

Certified Occupational Health Nurse Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which type of health hazards does NIOSH focus on?**
 - A. Psychological and emotional hazards**
 - B. Occupational diseases and injuries**
 - C. Electrical and mechanical hazards**
 - D. Environmental health risks**

- 2. In occupational health, what does the term "incidence rate" refer to?**
 - A. The frequency of workplace injuries**
 - B. The number of new cases of a particular event occurring within a specific time frame**
 - C. The total number of health claims filed**
 - D. The average duration of employee absence**

- 3. In which type of workplace environment are workers more vulnerable to biological hazards?**
 - A. Manufacturing settings**
 - B. Office environments**
 - C. Healthcare settings**
 - D. Construction sites**

- 4. What should be a primary function of an expert occupational and environmental health nurse?**
 - A. Providing basic first aid**
 - B. Conducting significant research**
 - C. Managing nursing staff only**
 - D. Implementing standard procedures without variation**

- 5. What is considered a significant occupational hazard for nurses?**
 - A. Exposure to notifiable diseases**
 - B. Taking extended lunch breaks**
 - C. Having too many training sessions**
 - D. Participating in recreational activities**

- 6. Which of the following is NOT a role of an Occupational Health Nurse?**
- A. Researcher**
 - B. Facility manager**
 - C. Marketing specialist**
 - D. Health promotion specialist**
- 7. Which occupational health law mandates that employers keep records of work-related injuries?**
- A. The Family and Medical Leave Act (FMLA)**
 - B. The Occupational Safety and Health Act (OSHA)**
 - C. The Americans with Disabilities Act (ADA)**
 - D. The Fair Labor Standards Act (FLSA)**
- 8. Which strategy is useful for reducing workplace accidents?**
- A. Implementing comprehensive safety training programs**
 - B. Increasing work hours**
 - C. Hiring temporary staff**
 - D. Limiting safety equipment use**
- 9. What is the mission of OSHA?**
- A. To ensure equitable pay for workers**
 - B. To prevent work-related injuries and fatalities**
 - C. To provide healthcare benefits for employees**
 - D. To promote labor union activities**
- 10. What is a primary responsibility of an Occupational Health Nurse (OHN) as a case manager?**
- A. Providing physical therapy to injured workers**
 - B. Coordination and management of services for ill or injured workers**
 - C. Conducting workplace annual reviews**
 - D. Delivering training sessions on safety protocols**

Answers

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1. B
2. B
3. C
4. B
5. A
6. C
7. B
8. A
9. B
10. B

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Explanations

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1. Which type of health hazards does NIOSH focus on?

- A. Psychological and emotional hazards**
- B. Occupational diseases and injuries**
- C. Electrical and mechanical hazards**
- D. Environmental health risks**

NIOSH, the National Institute for Occupational Safety and Health, primarily focuses on the prevention of occupational diseases and injuries. This focus is crucial because these conditions arise directly from the work environment and practices. By studying and addressing these health hazards, NIOSH aims to improve worker safety and health through research, recommendations, and the promotion of effective practices. Occupational diseases can include a variety of conditions, such as respiratory diseases due to exposure to hazardous substances, musculoskeletal disorders from repetitive strain, and skin disorders from contact with irritants. Injuries might involve slips, trips, falls, and other accidents that can occur in various workplaces. Therefore, the emphasis on occupational diseases and injuries reflects NIOSH's mission to safeguard worker health and ensure safer workplace environments. Other options may touch on related health concerns, but they do not capture the primary mission of NIOSH as effectively as the focus on occupational diseases and injuries. Psychological and emotional hazards are important, but they fall under a different realm of occupational health that may not be the primary focus of NIOSH. Electrical and mechanical hazards are indeed critical for workplace safety, but they are more about safety engineering rather than directly addressing health outcomes, and environmental health risks can extend beyond the workplace context. Hence

2. In occupational health, what does the term "incidence rate" refer to?

- A. The frequency of workplace injuries**
- B. The number of new cases of a particular event occurring within a specific time frame**
- C. The total number of health claims filed**
- D. The average duration of employee absence**

The term "incidence rate" specifically refers to the measurement of the number of new cases of a particular event, such as injuries or illnesses, occurring within a defined population during a specific time frame. This is a crucial metric in occupational health because it provides insight into the risk of developing a new condition and helps in assessing the effectiveness of health and safety interventions in the workplace. By focusing on new cases, the incidence rate allows for better monitoring of emerging health trends and potential hazards that workers might face. Understanding the incidence rate is essential for developing targeted prevention strategies and for conducting research on occupational health trends. It emphasizes the dynamics of how quickly a health outcome manifests in a specific workforce, which can inform policy-making and resource allocation in occupational health programs.

