

# Occupational Health

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Archive

Lecture 1

introduction

# Occupational Health **Lecture 1**

1. One of the following has considered as a father of occupation medicine?

- a. Hippocrates
- b. Bernardino Ramazzini
- c. Charles Thackrah
- d. Hunter
- e. Grant Cunningham

**Answer, B**

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

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

**Answer, D**

3. The target group in occupation medicine is

**diseased workers**

Medical card

Name \_\_\_\_\_ Surname \_\_\_\_\_

Gender \_\_\_\_\_ Date of birth \_\_\_\_\_

Address \_\_\_\_\_

Date of call \_\_\_\_\_

# Occupational Health

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Archive

lecture 2

program

# Occupational Health **lecture 2**

1. 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
- Answer, e

2. 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
  - d. Segregation of hazardous process
  - c. Provision of good sanitary facilities
  - e. Good ventilation
- Answer, c

3. Following, are the objectives of the occupation health program, EXCEPT ONE

- a. Keep a good health recording system.
  - 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
- Answer, c

4. 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
- Answer, e

# Occupational Health

4.The engineering prevention and control measures include all of the following methods except?

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

answer,a

5.One of the following is not an activity of Hygienic prevention?

- a. Establishment of good ventilation
- 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

Answer, a

6.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

Answer, e

7.The occupational physician plays all the following roles, EXCEPT

- 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

Answer, e

8.With respect to occupational health, the periodic medical examination is?

- a. Carried out for a specific group
- b Carried out every week
- c. Carried out every six years
- e. Past and present occupational history is essential to be recorded properly
- d. A screening exam

# Occupational Health

9. All the following are the importance of keeping a 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

answer.c

6. Regarding Rehabilitation, all is true EXCEPT:

- A) Psychotic, social, recreation service
- B) Diagnosis
- C) Vocational assessment and attitude exploration
- D) Placement in suitable job
- E) Family planning

Answer. E

11. Not related to hygiene is:

- A) Design and implementation of health program
- B) Knowing characteristics of industrial process
- C) Using instruments to measure, analyze hazard material in environments
- E) Evaluate control measures in working environment

answer. A

12. Periodic examinations:

- A) Primordial prevention
- B) Primary prevention
- C) Secondary prevention
- D) Tertiary prevention
- E) Specific prevention

Answer. B

Periodic examinations

- A) Screening exam
- B) Past and present occupations should be recorded

Answer. A



# Occupational Health

14. All the following are criteria for identification of occupational diseases, EXCEPT

- A) The causal relationships 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

answer.c

15. All the following are the importance of keeping health records for each employee, EXCEPT

- A) For detecting morbidity and/or mortality rates of a health problem
- B) For the planning of industrial health programs
- C) For factory's budget estimation
- D) For industrial health program evaluation
- E) For detection of the trends of health and/or disease

answer.c

16. 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
- D) Assisting the physician, in the health education of the workers
- E) Keeping the medical records

answer.c

17. Which of the following is not from engineering prevention activities?

- A) Good ventilation
- B) Proper disposal of hazard materials
- C) Installation of negative pressure
- D) Education and training working comprehensively
- E) Prevention of loss of effort and time

answer . D

# Occupational Health

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Archive

lecture 3

vibration



# Occupational Health **lecture 3**

1. Hand-arm Vibration Control include all the followings EXCEPT

- 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

Answer, e

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

- 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

answer, d

3. Which statement(s) about white finger syndrome is CORRECT

- 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

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

- 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

answer, d

# Occupational Health **lecture 3**

## 6. Not true about White Finger Syndrome

- A. Permanent
- B. Could be complicated to hand-wrist syndrome (hand-wrist will be affected)
- C. Repetitive vibration
- D. Drainage of blood from fingers

**Answer. A**



# Occupational Health

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Archive

lecture 4

heat

# Occupational Health **lecture 4**

1. Heat Cramps characterized by the followings EXCEPT?

- a. Body temperature is very high
- b. Excessive salt loss
- 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

answer, a

2. Heat Syncope characterized by the following features EXCEPT?

- 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

answer, e

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

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

answer, a

5. 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 Urticarial Reaction
- d. Heat Syncope
- e. Heat Exhaustion

answer, a

# Occupational Health **lecture 4**

5. Heat Cramps characterized by the followings EXCEPT

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

6. All are ways of heat transfer from worker to his surroundings EXCEPT:

- A) Convection
- B) Radiation
- C) Evaporation
- D) Conduction
- E) Combustion

Answer. E

7. Loss of sweating and heat regulating mechanism indicates:

- A) Heat syncope
- B) Heat cramps
- C) Heat exhaustion
- D) Heat stroke
- E) Frostbite

answer . D

# Occupational Health

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Archive

lecture 5,6

Psychosocial  
hazards.



