

Occupational Health

Final Exam

Wareed batch

إعداد



1) One statement is correct regarding stress at the workplace?

Select one:

- a. Stress is often made worse when employees face unmanageable pressure at work
- b. Acceptable pressure at the workplace may keep workers less motivated.
- c. Stress is often made worse when employees feel control over work processes.
- d. Eustress can damage an employees' health and the business performance
- e. Stress is often made worse when employees feel support from supervisors.

2) All the following are modes of Anthrax infection EXCEPT? Select one:

- a. Cutaneous skin contact
- b. Injection
- c. Direct person to person transmission
- d. Gastro intestinal
- e. Respiratory

3) 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

4) 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

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

6) one of the following is an occupational lung disease, but not pneumoconiosis? Select one:

- a. Brucellosis
- b. Silicosis
- c. Anthracosis
- d. Byssinosis
- e. Bagassosis

7) Regarding the managing of work-related Stress, all of the following are related to the changes in the organization of work and organizational culture EXCEPT?

Select one:

- a. Introducing job enlargement,
- b. Redistributing work among colleagues,
- c. Using appropriate machines or equipment
- d. Providing clear job descriptions or tasks,
- e. Ergonomic improvements in the workplace

8) All the following are the engineering controls of occupational exposure to toxic metals, Except one?

Select one

- a. Adequate local exhaust ventilation system to remove dust & fumes
- b. Adequate washing facilities in the industry
- c. Isolation of the processes which give rise to harmful effects
- d. Substitution of toxic materials
- e. Modification of the equipment and/or process

9) According to the OSHA regulations for noise levels the Permissible Exposure Level (PEL) is?

Select one:

- a. 100 dB
- b. 50 dB
- c. 90 dB
- d. 80 dB
- e. 115dB

10) The best and most appropriate way to prevent berylliosis is?

Select one:

- a. After working with beryllium. shower and wash your hair before changing back into street clothing
- b. Wear a respirator when doing work that could result in high beryllium exposure
- c. Ensure good ventilation in work areas where there is beryllium dust or fumes
- d. Avoiding or limiting exposure to beryllium
- e. Avoid eating, drinking, or smoking in areas where beryllium is used

11) 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 70ug/100ml
- c. Coproporphyrin in urine is less than 1504/L
- d. Lead level in blood is 3 pg/dL
- e. Lead level in urine 0.2mg/L

12) Design of physical working condition include all the followings EXCEPT? Select one:

- a. Lighting
- b. Noise level
- c. Organization of equipment, accessories and components
- d. Temperature
- e. Level of comfort

13) Regarding the occupational allergic contact dermatitis, one statement is correct?

Select one:

- a. Nurses are prone to develop it
- b. Hairdresser is at risk of it
- c. Workers in epoxy resins factory are at risk of it.
- d. The hands are a common site for its occurrence
- e. Its lesion usually localized in the area where contact was made

14) All are true about Lead poisoning EXCEPT?

Select one:

- 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 a lead compound shows a different clinical picture

15) All the following statements regarding occupational dermatitis are correct EXCEPT?

Select one:

- a. Occupational eczema is higher among females than males
- b. Exposure usually occurs from direct contact
- c. Sweating acts as an accelerating factor in occupational dermatitis
- d. Sweating acts as protective against occupational dermatitis
- e. Gases are the most common occupational skin sensitizers

16) The severity of occupational deafness is related to the followings factors EXCEPT?

Select one:

- a. The duration of exposure
- b. Individual gender
- c. The intensity of the sound
- d. The frequency of sound waves
- e. The type of noise either continuous noise or impact noise

17) Industries that might be a risk factor for berylliosis include all the followings EXCEPT?

Select one:

- a. Fiber-optics
- b. Working with hemp, flax, and cotton particles
- c. Nuclear weapons and reactors
- d. Dental alloy preparation
- e. Manufacturing of Mirrors

18) Heat Cramps characterized by the followings EXCEPT?

Select one:

- a. Body temperature is very high
- b. Excessive salt lose
- c. Heat exhaustion may be present
- d. Avoided by acclimation, proper nutrition and hydration
- e. Painful cramps of muscles usually in arms, legs and stomach area

19) All workplaces should develop infection control plans for COVID 19 including all the following details EXCEPT?