3. In which type of workplace environment are workers more vulnerable to biological hazards?

- A. Manufacturing settings**
- B. Office environments**
- C. Healthcare settings**
- D. Construction sites**

Workers in healthcare settings are more vulnerable to biological hazards due to the nature of their work, which frequently involves direct contact with patients who may carry infectious diseases. Health professionals are exposed to blood, bodily fluids, and potentially infectious materials, making them more susceptible to acquiring infections like HIV, Hepatitis B, and other communicable diseases. In healthcare environments, the presence of pathogens is heightened, as they deal with a wide range of illnesses, including those that are highly contagious. Infection control protocols are essential in these settings to mitigate the risks. Additionally, healthcare workers' reliance on personal protective equipment (PPE) and strict hygiene practices underscores the heightened biological hazard they face. While other settings like manufacturing, office environments, and construction sites may pose certain health risks, they generally have fewer biological hazards compared to healthcare environments, where exposure to infectious agents is a significant concern.

4. What should be a primary function of an expert occupational and environmental health nurse?

- A. Providing basic first aid**
- B. Conducting significant research**
- C. Managing nursing staff only**
- D. Implementing standard procedures without variation**

The primary function of an expert occupational and environmental health nurse is to conduct significant research. This role involves assessing workplace environments and health risks, identifying trends, and applying evidence-based practices to improve worker health and safety. By engaging in research, the nurse can contribute to the development of occupational health policies, enhance the understanding of health outcomes related to specific job tasks or environments, and advocate for changes in workplace practices that promote better health. Research is vital in this field as it helps to inform best practices and shapes the future of occupational health nursing. Such studies can lead to innovative approaches in managing workplace hazards, ultimately resulting in more effective interventions that improve employee health and safety. In contrast, while providing basic first aid is essential in any nursing role, it does not encompass the broader expertise expected from an occupational health nurse. Managing nursing staff, while important, is not the primary function of this specialty, which focuses more on the health and safety of workers rather than on the management aspects. Lastly, implementing standard procedures without variation limits the ability to adapt to unique workplace environments and evolving health risks, which is contrary to the dynamic nature of occupational health nursing.

5. What is considered a significant occupational hazard for nurses?

- A. Exposure to notifiable diseases**
- B. Taking extended lunch breaks**
- C. Having too many training sessions**
- D. Participating in recreational activities**

Exposure to notifiable diseases is considered a significant occupational hazard for nurses because they work in environments where they are in close contact with patients who may be infected with communicable diseases. This can include viral infections, bacterial infections, and other pathogens that can be transmitted through bodily fluids or airborne particles. Nurses are responsible for ensuring infection control practices are in place to protect themselves, their patients, and the wider community from these diseases. Proper training and adherence to safety protocols are essential in minimizing the risk of exposure to notifiable diseases, which can have serious health implications for healthcare workers. The other choices do not represent significant hazards. Taking extended lunch breaks, having too many training sessions, and participating in recreational activities are typically not classified as occupational hazards and rather pertain to work-life balance and professional development rather than direct health risks.

6. Which of the following is NOT a role of an Occupational Health Nurse?

- A. Researcher**
- B. Facility manager**
- C. Marketing specialist**
- D. Health promotion specialist**

The role of an Occupational Health Nurse (OHN) encompasses a variety of responsibilities aimed at promoting the health and safety of workers within an organization. This includes conducting health assessments, implementing health promotion programs, and ensuring compliance with occupational health regulations. A key aspect of an OHN's role is engaging in health promotion activities. They are often involved in designing and implementing workplace wellness programs, conducting educational sessions on health issues relevant to the workforce, and advocating for preventive measures that enhance employee well-being. In addition to health promotion, OHNs may also engage in research related to workplace health issues, which allows them to stay informed about best practices and innovative strategies to address occupational health concerns. This research can inform policies and program development within the workplace. The facility management role often extends beyond the scope of an OHN's responsibilities, which are primarily health-focused. While OHNs may coordinate with facility managers regarding health-related concerns within the workplace, they typically do not oversee the overall management of the facility. Marketing, on the other hand, is not a role typically associated with Occupational Health Nurses. While communication about health services is important, the specific task of marketing is generally outside their professional training and focus. Their primary goal is to provide health care and promote health, rather

