

Occupational Health

Archive

Lecture 1

introduction

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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

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Answer, B

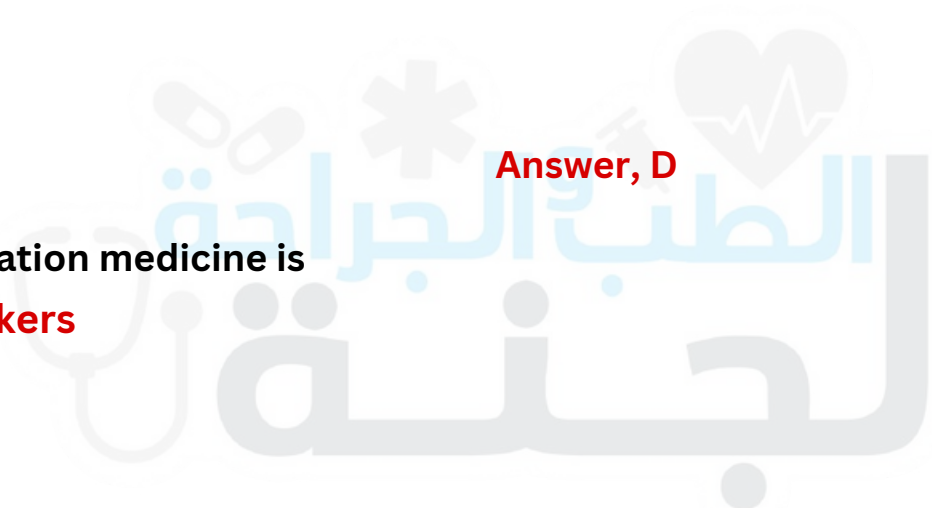
2. The promotion and maintain the highest degree of physical, mental, and social wellbeing for all workers in all workers in all occupations is a definition of?

- 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 & healthy workers



Occupational Health

Archive

lecture 2

program

Medical card .

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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

مو معنا

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

فكرة السؤال مهمة بس الخيارات مش كلها مذكورة بالمحاضرة

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, A

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

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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

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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

مو معنا

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

مو معنا

12. Periodic examinations:

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

Answer. C

مو معنا

Periodic examinations

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

Answer. A

مو معنا

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.E

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

Archive

lecture 3

vibration

Medical card .

Name _____

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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

answer, b

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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lecture 8

heat

Medical card

Name _____

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Occupational Health **lecture 8**

1. Heat Cramps characterized by the followings EXCEPT?

- 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
- 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 Urticahal Reaction
- answer,B

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 Urticahal Reaction
 - d. Heat Syncope
 - e. Heat Exhaustion
- answer,B

Occupational Health **lecture 8**

5. Heat Cramps characterized by the followings EXCEPT

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

answer, a

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

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

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lecture 4

pneumoconiosis

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Occupational Health **lecture4**

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

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

Answer. A

Occupational Health **lecture4**

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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lecture 9

noise

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Occupational Health **lecture9**

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. 115dB

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 **lecture9**

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