Select one:

- a. Providing clean and well maintained hand washing facilities.
- b. Clean hands at the door and schedule hand washing reminders by email
- c. Employee gatherings should be encouraged
- d. Offering alcohol-based hand sanitizers when regular facilities are not available (or to field staff and those on the road).
- e. Providing sufficient boxes of tissues and encourage their use

20) Lead poisoning in industries commonly occurs by?:

Select one:

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

21) Heat Syncope characterized by the following features EXCEPT?

Select one:

- a. Pulse may be weak
- b. Skin is hot and dry
- c. Sudden unconsciousness secondary to cutaneous vasodilatation and hypotension
- d. SBP is less than 100 mmHg
- e. Skin is cool and moist

22) 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

23) When adapting a job to the worker all the following rules are correct EXCEPT? Select one:

- a. Visual acuity at close range diminishes 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 → what? 😊
- e. Weight and mass tend to increase throughout the age of the early fifties

24) One of the following is not related to the engineering prevention? Select one:

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

25) The narcotic effect (Nitrogen Narcosis) is believed to be exacerbated by all of the following conditions EXCEPT?

Select one:

- a. Hypercarbia
- b. Fatigue
- c. Strenuous Activity
- d. Hot Water → Cold Water!
- e. Alcohol Consumption

26) One statement is false regarding the biological hazards?

Select one:

- a. Work activity can involve the deliberate, intentional use of biological agents
- b. The employer must identify hazards in the workplace and eliminate them
- c. If the exposure is not avoidable, it should be kept to a minimum
- d. Control measures adopted for biological hazards are not different in all workplaces
- e. Although measures will depend on the particular biohazard, but a number of common actions can be implemented

27) 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

28) The amount of physical stress can be influenced by all of the followings variables EXCEPT? Select one:

- a. Good horizontal work area versus bad horizontal work area ✓
 - b. Sitting versus standing ✓
 - c. Stationary versus mobile ✓
 - d. Repetitive motion versus non-repetitive motion ✓
 - e. Health insured employee versus non-insured employee
- Physical stress

X 29) 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

30) The following personnel are involved in health education and counseling at a workplace EXCEPT?

Select one:

- a. Toxicologist.
- b. Occupational nurse
- c. Safety engineer.
- d. Industrial physician
- e. Industrial hygienist

31) Which is INCORRECT statement about Decompression sickness?

Select one

- a. The high protein content of nervous tissue combined with the high fluid solubility of Nitrogen may account for its vulnerability to bubble formation
- b. Severity of Decompression sickness depend on size and rate of growth of bubbles
- c. Decompression sickness results from mechanical and physic pathologic effect of expanding gases
- d. Bubbles occur intra and extravascular and even intracellularly
- e. Decompression sickness occurs upon return from a hyperbaric exposure

remember: Nitrogen is lipid soluble and it's slower in tissues compared to O2

32) Acute Acoustic Trauma (MT) result at noise level in the range of?

Select one:

- a. 100 to 120 dB
- b. 90 to 110 dB
- c. 140 to 160 dB
- d. 110 to 130 dB
- e. 85 to 115 dB

33) Occupational exposur to cotton dust causes?

Select one:

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

34) Which statement regarding cancer preventive strategy programs is INCORRECT?

Select one:

- a. Healthy purchasing practice is not necessary
- b. Adapted the Precautionary Principle"
- c. Hold corporation accountable for hazardous practices
- d. Enforce existing environmental protection laws
- e. Monitor the chemical body burden and health outcomes

35) Wrist drop, may be caused as industrial hazard in?

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

36) The maximum permissible level of occupational exposure to mercury is?

Select one:

- 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

37) Silicosis occurs with exposure to? Select one:

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

38) The useful screening test for lead is the measurement of?

Select one:

- a. Coproporphyrin in urine
- b. Amino-laevulinic acid in urine
- c. Lead in blood
- d. Lead in urine
- e. Basophilic stippling of RBC

39) Silicosis affects?

Select one:

- 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

40) A 40-year-old man, working in a coal mine for 15 years developed a cough, dyspnoea on exertion, and chest pain. His chest X-ray showed a "snowstorm" appearance in lung fields. The most likely diagnosis is?

Select one:

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

41) The body's heat regulatory mechanism stops functioning and the main avenue of heat loss is blocked in case of?

