

# Occupational Health

**Midterm exam**

**Wareed batch**

50 MCQ questions

إعداد



1) Regularly reviewing the biological hazard control plans should be at least?

Select one:

- a. Every 5 years
- b. Every 2 years
- c. Once a year
- d. Every 7 years
- e. Every 10 years

2) Hand-arm Vibration Control include all the followings EXCEPT?

Select one:

- a. Pre-employment examination, those with Raynaud's disease must not work with vibratory hand tool
- b. Workers should use special gloves which use special viscoelastic materials to damp vibration
- c. Let the tool do the work, grasping it as lightly as it is safe to do so
- d. Use the tool only when absolutely necessary
- e. Keep the hands cold and wet

3) In occupation health, the Rehabilitation services include all, EXCEPT?

Select one:

- a. Recreation, social, and psychiatric, services
- b. Disability diagnosis
- c. Placement in a suitable job
- d. Family planning consultation *only Family counseling!* not family planning
- e. Attitude exploration and vocational assessment

4) When a layer of dense, cool air is trapped below a layer of lighter, warmer air called?

Select one:

- a. Global warming
- b. Horizontal dispersion
- c. Temperature inversion
- d. Building sick syndrome
- e. Vertical dispersion

5) All the following work types increase the physical stress Except?

Select one:

- a. Seated work with large parts
- b. Non-repetitive motion jobs
- c. Standing work
- d. Work with hand tools
- e. Work with video display terminals

6) 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

7) 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

8) One of the following is not related to engineering prevention methods?

Select one:

- a. Controlling and providing good lighting at the workplace
- b. Ergonomics assurance.
- c. Provision of good sanitary facilities → Hygienic Prevention
- d. Segregation of hazardous process.
- e. Good ventilation

9) All the followings are criteria air pollutants EXCEPT?

Select one:

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

10) Regarding stress at the workplace, one statement is correct?

Select one:

- a. Workers are less motivated under acceptable pressure at the workplace
- b. Stress becomes worse when an employee feels control over his work processes.
- c. Stress becomes worse when an employee feels support from his/her supervisor.
- d. Stress becomes worse when employee face unmanageable pressure at work
- e. Eustress can damage an employees' health and the organization performance

11) In the hierarchy of occupational diseases control, the most effective measure is the?

Select one:

- a. Medical control
- b. Engineering control → 1<sup>st</sup> thing → provide good "unharmful" place to work
- c. Hygienic control
- d. Administrative control
- e. Personal control

12) One of the following has considered as a father of occupation medicine?

Select one:

- a. Hippocrates
- b. Bernardino Ramazzini → Italian, 1<sup>st</sup> book regarding "OH"
- c. Charles Thackrah
- d. Hunter
- e. Grant Cunningham

13) Regarding the Maintenance of a Healthful Work Environment, one statement is not true?

Select one:

- a. Done by personnel skilled in industrial hygiene
- b. Done through periodic inspection
- c. Done at the department with highly dangerous in the factory → No! should be everywhere!
- d. Don to detect and appraise health hazards
- e. The information obtained, provide the basis for improving the control measures

14) Segmental vibration injury (White Fingers Disease) can occur with frequencies from?

Select one:

- a. 40 to 120 HZ band
- b. 110 to 170 HZ band
- c. 350 to 450 HZ band
- d. 150 to 300 HZ band
- e. 600 to 700 HZ band

15) Regarding acid precipitation; which statement is WRONG? Select one:

- a. Fish and other aquatic organisms are extremely sensitive to pH changes
- b. Adult fish might be killed at pH below 4
- c. Acid rain can corrode steel, weakening structures like bridges
- d. Acid precipitation results from a rainfall that contains a lower than normal pH
- e. Unpolluted rain generally has pH of 6.5

16) Following, are the objectives of the occupation health program, EXCEPT ONE?

