
- c. Dogs
- d. Cattle.
- e. Goats

Ans:a

5- Risk group of acquiring C Fever? Select one:

- a. Veterinarians
- b. Postal workers
- c. People who work in the dairy industry.
- d. Farmers
- e. People who live close to a farm

Ans:b

"لا شيء يعادل النية الطيبة إفعل ما تشاء واتركهم يفهمونك كما يشاؤون"

Occupational Health

Archive

Lecture 20

MSS injury

Corrected by:

Malaak Al Zaidaneeyen

بما انه تم اعطاء المحاضرة في موديول ال
mss فتم وضع الاسئلة لذكرت في
كوميونيتي mss

نظرًا لاختلاف السلايدات عن
السنين الماضية
وعدم تواجد اسئلة ارشيف
مطابقة لمعلومات السنة هاي

Occupational Health

Lecture 20

1. Regarding injuries all the following statements are correct except :

- A- Accidents are an unexpected events , implying a random and uncontrollable event.
- B- Interpersonal violence are the leading cause of injury- related deaths worldwide.
- C- Both unintentional and intentional injuries are viewed as largely preventable events.
- D- Injuries may be blunt or penetrating.
- E- Disability-Adjusted Life Year (DALY) is the indicator used to quantify the loss of healthy life.

Answer: B ;Road traffic injuries are the leading cause of injury related deaths worldwide.

2. Regarding Musculo-skeletal injury; which one of the following statements is wrong :

- A- Death rates due to injury tend to be higher in those in the higher income groups.
- B- Injuries , unintentional or intentional , constitute a major public health problem.
- C- Injuries killing many people worldwide and causing many more cases of disability.
- D- People from all economic groups suffer fatal injuries.
- E- The poor are also less likely to make a full recovery following an injury.

Answer: A

3. Which one of the following measures considered as a primary prevention for musculoskeletal injury :

- A. Motorcycle helmets.
- B- Life vests.
- C- Seatbelts.
- D- Bullet proof vests.
- E- Trigger locks on guns.

Answer: e

4. All the following statements are considered as unintentional injuries EXCEPT? Select one:

- a. Exposure to venomous plants and animals
- b. Exposure to animate and inanimate mechanical forces
- C. Homicide
- d. Road traffic injuries
- e. Exposure to electric current, radiation and extreme ambient temperature.

Answer:c

5. The single leading cause of disability globally is? Select one:

- a. Low back pain
- b. Neck stiffness
- c. Ligament strain
- d. Muscle rupture
- e. Vertebral block

answer :a

Occupational Health

Lecture 20

6. The best outcome measure of musculoskeletal injuries is:

- A. disability adjusted life years.
- B. mortality adjusted life years.
- C. morbidity adjusted life years.
- D. injury adjusted life years.
- E. morbidity and mortality rate.

answer:a

7. Which one of the following injuries resulted from an insufficiency of a vital element? Select one:

- A. Chemical
- B. Electrical
- C. Thermal
- D. Strangulation.
- E. Mechanical.

answer:d

8. A bodily lesion at the organic level, resulting from acute exposure to energy in amounts that exceed the threshold of physiological tolerance called? Select one:

- a. Mortality
- b. Disaster
- c. Distress
- d. Morbidity
- e. Injury

Answer: e

9. Seat belts→ secondary prevention

رَأَيْتُ الْقَنَاعَةَ رَأْسَ الْغَنَى فَصِرْتُ بِأَذْيَالِهَا مُمْتَسِكًا
فَلَا ذَا يِرَانِي عَلَى بَابِهِ وَلَا ذَا يِرَانِي بِهِ مِنْهُمْكَ

Occupational Health

Archive

Lecture 21

Ergonomics

Corrected by:

Malaak Al Zaidaneeyen

بما انه تم اعطاء المحاضرة في موديول ال
mss فتم وضع الاسئلة لذكرت في
كوميونيتي mss

Occupational Health

Lecture 21

COMMUNITY

1. One of the following rules must not be taken into consideration when adapting the job to the worker :

- A- Flexibility all begin to diminish upon reaching the age of 45
- B- Weight and mass tend to increase throughout the age of the early fifties (50).
- C- Height begins to slowly diminish from the age of 30.
- D- Lower back pain is more common in people 25 years of age and older.
- E- Visual acuity at close range diminishes with age.

Answer: D

OH ARCH

2- All of the following are employee generated changes that indicate ergonomic problems except

- a. Eating in office to save time

3- All of the following are ergonomic problems indicators expect?

- a. Repetitive motion

4- All of the following are objectives of ergonomic design except?

- a. Increasing salary of employees

5- Ergonomic design is characterized by (or objective)

- a. Making tasks more compatible with the worker

6- Regarding Ergonomic elements which one is INCORRECT? Select one:

- a. Task design
- b. Design of physical working condition
- c. Work station design
- d. Manual material handling
- e. Tool design

ANS:d

7- Which one of the following statement about ergonomics is INCORRECT?

- a. Ergonomics seeks to adjust tasks to the worker through job specification
- b. The word ergonomics is derived from the Greek language (Ergon) for work; and nomos means laws.
- c. Basically, work related injuries show their effects mainly sharply (abruptly)
- d. People working at ergonomic workstations are less likely to experience physical stress
- e. Ergonomics discusses the physical condition of the workplace like workstation, work equipment

ANS: c

Occupational Health

Lecture 21

8- All the followings are Ergonomic problems indicators EXCEPT?

- a. Employee complaint
- b. Enhancing human productivity and good quality of working
- c. Increased incidence of cumulative trauma disorders
- d. Employee generated changes
- e. Absenteeism and high turn over

ANS:B

9- When adapting a job to the worker all the following rules are correct except:

- a. visual acuity at close range diminish with age.
- b. height begins to slowly diminish from the age of 30.
- c. lower back pain is more common in people 45 years of age and older.
- d. Hand grip strength, muscle mass and flexibility all begin to diminish upon reaching age of 35.
- e. weight and mass tend to increase throughout the age of early 50's.

ANS:d

10- The amount of physical stress can be influenced by all of the following variables except:

- a. good horizontal work area vs bad horizontal work area.
- b. setting vs standing.
- c. stationary vs mobile.
- d. repetitive motion vs non repetitive.
- e. Health insured employee vs non insured employee.

ANS:e

11- while setting in front of the computer which statement is incorrect:

- a. wrist must be in neutral position.
- b. adjust seat height so that the arm is angled and bent at 45 degree.
- c. adjust backrest to support your back.
- d. the monitor should be positioned at a height of 12-38cm under the eye level.
- e. monitor should be 25-60cm from the eye .

ANS: B

12- Task related factors of ergonomics include all of the following except:

- a. poor posture.
- b. repetition
- c. poor design of information
- d. visual acuity

ANS:d!!

ثَبَّتْ فؤَادَكَ هَذَا الرِّكْبُ مَرْتَحِلُ
وَارْفُقْ بِقَلْبِكَ لَا يَذْهَبُ بِهِ الْوَجَلُ
وبهذا تمت مادة ال OH