# Occupational Health **lecture 5,6**

1. 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

answer, a

2. One statement does not belong to the work context factors leading to stress at workplaces?

- 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

answer. ??

3. all about context, except?

participation in control

4. all about content of work related stress, except?

interpersonal relationship

5. all emotional, except?

attention

6. all cognitive, except?

motivation

7. One is NOT related to work context:

A. Interpersonal relationships

B. Participation and control

C. Poor leadership

D. Piece rate payment schemes

E. Conflicting demands of work & home

answer . B

# Occupational Health **lecture 5,6**

8. One is NOT related to work content:

- A. Working hours
- B. Monotony
- C. Workload & work pace
- D. Interpersonal relationships
- E. Participation and control

answer. E



# Occupational Health

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Archive

lecture7

Dysbarism

# Occupational Health **lecture7**

1. Diver lice, skin shows urticarial and bluish red mottling and itching,, the cause??

- a) Nitrogen gas bubbles
- b) Hilum gas bubbles

answer,a

2. what of the following happens in nitrogen narcosis except

- a. loss of consciousness
- b. lack of muscle coordination
- c. loss of intellectual thinking
- d. aggressive behavior

answer. D

3. Where does the nitrogen in nitrogen narcosis goes?

- a. kidney
- b. liver
- c. brain

answer. C

4. 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

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

answer. C

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

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

6. 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

# Occupational Health **lecture7**

**Atmospheric pressure at 20 m under sea level?**

3 atm



# Occupational Health

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Archive

lecture8

pneumoconiosis



# Occupational Health **lecture8**

1. Particle size (in micron) at which the dust particles gets lodged In the respiratory tract?

- a. 0.5-3
- b. 5.10
- c. 0.5-.0.1
- d. 3-5
- e. 1-5

**Answer. B**

2. Minimum duration to developing coal miner's pneumoconiosis is?

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

**answer. E**

3. one of the following is an occupational lung disease, but not pneumoconiosis? Select one

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

**Answer. A**

4. Particle size (in micron) at which the dust particles gets lodged In the respiratory tract?

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

**Answer. A**

# Occupational Health **lecture8**

5. Which is not included in pneumoconiosis?

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

answer. E

6. Occupational exposure to sugar cane dust is called?

- a. Bagassosis



# Occupational Health

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Archive

lecture 9,10

noise

# Occupational Health Lecture 9.10

1. Acute Acoustic Trauma (AAT) result at noise level in the range of?

- 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

answer. C

2. The severity of occupational deafness is related to the following factors EXCEPT?

- 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

Answer. B

3. All of the following is non auditory effects of noise except :

- a) increase heart rate
- b) Increase respiratory rate
- c) Decrease of sleep quality
- d) Increase in gastric mortality
- e) Decrease in work performance

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

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

answer. C

5. 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
- e. Building and construction

# Occupational Health Lecture 9.10

6. 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

Answer. E

7. 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

Answer. B

10. Any restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being is known as

- A. Impairment
- B. Disability
- C. Handicap
- D. Injury
- E. Accident

Answer. B

9. In Rinne's Test the tuning fork is placed on the:

- A. Forehead
- B. Mastoid bone
- C. Hip bone
- D. Elbow joint
- E. Tip of the mandible

Answer. B

10. Sounds below 20 Hz are called:

- a. Ultrasound
- b. Infrasound
- c. Infrared

Answer. B

# Occupational Health **Lecture 9.10**

11. Examining a patient with sensorineural hearing loss using Weber's Test. The patient will detect the vibrating waves in:

- A. In the affected ear
- B. In the opposite ear
- C. In both ears
- D. In the tuning fork
- E. On the forehead

**answer. B**