Select one:

- a. Keep a good health recording system. → Activity slip
- b. Assuring adequate medical care and rehabilitation of occupationally diseased and injured workers.
- c. Protection of the general environment of the community
- d. Protection of employees against health hazards in their workplace.
- e. Facilitating the placement of workers according to their physical, mental, and emotional capability

17) COVID 19 are generally thought to spread by respiratory droplets when people are in close contact, examples of close contact include all the followings EXCEPT?

Select one:

- a. Having cared for a person known to have the virus, including being within 2 meters
- b. Having cared or lived with a person known to have the virus within the same room or care area
- c. Having lived with a person known to have the virus without wearing personal protective equipment
- d. Direct contact with excretions like urine, breast milk, or semen by someone affected by the virus
- e. When a person touches a surface contaminated with infectious fluids and then touches their mouth, nose, or eyes

18) The promotion and maintain the highest degree of physical, mental, and social wellbeing for all workers in all occupations is a definition of?

Select one:

- a. Occupational medicine
- b. Occupational hygiene
- c. Industrial medicine
- d. Occupational health
- e. Environmental medicine

19) 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 cancers
- e. 15 percent of all cancers

20) 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

21) One of the following is not involving in Health education and counselling at a workplace?

- a. A safety engineer
- b. An industrial hygienist
- c. An industrial physician
- d. An occupational nurse
- e. A toxicologist

22) Standard recommendations from the World Health Organization to prevent transmission of a coronavirus include all the followings EXCEPT?

Select one:

- a. Frequently clean hands by using alcohol-based hand rub or soap and water
- b. When coughing and sneezing cover mouth and nose with flexed elbow or tissue
- c. Avoid close contact with anyone who has polyuria and hematuria
- d. If you have fever, cough and difficulty breathing, seek medical care early and share previous travel history with your health care provider
- e. The consumption of raw or undercooked animal products should be avoided

23) 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

24) 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 radiation

25) Following are factors that influencing employee's capacity to adapt to different working environments, EXCEPT?

Select one:

- a. Type of the job
- b. level of Education
- c. Cultural background
- d. Worker's expectation from his/her employment
- e. Social and behaviors or habits

26) One of the following is not included within the activities of the occupation health program?

- a. Promoting the workers' health
- b. Protecting the general environment of the community
- c. Diagnosis and treatment of the occupational diseases
- d. Providing special care for vulnerable groups of workers particularly women and children
- e. Maintenance of a healthful work environment

27) 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

28) The pre-placement medical exam has the following objective, EXCEPT?

- a. To make workers performing their job without hazards.
- b. To obtain a baseline of the health status of the workers
- c. To be used in case of compensation
- d. To placing the workers according to their ability
- e. To decrease the number of workers

29) The ideal periodical examination of the worker in an industry is done?

Select one:

- a. Every day
- b. Every month
- c. Every year
- d. Depends on the type of exposure → why? could be every 6m or 1y or 2yrs  
So it depends!
- e. Every five years

30) The engineering prevention and control measures include all of the following methods except?

Select one:

- a. Hazard communication
- b. Substitution
- c. Good ventilation
- d. Enclosure
- e. Mechanization

31) 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

32) Design of physical working conditions include all the followings EXCEPT?

Select one:

- a. Lighting
- b. Periodic Health Surveillance
- c. Level of comfort
- d. Temperature
- e. Noise level

33) One statement does not belong to the work context factors leading to stress at workplaces?

Select one:

- a. Conflicting demands of work & home
- b. Lack of participation in decision-making
- c. Poor leadership
- d. Piece-rate payment schemes
- e. Poor relationships with colleagues

34) Which statement(s) about white finger syndrome is CORRECT?

Select one:

- a. It result from frequent exposure to hot temperature
- b. It is usually among worker who uses a concrete or asphalt breaker with frequent exposure to high vibration
- c. It result from frequent exposure to high humidity
- d. It result from frequent exposure to high level of noise
- e. It result from frequent exposure to cold temperature

35) One of the following is not an activity of Hygienic prevention?