Select one:

- a. Heat Cramps
- b. Heat Stroke
- c. Heat Syncope
- d. Heat Exhaustion
- e. Heat Urticarial Reaction

42) 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

43) One is FALSE regarding factors influencing the exchange of heat between an occupational worker and his environment?

Select one:

- a. Air pressure
- b. Air temperature
- c. Relative humidity
- d. Temperature of surrounding objects
- e. Sun's radiant heat

44) Minimum duration to developing coal miner's pneumoconiosis is?

Select one:

- a. 2-4 years
- b. 10 months
- c. 4-6 years
- d. 8 years
- e. More than 10 years

45) When the human body is exposed to altered environmental pressure (rapid changes) resulting in an abnormal behavior of gases in the body, this medical condition Called?

Select one:

- a. Subcutaneous Emphysema
 - b. Gastric Rupture
 - c. Dysbarism
 - d. Pneumothorax
 - e. Decompression chamber
- Symptoms

46) A case, showing "Snow-storm" appearance in chest X-ray is?

Select one:

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

47) A potential problem for workers who must stand for long periods in hot environment causing sudden unconsciousness Called? Select one:

- a. Heat Cramps
- b. Heat Stroke
- c. Heat Urticahal Reaction
- d. Heat Syncope
- e. Heat Exhaustion

48) Which is INCORRECT statement about Berylliosis?

- a. It is a chronic allergic-type lung response and chronic lung disease caused by exposure to beryllium and its compounds.
- b. The condition is treatable with good prognosis
- c. Hypersensitivity (type IV) to beryllium can be demonstrated
- d. It is most classically associated with aerospace manufacturing, manufacturing of fluorescent light bulbs
- e. Beryllium lymphocyte proliferation (in the peripheral blood)

49) All the statements are correct regarding the anthrax vaccine EXCEPT one? Select one:

- a. No need for a booster dose
- b. It is given intramuscularly
- c. In a pre-exposure condition, five shots are given
- d. In post-exposure condition. three shots are given
- e. Given during a period of one and a half year

50) The size of the respirable dust, that responsible for causing pneumoconiosis is? Select one:

- a. 5 micron
- b. Less than 5 micron
- c. 15 micron
- d. 10 micron
- e. Less than 50 micron

51) The size of dust particles that get lodged in the respiratory tract is

Select one

- a. 1-5 micron
- b. 0.5-.1 micron
- c. 0.5-3 micron
- d. 5-10 micron
- e. 3-5 micron

52) Regarding cutaneous anthrax. one statement is not correct? Select one:

- a. It looks like an ulcer with a black centre
- b. It is the least dangerous form of anthrax
- c. It is a painless ulcer
- d. It is constituted of more than 90% of anthrax cases
- e. its mortality rate with a treatment about 20%

53) All the following are criteria for identification of occupational diseases. EXCEPT?

Select one

- a. The causal relationship is existing between a specific disease and specific exposure in a workplace
- b. By removing or reducing a specific hazard from the working environment, elimination or reduction of specific disease development will be noted
- c. Morbidity of the disease is much higher among the exposed workers, compared to the rest of the population
- d. The disease temporality should be exist
- e. With respect to the clinical and pathological presentation the occupational disease is often not matching that of non-occupational disease

54) All the following are features, suggestive of asbestosis EXCEPT? Select one:

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

55) One of the following urinary mercury levels is the correct result for a case of poly-neuropathy that occurred as a result of exposure to mercury?

Select one:

- a. 100 micrograms/gram of creatinine
- b. 105 micrograms/gram of creatinine
- c. 50 micrograms/gram of creatinine
- d. 37 micrograms of mercury/gram of creatinine in the urine
- e. 35 to 40 micrograms/gram of creatinine

56) The primary or First Leading cause of death due to nitrogen narcosis is?

Select one:

- a. Subcutaneous Emphysema
- b. Decompression sickness
- c. Drowning
- d. Barotrauma
- e. Gastric Rupture

While the 2nd is → Pulmonary complications
During Ascent

57) The most important range of human speech reception is between?

