

Lec 1 mcqs

What is the most distinguishing feature of occupational hazards?

- A) They are inevitable**
- B) They are preventable**
- C) They only affect workers in heavy industries**
- D) They have no impact on health**

2. According to the WHO, occupational health focuses primarily on:

- A) Secondary treatment of occupational diseases**
- B) The health of retired workers**
- C) The primary prevention of hazards**
- D) Only physical health issues**

3. Who is known as the “Father of Occupational Medicine”?

- A) Hippocrates**
- B) Bernardino Ramazzini**
- C) Charles Thackrah**
- D) Forsmann**

4. Which of the following is an example of an occupational disease?

- A) Hypertension**
- B) Bronchial asthma caused by pollen**
- C) Lead poisoning**
- D) Diabetes**

5. What historical event significantly influenced the development of occupational health?

- A) The Renaissance**
- B) The Industrial Revolution**
- C) World War II**
- D) The Cold War**

Answers:- B,c,b,c,b

6. What is a key criterion for identifying an occupational disease?

- A) The disease must only occur at the workplace
- B) The disease must be untreatable
- C) The causal relationship between work exposure and the disease
- D) The disease should affect only older workers

7. Which of the following is NOT considered an occupational hazard?

- A) Exposure to toxic chemicals
- B) Poor ventilation in the workplace
- C) Genetic disorders
- D) Prolonged exposure to loud noise

8. What does occupational health primarily focus on?

- A) Treating work-related injuries
- B) Recognizing, evaluating, and controlling workplace hazards
- C) Monitoring employees' personal health choices
- D) Providing compensation for injured workers

9. What was Bernardino Ramazzini's key contribution to occupational health?

- A) He discovered antibiotics
- B) He introduced the concept of hygiene
- C) He emphasized asking patients about their occupation
- D) He developed the first workplace safety laws

10. What is an important characteristic of occupational diseases?

- A) They only occur immediately after exposure
- B) They never resemble other medical conditions
- C) They often develop over months or years
- D) They can only be diagnosed using blood tests

Answers:-c,c,B,c,c

11. Which profession is NOT typically part of an occupational health program?

- A) Occupational hygienist**
- B) Industrial nurse**
- C) Cardiologist**
- D) Safety engineer**

12. Which of the following best describes occupational medicine?

- A) A branch of emergency medicine**
- B) A field that focuses only on treating injured workers**
- C) A branch of preventive medicine with some therapeutic functions**
- D) A specialty that deals only with factory workers**

13. Which disease may develop years after exposure to an occupational hazard?

- A) Common cold**
- B) Asbestosis**
- C) Food poisoning**
- D) Heat stroke**

14. Which of the following statements about occupational diseases is TRUE?

- A) They only affect workers during their employment**
- B) They can be aggravated by non-occupational factors**
- C) They are easy to diagnose**
- D) They have no long-term health effects**

15. What was one of the major focuses of early occupational health legislation?

- A) Encouraging worker overtime**
- B) Controlling child labor**
- C) Promoting industrial expansion**
- D) Eliminating labor unions**

Answers:-C,C,B,B,B

Lec2

What is the main target group of occupational medicine?

- A) Only diseased patients
- B) Workers at all jobs (Healthy)
- C) Patients irrespective of their jobs
- D) Only workers exposed to chemical hazards

Answer: B) Workers at all jobs (Healthy)

2. Which of the following is NOT a component of an occupational health program?

- A) Promotion and protection of workers' health
 - B) Prevention of occupational hazards
 - C) Diagnosis and treatment of occupational diseases
 - D) Performing surgical procedures on injured workers
- Answer: D) Performing surgical procedures on injured workers
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3. Who is considered the leader of the occupational health team?

- A) Occupational hygienist
 - B) Industrial physician
 - C) Safety engineer
 - D) Epidemiologist
- Answer: B) Industrial physician
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4. What is the primary role of an occupational nurse?

- A) Performing surgical treatments
- B) Designing work environments
- C) Assisting the physician in medical services and supervising work environments
- D) Conducting industrial safety inspections

Answer: C) Assisting the physician in medical services and supervising work environments

5. Which of the following is NOT a method of engineering prevention of occupational hazards?

- A) Good ventilation systems**
 - B) Isolation of hazardous processes**
 - C) Use of personal protective equipment (PPE)**
 - D) Substituting hazardous substances with non-hazardous ones**
- Answer: C) Use of personal protective equipment (PPE) (This falls under hygienic prevention, not engineering prevention.)**
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6. What is the purpose of a pre-placement medical examination?

- A) To determine compensation for injured workers**
 - B) To diagnose occupational diseases**
 - C) To ensure the worker is fit for the job according to their physical and mental capacity**
 - D) To treat chronic diseases in workers**
- Answer: C) To ensure the worker is fit for the job according to their physical and mental capacity**
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7. Which of the following is NOT included in the objectives of periodic medical examinations?