7. Which occupational health law mandates that employers keep records of work-related injuries?

A. The Family and Medical Leave Act (FMLA)

B. The Occupational Safety and Health Act (OSHA)

C. The Americans with Disabilities Act (ADA)

D. The Fair Labor Standards Act (FLSA)

The Occupational Safety and Health Act (OSHA) is the law that mandates employers to maintain specific records of work-related injuries and illnesses. This requirement is essential because it ensures that there is a systematic way to track incidents in the workplace, which can help identify patterns, improve workplace safety, and enhance health outcomes for workers. Under OSHA regulations, employers are required to record and report certain work-related injuries and illnesses, which contributes to the overall goal of ensuring a safe and healthy working environment. By keeping accurate records, employers provide vital information that can influence safety programs, training, and policies aimed at preventing future incidents. This law underscores the obligation of employers to not only provide a safe workplace but also to document and monitor the health effects of their work environments. The other acts mentioned serve different purposes and do not address the recording of work-related injuries specifically. For example, while the Family and Medical Leave Act relates to employee leave rights, the Americans with Disabilities Act focuses on preventing discrimination against individuals with disabilities, and the Fair Labor Standards Act primarily addresses wage and hour requirements. These laws, while important, do not impose the same occupational health record-keeping responsibilities as OSHA does.

8. Which strategy is useful for reducing workplace accidents?

A. Implementing comprehensive safety training programs

B. Increasing work hours

C. Hiring temporary staff

D. Limiting safety equipment use

Implementing comprehensive safety training programs is recognized as a foundational strategy for reducing workplace accidents. This approach equips employees with the knowledge and skills they need to identify hazards, understand safety protocols, and respond appropriately to potential emergencies. Proper training emphasizes the importance of safety practices and reinforces behaviors that contribute to a safer work environment. Such training can include a range of topics, such as proper equipment use, emergency response procedures, and risk management techniques. By enhancing employees' awareness and skills, the likelihood of accidents decreases because workers are better prepared to handle hazardous situations. Additionally, ongoing training can help create a culture of safety within the organization, leading to proactive measures being taken by employees to mitigate risks. In contrast, options like increasing work hours or hiring temporary staff may lead to fatigue and diminished attentiveness among workers, thereby increasing the risk of accidents. Limiting the use of safety equipment not only jeopardizes employee safety but also contradicts established safety regulations, making the workplace far more dangerous. Therefore, comprehensive safety training programs stand out as the most effective strategy for preventing accidents in the workplace.

9. What is the mission of OSHA?

- A. To ensure equitable pay for workers
- B. To prevent work-related injuries and fatalities**
- C. To provide healthcare benefits for employees
- D. To promote labor union activities

The mission of OSHA (Occupational Safety and Health Administration) revolves around ensuring safe and healthful working conditions for workers by setting and enforcing standards. This aligns perfectly with the option focused on preventing work-related injuries and fatalities. OSHA's primary objective is to reduce the incidence of workplace hazards that could lead to accidents, illnesses, or fatalities. By conducting inspections, enforcing safety regulations, and providing training and resources, OSHA seeks to create a safer working environment, thus protecting the health and well-being of employees across various industries. The other options, while important aspects of workers' rights and welfare, do not directly pertain to OSHA's specific mission. OSHA does not oversee equitable pay, healthcare benefits, or labor union activities; these areas are covered by different laws and organizations focused on labor rights and economic issues. Therefore, the focus on injury prevention and workplace safety is the core of OSHA's mission.

10. What is a primary responsibility of an Occupational Health Nurse (OHN) as a case manager?

- A. Providing physical therapy to injured workers
- B. Coordination and management of services for ill or injured workers**
- C. Conducting workplace annual reviews
- D. Delivering training sessions on safety protocols

The primary responsibility of an Occupational Health Nurse as a case manager is the coordination and management of services for ill or injured workers. This role involves understanding the unique medical and occupational needs of the workers and facilitating access to appropriate healthcare services, rehabilitation, and return-to-work programs. Occupational Health Nurses often serve as liaisons between workers, healthcare providers, and employers, ensuring that communication is effective and that the worker receives comprehensive care tailored to their situation. They assess the impact of health conditions on work abilities and help navigate the complexities of workers' compensation processes. This coordination is crucial in reducing recovery times, implementing accommodations, and promoting a safe working environment. The other responsibilities listed, such as providing physical therapy, conducting annual workplace reviews, and delivering training sessions on safety protocols, are important functions but are typically not the primary focus of an OHN case manager. Physical therapy is usually administered by licensed physical therapists, while annual reviews and training sessions are often handled by other safety or compliance professionals within the organization. The case manager's primary role is to ensure that all necessary services are coordinated and effectively managed for the ill or injured workers.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://certifiedoccupationalhealthnurse.examzify.com>

We wish you the very best on your exam journey. You've got this!

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