

# OCCUPATIONANL HEALTH

FINAL EXAM - Serotonin batch

إعداد :



## 1) Occupational exposure to cotton dust causes?

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

## 2) All the followings are "SKY 1005 for Hyperbaric Environment EXCEPT?

- a Marine plology
- b. Aviators and astronauts
- c. Sport Diving
- d. Aquaculture
- e. Rescue marine operations

## 3) Wthh 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 equtpment

## 4) All workplaces should develop infection control plans for COVID 19 including all the following details EXCEPT?

- a. Providing clean and well maintained hand washing facilities.
- b. Clean hands at the door and schedule hand washing reminders by email
- c. Providing magazines and papers at waiting areas or common rooms
- d. Offering alcoholbased 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.



**5) Following are the common animal reservoirs for Q fever EXCEPT?**

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

**6) 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

**7) COVID 19 are generally thought to spread by respiratory droplets When people are in Close contact, examples Of Close contact include all the following EXCEPT?**

- a. Having cared for a person known to have the virus. including being within 2 meters.
- b. Having cared or lived with a person known to have the virus within the same room or care area.
- c. Having lived with a person known to have the virus without wearing personal protective equipment.
- d. Direct contact with excretions like urine, breast milk, or semen by someone affected by the virus
- e. When a person touches a surface contaminated with infectious fluids and then touches their mouth, nose, or eyes.

**8) 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. 8 to 15 HZ
- b. 1 to 3 HZ
- c. 20 to 30 HZ
- d. 4 to 8 HZ
- e. 35 to 40 HZ

**9) The ambient pressure with which we normally reside is defined (at sea level) as?**

- 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)

**10) Which one of the following statements is INCORRECT regarding criteria air pollutants?**

- a. The most visibility problems caused by the particulate matter.
- b. Carbon Monoxide binds to hemoglobin in red blood cells, interfering with oxygen transport.
- c. The main source of Carbon Monoxide results from the unpaved road and construction.
- d. The biggest source of lead results from using leaded gasoline.
- e. Ozone molecule made of three oxygen atoms.

**11) 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
- d. A screening exam
- e. Past and present occupational history is essential to be recorded properly

**12) In respect to the Q fever vaccine, one is not correct statement?**

- a. it is highly effective in preventing Q fever infection in humans.
- b. About 10% of the vaccine recipients will have a serious side effects
- c. The dose is a single injection.
- d. Pre vaccination screen is needed
- e. The vaccine is long-lasting immunity

**13) Protecting workers against biological hazards. the first line of defence is?**

- a. Personal hygiene
- b. Personal protective equipment
- c. Engineering controls
- d. Administrative controls
- e. Adequate supervision

**14) "Snow-storm" appearance in chest X ray is seen in?**

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

**15) Which is not included in pneumoconiosis?**

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

**16) All the followings are Ergonomic problems indicators EXCEPT?**

- a. Employee complaint
- b. Good quality
- c. increased incidence of cumulative trauma disorders
- d. Employee generated changes
- e. Absenteeism and high turn over

**17) One is not a correct answer regarding the source of Q fever infection?**

- a. inhalation of contaminated dust.
- b. Contact with contaminated animal's birthing products.
- c. Drinking unpasteurized milk
- d. Tick's bite from an infected animal.
- e. Man to man transmission

**18) Regarding the distress, at the workplace, one statement is not correct?**

- a. Worker's experience by an optimum level of arousal
- b. Personal characteristics of the worker
- c. Worker's experience by a high level of arousal
- d. Worker's experience by a low level of arousal
- e. Little Support the worker by his/her supervisors

**19) Silicosis occurs With exposure to?**

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

**20) When the human body is exposed to altered environmental pressure (rapid changes) and from the resulting abnormal behavior of gases in the body, this medical condition called?**

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

**21) 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

**22) 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

**23) Following are the modes of infection in Anthrax EXCEPT?**

- a. Gastro intestinal ingestion of a contaminated
- b. Respiratory inhalation
- c. Cutaneous skin contact
- d. injection
- e. direct person to person transmission person

**24) Regarding the anthrax vaccine one is incorrect statement?**

- a. Given intramuscularly
- b- Given as a five shots in a pre-exposure condition
- c. Given during a period of, one and a half year
- d. No need for a booster dose
- 6. Given as three shots in case of post-exposure

**25) In occupational health. the most effective control measure in the hierarchy of control is?**

- a. Medical control
- b. Hygienic control
- c. Personal control
- d. Administrative control
- e. Engineering control

**26) Effect of vibration depend on the following factors EXCEPT?**

- 3. Duration or exposure
- b. Intensity of vibration
- c. Frequency of vibration expressed in Hertz
- d. Direction of vibration
- e. Human immunity

**27) Lead poisoning in industries commonly occurs through?**

- a. Ingestion
- b. Skin absorption
- c. Inhalation
- d. conjunctival route
- e. Faecal-oral

**28) The median dose associated with the death of 10 percent of the exposed population to a chemical expressed as?**

- a. ED10 (Effective Dose)
- b. LD90 (Lethal Dose)
- c. TD10 (Therapeutic Dose)
- d. LD10 (Lethal Dose)
- e. ED90 (Effective Dose)

