

Occupational Health

Final archive (according lec.s)



﴿ وَتَوَكَّلْ عَلَى اللَّهِ وَكَفَىٰ بِاللَّهِ وَكِيلًا ﴾

Anthrax

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

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

↳ 18m



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%

Without treatment

↳ w/out treatment

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

↓
doesn't
engage w/
Animals

↳
also, no P to P transmission
↳
"Usually"

Q fever

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

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

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 *→ 5-10*
- c. It is highly effective in preventing Q fever infection in humans.
- d. Pre vaccination screen is needed *→ to prevent complications*
- e. Serious side effects may occur in about 10% of the vaccine recipients

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

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

Exposure to PHYSICAL HAZARDS

71) Heat releases by the following means EXCEPT?

Select one:

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

55- All are ways of heat transfer from worker to his surroundings except?

- a. convection
- b. radiation
- c. evaporation
- d. conduction
- e. combustion

↓
collection of
heat the boom ☺
سحب الحرارة

41- Definition of Acclimatization?

- a. Beneficial physiological changes in hot temperature

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

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

21) Heat Syncope characterized by the following features EXCEPT?

Select one:

- a. Pulse may be weak → also wrong → Elevated
- 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 ✓

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

49) Heat Syncope characterized by the following features EXCEPT?

- a. Pulse may be weak
- b. Skin is not and dry
- c. Sudden unconsciousness secondary to cutaneous vasodilatation and decreased cerebral perfusion and hypotension
- d. SBP is less than 100 mmHg
- e. Skin is cool and moist

18) Heat Cramps characterized by the followings EXCEPT?

Select one:

- a. Body temperature is very high temperature may be normal
- 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

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 Urticahal Reaction

* wrong about heat stroke?

tempreture as low as 98 f.

↓
high as 41-42 C → equivalent to 104-107 F°

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

*wrong about the management of heat problems?

adequet amount of water in case of thirst or dehydration .

*wrong about syncope?

skin dry and hot.

only heat stroke
has hot + dry skin

Accidents

29- What is the denominator of accident frequency rate?

Average man hours work ✓

71- Definition of occupational accident

- a. a random, mostly uncontrolled event having low level of expectedness, avoidability and intention ✓

8- What is the Near Miss?

-An event, not accident for unexplained reasons

-An event that occurred, did not harm, but has the potential for injury and ill ✓

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

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

Select one:

العوامل الفيزيائية

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

Chemical hazards 8

9- **Respirable dust**, responsible for pneumoconiosis, has a size limit of?

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

10- Which is not included in pneumoconiosis?

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

11- Silicosis occurs With exposure to?

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

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

Select one

- a. 1-5 micron *↳ Particles that would be retained in the lungs.*
- b. 0.5-.1 micron
- c. 0.5-3 micron *↳ Danger of silica*
- d. 5-10 micron
- e. 3-5 micron

43- Which of the following disease you can't get from animal products?

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

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

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

17- Occupational exposure to cotton dust causes?

Select one:

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

قطن

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

1-2 decades

15) Which is not included in pneumoconiosis?

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

50- Occupational exposure to sugar cane dust is called?

- a. Bagassosis

74- Which of the following is incorrect regarding Benign pneumoconiosis?

- a. There is a reaction in the lung ✓
- b. No fibrosis
- c. No lung function disturbance
- d. Siderosis is an example + *stannosis + chalcosis*
- e. Small rounded opacities

75- Which of the following is incorrect regarding major pneumoconiosis?

- a. Does not affect lung function ✓

66- The effects of dust and pneumoconiosis depends on all of the following except

(مش هيك الصياغة)

- a. Ethnicity of the person ✓
- b. Fineness of dust
- c. Chemical composition

مهم

Pneumoconiosis

64

• Is categorized in two ways:

1.

Inorganic dusts		Organic dusts	
DUST	DISEASE	DUST	DISEASE
1. Coal	Anthracosis	1. Cane fiber	Bagassosis
2. Silica	Silicosis	2. Cotton dust	Byssinosis
3. Asbestos	Asbestosis	3. Tobacco	Tobacosis
4. Iron	Siderosis	4. Hay/ Grain dust	Farmer's lung

Chemical hazards 9+10 : silicosis & asbestosis

65- Which of the following is incorrect in regards to silicosis?

- a. Crystalline silica has non-toxic pulmonary effects
- b. Basilar emphysema

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

Select one:

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

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

hikam of lung

61- Egg-shell calcifications are seen in?

- a. Silicosis

11- Silicosis occurs With exposure to?

- a Cotton
- b. Sugarcane fibres
- c Carbon particles
- d. Silica fibres *Free silica or Silicon dioxide*
- e Hydrated magnesium silicate

18- 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

36- Which of the following not true about silico-tuberculosis?

