

CERTIFIED OCCUPATIONAL HEALTH NURSE PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

<https://certifiedoccupationalhealthnurse.examzify.com>



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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. How often should workplace ergonomic assessments be conducted?**
 - A. Every five years
 - B. Annually or as needed based on job changes
 - C. Biannually for all employees
 - D. Only when requested by employees
- 2. 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
- 3. In which section of the workplace should ergonomics be applied to minimize injury risk?**
 - A. Only in high-risk areas
 - B. Only during breaks
 - C. All sections; ergonomics should be integrated throughout the workplace
 - D. Only in manual labor positions
- 4. Which of the following is NOT a focus of the Healthy People 2020 occupational health objectives?**
 - A. Reduction of occupational diseases
 - B. Enhancement of employee physical fitness
 - C. Minimizing workplace homicides
 - D. Reduction of work-related noise-induced hearing loss
- 5. Which of the following is NOT a step in the RCA process?**
 - A. Defining the problem
 - B. Establishing a timeline
 - C. Running advertisements for health promotions
 - D. Recommending and implementing solutions

- 6. What is the importance of ergonomic assessments in the workplace?**
- A. They reduce the need for employee breaks
 - B. They enhance productivity and reduce injury risk
 - C. They provide employees with high-tech equipment
 - D. They are mandatory for all job positions
- 7. Which process allows occupational health nurses to investigate employee exposures to substances?**
- A. Conducting exit interviews
 - B. Filling out incident reports
 - C. Reviewing performance evaluations
 - D. Analyzing potential chemical exposures
- 8. What does a workplace assessment typically involve?**
- A. A survey of employee satisfaction and morale
 - B. A detailed inspection of employee uniforms and safety gear
 - C. A complete walk-through of the workplace to identify hazards
 - D. A review of company policies regarding time off
- 9. What is the purpose of conducting a vulnerability analysis in emergency preparedness?**
- A. To assess employee satisfaction
 - B. To identify potential risks and weaknesses
 - C. To establish training programs
 - D. To enhance workplace ergonomics
- 10. Which of the following is true regarding workplace health and safety meetings?**
- A. They are optional and held at the discretion of management
 - B. They should stress health-related issues.
 - C. They focus exclusively on compliance with literatures.
 - D. They are primarily social gatherings.

Answers

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

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Explanations

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1. How often should workplace ergonomic assessments be conducted?

- A. Every five years
- B. Annually or as needed based on job changes**
- C. Biannually for all employees
- D. Only when requested by employees

Workplace ergonomic assessments should be conducted annually or as needed based on job changes because this practice ensures that the work environment and job tasks remain safe and appropriate for employees. Regular assessments allow for continuous monitoring of employee health, adaptation to changes in work processes or equipment, and proactive identification of potential ergonomic risks. As workplaces evolve—through the introduction of new machinery, changes in work procedures, or when new employees start—reassessment is crucial to maintaining ergonomic safety. An annual review can help catch issues early and promote a culture of health and safety. Conducting assessments only on an infrequent schedule, such as every five years or biannually, may miss critical updates necessary for employee health. Relying solely on employee requests for assessments may not effectively address proactive safety measures, as individuals may not always recognize ergonomic hazards without a structured assessment in place.

2. 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.

3. In which section of the workplace should ergonomics be applied to minimize injury risk?

- A. Only in high-risk areas
- B. Only during breaks
- C. All sections; ergonomics should be integrated throughout the workplace**
- D. Only in manual labor positions

Integrating ergonomics throughout the workplace is vital for minimizing injury risk because ergonomic principles focus on optimizing the interaction between workers, their tasks, and the environment they operate in. Applying ergonomics across all sections of the workplace ensures that all employees, regardless of their roles or the nature of their tasks, benefit from strategies aimed at reducing physical strain, improving posture, and enhancing overall workplace design. By considering ergonomics in every area, organizations can address a wide range of activities and workstations, not just those identified as high-risk. This proactive approach can help prevent musculoskeletal disorders and other injuries, leading to increased productivity, improved employee well-being, and decreased absenteeism. Focusing only on specific areas, such as high-risk zones or only during breaks, would leave many employees exposed to potential hazards during their routine tasks. Furthermore, limiting ergonomic practices to manual labor positions neglects the physical demands often present in office environments and other non-manual roles, where poor ergonomic design can also lead to injuries. Thus, a comprehensive integration of ergonomic practices in all workplace sections is essential for effective risk mitigation.