**29) According to Doll and peto study, Tobacco related cancer contribute to?**

- a. 10 percent to 15 percent of all cancers
- b. 2 percent to 8 percent of all cancers
- c. 1 percent of all cancers
- d. 20 percent to 24 percent or all cancers
- e. 25 to 40 percent of all cancers

**30) 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

**31) The most important range of human speech reception is between?**

- a. 100 to 300 HZ
- D. 500 to 3000 H2
- c. 2000 to 19000 HZ
- d. 80 to 1000 HZ
- e. 6000 to 12000 HZ

**32) Heat releases by the following means EXCEPT?**

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

**33) In occupational exposure to toxic Metals the engineering controls Include all Except?**

- a. Substitution of a toxic materials
- b. Isolation of the processes which give rise to harmful effects
- c. Modification of the equipment and/or process
- d. Adequate local exhaust ventilation system to remove dust & fumes
- e. Adequate washing facilities in industry

**34) All are people at risk of acquiring anthrax EXCEPT?**

- a. Persons who work with animals or animal products.
- b. Medical staff
- c. Postal workers.
- d. Military personnel.
- e. Family members of, farmer or rancher

**35) which IS INCORRECT statement about Decompression sickness?**

- 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 physiopathologic effect of expanding gases
- d. Bubbles occur intra and extravascularly and even intracellularly
- e. Decompression sickness occurs upon return from a hyperbaric exposure

**36) One statement is not correct regarding the cutaneous anthrax?**

- a. it is constituted of more than 90% of anthrax cases
- b. It is the least dangerous form of anthrax
- c. With a treatment It's mortality rate about 20%,
- d. It looks like an ulcer with a black centre
- e. It is Painless ulcer

**37) Segmental vibration injury (White Fingers Disease) can occur with frequencies from?**

- a. 50 to 200 HZ band
- b. 100 to 150 HZ band
- c. 300 to 500 HZ band
- d. 150 to 300 HZ band
- e. 500 to 800 HZ band

**38) Whole Body Vibration (WBV) may occurred among all the following high risk groups EXCEPT?**

- a. Truck Drivers
- b. Heavy Equipment Operators
- c. Health Care Workers
- d. Miners
- e. Farmers

**39) 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

**40) Lead levels below in non-exposed person are correct 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 > 70 µg/100ml
- e. Lead level in blood is 3 µg/dL

**41) One is FALSE regarding factors influencing the exchange of heat between an occupational worker and his environment?**

- a. Air pressure
- b. Air temperature
- c. Relative humidity
- d. Temperature of surrounding objects
- e. Sun's radiant heat

**42) All the following measures are recommended to minimize the Whole Body Vibration exposure effects EXCEPT?**

- a. Use face mask and long sleeve gowns
- 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

**43) A 40 year old man. working in a coal mine since 15 years developed cough, dyspnoea on exertion and chest pain. His chest X-ray showed 'snow — storm' appearance in lung fields. The most likely diagnosis is?**

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

**44) 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

**45) The primary or First Leading cause of death due to nitrogen narcosis is?**

- a. Subcutaneous Emphysema
- b. Decompression sickness
- c. Drowning
- d. Barotrauma
- e. Gastric Rupture

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

- a. Lighting
- b. Early reporting of sign and symptoms
- c. Level of comfort
- d. Temperature
- e. Noise level



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

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

**48) Risk group for of acquiring Q Fever?**

- a. farmers
- b. Veterinarians
- c. People who work in the dairy industry
- d. Postal workers
- e. People who live close to a farm

**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

**50) 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

**51) 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

**52) Minimum duration to developing coal minor pneumoconiosis?**

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

**53) A 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

**54) 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

**55) All the following occupations are at high risk for contracting COVID 19 EXCEPT?**

- a. Health care workers in long term care facilities, and emergency departments
- b. Health care workers in acute care hospitals, rehabilitation hospitals
- c. People caring for individuals with a Zika virus**
- d. Health care workers who work close to their clients or patients with a severe coronavirus
- e. Persons living with individuals with a severe coronavirus

**56) Standard recommendations from the World Health Organization to prevent transmission of a coronavirus include all the followings EXCEPT?**

- a. Frequently clean hands by using alcohol-based hand rub or soap and water
- b. When coughing and sneezing cover mouth and nose with flexed elbow or tissue
- c. Avoid close contact with anyone who has a fever and cough
- d. If you have fever, cough and difficulty breathing, seek medical care early and share previous travel history with your health care provider
- e. The consumption of raw or undercooked animal products should be encouraged**

**57) Keeping health records for each employee is important in the following reasons EXCEPT?**

- a. Detecting morbidity and mortality rates of any health problem
- b. Estimating the factory's budget**
- c. Planning of Industrial health program
- d. Detecting the trends of health and disease in the factory
- e. Appraising the industrial health program

**58) The severity of occupational deafness is related to the followings 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

59) The screening test measuring the lead poisoning is ?

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

60) 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
- 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

بالتوفيق للجميع

