

# 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 70µg/100ml
- c. Coproporphyrin in urine is less than 1504/L
- d. Lead level in blood is 3 µg/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
- 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
- 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
- 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. Setting versus standing
- c. Stationary versus mobile
- d. Repetitive motion versus non-repetitive motion
- e. Health insured employee versus non-insured employee

**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

**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 exposer to cotton dust causes?**

Select one:

- a. Byssinosis
- 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

**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

**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)
- 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 C Fever? Select one:**

- 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
- 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