- a. 100 to 300 HZ
- b. 500 to 3000 HZ
- c. 2000 to 19000 HZ
- d. 80 to 1000 HZ
- e. 6000 to 12000 HZ

58) 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

59) 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

60) One of the following is not related to the activities of the occupation health program? Select one:

- a. Diagnosing and treating occupational diseases
- b. Providing special care for vulnerable groups workers
- c. Protecting the general environment of the community
- d. Promoting the workers' health
- e. Maintaining a healthful work environment

61) One of the following groups is not at risk of acquiring anthrax? Select one:

- a. Military personnel.
- b. Postal workers
- c. Family members of, farmer or rancher
- d. Persons who work with animals or animal products
- e. Medical staff

62) All the following measures are recommended to minimize the Whole Body Vibration exposure effects EXCEPT?

- a. Use personal protective equipment (PPT) → For Biological hazard, Noise ---etc, but not vibration!
- b. Do not remain on a vibrating surface any longer that absolutely necessary
- c. Carefully maintain vibration sources to prevent excessive vibration from developing
- d. Use vibration isolated suspended or air ride seats for vehicle drivers
- e. Do not lift objects immediately after emerging from the vehicle after a long ride

63) Common animal reservoirs for Q fever, including the following EXCEPT?.

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

64) Regarding Asbestosis one statement is true?

- a. Tissue biopsy is required for diagnosis
- b. Clubbing of the Fingers is a known feature
- c. Radiographic abnormalities are more common in upper lung zone
- d. Chest radiography showing Eggshell calcification
- e. Chest X-ray showed a 'snowstorm' appearance in the lung

65) Chemical agents which causes occupational dermatitis by local irritation are the following EXCEPT? Select one:

- a. Rubber
- b. Solvents
- c. Lime
- d. Detergent
- e. Water

66) Which of the following is not included in pneumoconiosis?

- a. Psittacosis
- b. Bagassosis
- c. Silicosis
- d. Anthracosis
- e. Asbestosis

67) Effect of vibration depend on the following factors EXCEPT?

- a. Duration of exposure
- b. Intensity of vibration
- c. Frequency of vibration expressed in Hertz
- d. Direction of vibration
- e. Physiological tolerance

68) 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

69) Risk group of acquiring QFever? Select one: except

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

70) Exposure to noise occurs in the following occupations EXCEPT?

- a. Military exposure due to explosions and shooting
- b. Weaving
- c. Aviation and submarines
- d. Administrative working / Office working → X
- e. Building and construction

71) Heat releases by the following means EXCEPT?

Select one:

- a. Coagulation
- b. Convection
- c. Radiation
- d. Evaporation
- e. Conduction

72) Most common heavy metal poisoning in the world?. Select one

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

73) Which is INCORRECT statement about Berylliosis?

- a. There are two types of berylliosis: Acute and Chronic
- b. Berylliosis usually only occurs in people who have an allergic sensitivity to beryllium
- c. Beryllium is a metallic element that is c. found in rocks, coal, soil, and volcanic dust
- d. Berylliosis is caused mostly by inhalation
- e. Berylliosis generally occurs among people who have an exposure to beryllium

74) 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

75) 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

76) Body changes due to Acclimatization include all the followings EXCEPT?

- a. Heart rate more stable
- b. Blood flow to skin decreased
- c. Increased sweating
- d. Decreased stress responses
- e. Increased loss of electrolytes

77) The ambient pressure which we normally reside is defined (at sea level) as? Select one

- a. One atmosphere of barometric pressure (10 mmHg at 100 meter of sea water)
- b. One atmosphere of barometric pressure (100 mmHg at 10 meter of sea water)
- c. One atmosphere of barometric pressure (33 mmHg at 30 meter of sea water)
- d. One atmosphere of barometric pressure (150 mmHg at 2 meter of sea water)
- e. One atmosphere of barometric pressure (760 mmHg at 10 meter of sea water)

78) 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 (12-38cm) under the eye level
- e. Monitor should be 25-60cm from the eye

79) All the followings are risky jobs for Hyperbaric Environment EXCEPT?

- a. Marine biology
- b. Aviators and astronauts
- c. Sport Diving
- d. Aquaculture
- e. Rescue marine operations

80) When air conduction loss exceeds bone conduction loss (condition called air bone gap), this indicates? Select one:

- a. Conductive loss and Sensorineural hearing loss
- b. Normal hearing
- c. Conductive loss
- d. Auditory handicappers
- e. Sensorineural hearing loss