- a. High positive AFB in sputum
- b. Children of cases cannot develop the disease
- c. Affect total lung capacity
- d. Snow-storm appearance

in silicotuberculosis sputum rarely shows tubercle bacilli

13- 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

14- 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

15- 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

exposure over (10-20) years

- *risk of exposure to silica except? Bouldry,,,
- *snow storm ? Silicosis
- *silicosis? Nodules/upper
- *wrong about skin CA? Asbestos is risk factor
- *wrong about silicosis? Shaggy heart sign

Mechanical and Ergonomics hazards

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
- e. Weight and mass tend to increase throughout the age of the early fifties

D

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

E

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

C

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

C

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

B

your arms are bent at approximately a 90 degree angle

46- Which of the following is periodic ergonomic surveillance concerned with?

- a. Checks on workers who are assigned to positions involving exposure of a particular body part to ergonomic stress
- b. education about ergonomic hazards
- c. wearing masks

A

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

- a. Eating in office to save time ✓

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

- a. Repetitive motion ✓

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

- a. Increasing salary of employees ✓

68- Ergonomic design is characterized by (or objective)

- a. Making tasks more compatible with the worker ✓

3) ^{which} With one of the following statement about ergonomics IS INCORRECT?

- a. Ergonomics seeks to adjust worker to the tasks 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 after some time
- d. People working at ergonomic workstations are less likely to experience physical stress
- e. Ergonomics discusses the physical condition of the workplace such as the workstation and work equipment

Ergonomics involves using a special design to make tasks more compatible with humans and not to force humans to be more compatible with tasks

*elements of ergonomics?

urban control.

* the variables of ergonomics, except ?

insurane or non -insurane .

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

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

بالسلاطات
بالسلاطات
only High vibration



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

تفسير منطقي؟
ف الترابية الأيدي من
الإسفلت
وهو
أشدنا
وهلجنة مهمة لل
😊

White finger syndrome ??

==> worker who use a concrete / asphalt breaker frequently

↓
due to
high vibration
↓
As a result of
cumulative Trauma Disorder

Anthracosis + lead poisoning

47) Wrist drop may be caused as industrial hazard in?

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

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

Select one:

- a. Coproporphyrin in urine → normally → <150 µg/L or ALA in urine test → normally → <5 µg/L
- b. Amino-laevulinic acid in urine
- c. Lead in blood
- d. Lead in urine
- e. Basophilic stippling of RBC

60- All the following is correct about lead exposure levels except?

- a. Levels above 80 are extremely dangerous
- b. Levels 40-80 are seriously elevated
- c. Levels 25-40 are elevated
- d. Less than 10 are non-exposed
- e. Mean level for adults is 5

28- Most common heavy metal poisoning in the world? Select one

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

59- 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

23- 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 µg/L
- c. Amino levulinic acid in urine is ≤ 5mg/L
- d. Lead level in blood > 75 µg/100ml → This is for symptomatic
- e. Lead level in blood is 3 µg/dL (Mean)

24- All are true about Lead poisoning EXCEPT?

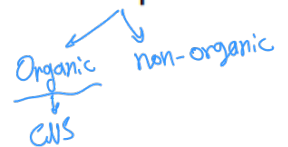
Select one:

- a. The greatest source is drinking water from lead pipes → Main source is Gasoline
- 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

25- Lead poisoning in industries commonly occurs by?

Select one:

- a. Faecal-oral
- b. Skin absorption
- c. Ingestion
- d. Conjunctival route
- e. Inhalation → low boiling point



26- The useful screening test for lead is the measurement of?

Select one:

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

27- 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

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

a. Anthracosis

so, normal values

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 5 mg/L

b. Lead level in blood more than 70 ug/100ml

c. Coproporphyrin in urine is less than 150 μ g/L

d. Lead level in blood is 3 μ g/dL

e. Lead level in urine 0.2 mg/L

0.2-0.3

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



Mercury poisoning

Remember → Hg gets deposited mostly in brain + kidney

- 20- case of poly-neuropathy occurred as a result of exposure to a mercury, one of the following is the correct result of his urinary mercury level?
- a. 37 micrograms of mercury/gram of creatinine in the urine
 - b. 35 to 50 micrograms/gram of creatinine
 - c. 105 micrograms/gram of creatinine
 - d. 100 micrograms/gram of creatinine
 - e. 50 micrograms/gram of creatinine
- 21- Maximum permissible level of occupational exposure to mercury is?
- a. 0.01 mg/cubic meter of air averaged
 - b. 0.04 mg/cubic meter of air → Ceiling level
 - c. 0.4 mg/cubic meter of air
 - d. 1 mg/cubic meter of air averaged
 - e. 0.1 mg/cubic meter of air averaged
- 22- Mercury poisoning in industries commonly occurs through except?
- a. Ingestion
 - b. Skin absorption
 - c. Inhalation
 - d. sexual
 - e. Faecal-oral
- 70- All of the following are preventative measures against mercury except?
- a. Working on a porous surface

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

-remember
↳ Alkyl compounds are
the most hazardous

♡ لا تنسوننا من دعواتكم ♡

الفريق الأكاديمي