Select one:

- a. Establishment of good ventilation → NO! Engineering Prevention
- b. investigating the cause of workers' absenteeism.
- c. Provision of good sanitary facilities as washing, changing clothes
- d. Supplying personal protective equipment (PPE)
- e. Detection and evaluation of the environmental pollutants

36) All the following are criteria for identification of occupational diseases, EXCEPT?

Select one:

- a. A causal relationship between, exposure in a workplace to a specific agent and a specific disease
- b. Disease Temporality process
- c. A higher disease morbidity, among the exposed workers, than that of the rest of the population
- d. Sometimes, removing or reducing a specific hazard from the working environment eliminates or reduces the development of a specific disease
- e. Occurrence of this disease only among workers

37) The occupational physician plays all the following roles, EXCEPT?

Select one:

- a. Conducting a health education
- b. Assessing the degree of any disability resulted from occupational diseases and injuries
- c. Calculation of the required compensation for disability
- d. Referring non-occupational chronic diseases to a specialist.
- e. inspecting the different departments of the factory, periodically

منظمة الطبيب  
Industrial safety personnel

38) Regarding Whole Body Vibration, the least acceptable range of frequencies at all acceleration and durations of exposure according to the International Standards Organization is?

Select one:

- a. 18 to 25 HZ
- b. 10 to 33 HZ
- c. 2 to 3 HZ
- d. 4 to 8 HZ
- e. 30 to 45 HZ

39) 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

40) All the following occupations are at high risk for contracting COVID 19 EXCEPT?

- a. Health care workers in long term care facilities, and emergency departments
- b. Health care workers in acute care hospitals, rehabilitation hospitals
- c. People working with video display terminals (VDTs)
- d. Health care workers who work close to their clients or patients with a severe coronavirus
- e. Persons living with individuals with a severe coronavirus

41) One way in managing work-related stress, is a change in the organization of work and organizational culture that includes all the following EXCEPT?

- a. Provision of clear job descriptions and tasks
- b. Training and education worker in using appropriate machines or equipment
- c. Ergonomic workplace improvement
- d. Redistribution of the work among colleagues
- e. Introducing job enlargement

42) 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

- 43) 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

44) The duties of the Occupational nurse are all the following, EXCEPT?

- a. Assisting the physician in providing medical services,
- b. Assisting in supervising the work's environment
- c. Deciding the rehabilitation of the diseased workers → Industrial physician Job
- d. Assisting the physician, in the health education of the workers.
- e. keeping the medical records

45) Engineering methods of prevention including all, EXCEPT?

- a. Substitution of hazardous substance
- b. Enclosure, machine guarding
- c. Mechanization of heavy work process
- d. Isolation of hazardous process
- e. Periodic inspection of the different departments of the factory

46) The median dose associated with the death of 75 percent of the exposed population to a chemical expressed as?

- a. ED25 (Effective Dose)
- b. LD25 (Lethal Dose)
- c. TD75 (Therapeutic Dose)
- d. LD75 (Lethal Dose)
- e. ED75 (Effective Dose)

47) Whole Body Vibration (WBV) may occurred among all the following high risk groups EXCEPT?

- a. Truck Drivers
- b. Heavy Equipment Operators
- c. Managerial Workers → office work so → not exposed!
- d. Miners
- e. Farmers

48) Following are the cognitive reactions to stress at the workplace, EXCEPT?

- a. Less problem solving
- b. Diminished motivation
- c. Reduced learning ability
- d. Less problem solving
- e. Decreased attention

49) All the followings are Ergonomic problems indicators EXCEPT?

- a. Employee complaint → This isn't a problem
- 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

50) All the following are the importance of keeping health record for each employee EXCEPT?

- a. for detecting morbidity and/or mortality rates of a health problem
- b. for the planning of industrial health program
- c. for factory's budget estimation
- d. for industrial health program evaluation
- e. for detection of the trends of health and/or disease