- A) Early detection of occupational diseases**
 - B) Determining if the worker's health remains compatible with the job**
 - C) Evaluating workplace control measures**
 - D) Providing free treatment for all non-occupational diseases**
- Answer: D) Providing free treatment for all non-occupational diseases**
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8. Which of the following is an example of a physical occupational hazard?

- A) Exposure to toxic chemicals**
 - B) High levels of workplace noise**
 - C) Infection from biological agents**
 - D) Exposure to psychosocial stressors**
- Answer: B) High levels of workplace noise**

Lec3

1. Which of the following factors does NOT affect the impact of vibration exposure on the human body?

- A) Frequency of vibration
- B) Direction and intensity of vibration
- C) Blood type of the worker
- D) Duration of exposure

☒ Correct Answer: C) Blood type of the worker

2. Which of the following is a characteristic symptom of Whole Body Vibration (WBV) Sickness in agricultural and forestry workers?

- A) Hearing loss and tinnitus
- B) Loss of weight, insomnia, and gastrointestinal problems
- C) Chronic respiratory disorders
- D) Skin rashes and hypersensitivity reactions

☒ Correct Answer: B) Loss of weight, insomnia, and gastrointestinal problems

3. Hand-Arm Vibration Syndrome (HAVS) is associated with which of the following conditions?

- A) Bronchial asthma
- B) White Finger Disease
- C) Carpal tunnel syndrome
- D) Plantar fasciitis

☒ Correct Answer: B) White Finger Disease

4. Which of the following measures is recommended to minimize Hand-Arm Vibration Syndrome (HAVS) risk?

- A) Avoid working in environments with high humidity
- B) Take a 10-minute vibration-free rest break for every hour of continuous work
- C) Increase exposure to vibration gradually to build tolerance
- D) Apply cooling packs to hands before work

☒ Correct Answer: B) Take a 10-minute vibration-free rest break for every hour of continuous work

5. What is the primary pathological mechanism behind White Finger Disease

Lecture 4

Why is heat injury prevention important?

- A) It helps maintain combat capability and adaptation to the environment**
- B) The body can survive in a wide range of core temperatures**
- C) The body does not need external cooling mechanisms**
- D) Heat injuries only affect untrained individuals**

Answer: A) It helps maintain combat capability and adaptation to the environment

2. Which of the following is NOT a way the body releases heat?

- A) Radiation**
- B) Conduction**
- C) Condensation**
- D) Evaporation**

Answer: C) Condensation

5. Which factor does NOT predispose a person to heat injuries?

- A) Wearing loose clothing**
- B) Fatigue**
- C) Alcohol and drugs**
- D) Tight clothing**

Answer: A) Wearing loose clothing

6. What is the first step in treating heat cramps and heat exhaustion?

- A) Administer IV fluids immediately**
- B) Move the patient to a shady area and loosen clothing**
- C) Place the patient in an ice bath**
- D) Keep the patient standing to improve circulation**

Answer: B) Move the patient to a shady area and loosen clothing

7. What is the primary function of the Wet Bulb Globe Temperature (WBGT) index?

- A) Measures humidity levels only**
- B) Measures heat stress considering temperature, humidity, wind speed, and solar radiation**
- C) Only considers temperature and humidity in shaded areas**
- D) Used only for weather forecasting**

Lecture 5

1. What is a psychosocial hazard in the workplace?

- A) Exposure to loud noise
- B) Chemical spills and toxic fumes
- C) Work-related stress, job insecurity, and poor human relationships
- D) Injuries caused by malfunctioning machinery

Answer: C) Work-related stress, job insecurity, and poor human relationships

2. Which of the following is a psychosomatic health effect of workplace stress?

- A) Increased job satisfaction
- B) Aggressiveness and hostility
- C) Hypertension, fatigue, and peptic ulcers
- D) Improved work efficiency

Answer: C) Hypertension, fatigue, and peptic ulcers

3. What is the difference between pressure and stress in the workplace?

- A) Pressure always leads to stress
- B) Stress is beneficial and increases productivity
- C) Pressure can be positive if manageable, but excessive pressure leads to stress
- D) Pressure and stress are the same and always have negative effects

Answer: C) Pressure can be positive if manageable, but excessive

4. What is “eustress”?

- A) A negative type of stress that lowers performance**
- B) A moderate level of stress that enhances motivation and productivity**
- C) A condition that leads to workplace violence**
- D) A type of work-related disorder**

Answer: B) A moderate level of stress that enhances motivation and productivity

5. Which of the following is NOT a work content-related stress hazard?

- A) Monotony and lack of variety**
- B) Unpredictable and inflexible working hours**
- C) Lack of participation in decision-making**
- D) Work under time pressure**

Answer: C) Lack of participation in decision-making (this is a work context-related hazard)

6. What is a major effect of work-related stress on organizations?

- A) Improved employee well-being**
- B) Increased absenteeism, high turnover rates, and reduced**