4. Which of the following is NOT a focus of the Healthy People 2020 occupational health objectives?

- A. Reduction of occupational diseases
- B. Enhancement of employee physical fitness**
- C. Minimizing workplace homicides
- D. Reduction of work-related noise-induced hearing loss

Enhancement of employee physical fitness is not a specific focus of the Healthy People 2020 occupational health objectives. The initiative primarily targets areas directly related to occupational health and safety, such as preventing work-related diseases, injuries, and fatalities, which are represented in the other options. While promoting employee physical fitness can contribute to general health and well-being, it does not fall under the direct purview of occupational health objectives aimed at addressing specific workplace hazards or outcomes. In contrast, the reduction of occupational diseases, minimizing workplace homicides, and addressing work-related noise-induced hearing loss are all concerns that are directly addressed by the Healthy People 2020 goals, as they pertain to improving the health and safety of workers in their environments.

5. Which of the following is NOT a step in the RCA process?

- A. Defining the problem
- B. Establishing a timeline
- C. Running advertisements for health promotions**
- D. Recommending and implementing solutions

The option focusing on running advertisements for health promotions does not fit into the steps of the Root Cause Analysis (RCA) process. RCA is a systematic approach to identifying the underlying causes of problems or incidents, particularly in health and safety contexts. Key steps in the RCA process typically include defining the problem to ensure clarity and understanding of the situation, establishing a timeline to understand the sequence of events leading up to the issue, and recommending and implementing solutions that address the identified root causes to prevent recurrence. Running advertisements for health promotions, while potentially beneficial for public health awareness, does not directly contribute to the analysis of root causes or the resolution of specific problems identified through the RCA. Instead, it represents a broader health promotion strategy rather than a step in problem-solving or investigation that RCA entails. Thus, it stands apart from the core activities involved in the RCA process.

6. What is the importance of ergonomic assessments in the workplace?

- A. They reduce the need for employee breaks
- B. They enhance productivity and reduce injury risk**
- C. They provide employees with high-tech equipment
- D. They are mandatory for all job positions

The importance of ergonomic assessments in the workplace primarily lies in their ability to enhance productivity and reduce injury risk. Ergonomic assessments involve evaluating the design of workspaces, tools, and tasks to ensure they fit the physical capabilities and limitations of employees. By tailoring the work environment and processes to the needs of workers, organizations can minimize physical strain and discomfort, which may lead to musculoskeletal disorders and other injuries. These assessments help identify potential hazards and inefficiencies, allowing for modifications that can streamline work processes and reduce fatigue. When employees work in a well-designed environment that promotes good posture and movement patterns, they are more likely to be productive, satisfied with their jobs, and less prone to absenteeism due to injury. Therefore, ergonomic assessments are a crucial component of workplace health strategies, focusing on both employee well-being and operational efficiency.

7. Which process allows occupational health nurses to investigate employee exposures to substances?

- A. Conducting exit interviews
- B. Filling out incident reports
- C. Reviewing performance evaluations
- D. Analyzing potential chemical exposures**

The process of analyzing potential chemical exposures is essential for occupational health nurses as it directly pertains to evaluating the risks employees face in their work environment. This analysis involves identifying the specific substances employees may come into contact with, measuring their concentrations, and assessing the duration and frequency of exposure. By understanding these factors, occupational health nurses can determine the potential health impacts of those exposures, implement monitoring strategies, and recommend appropriate protective measures or interventions to minimize risks. In contrast, conducting exit interviews focuses more on understanding an employee's overall experience and reasons for leaving rather than investigating specific exposure incidents. Filling out incident reports is a vital part of documenting workplace accidents or hazardous occurrences but may not provide comprehensive insight into the ongoing exposure risks. Reviewing performance evaluations is valuable for assessing an employee's job performance and career development but does not directly address exposure to harmful substances in the workplace. Thus, the analysis of potential chemical exposures is the most relevant process for investigating employee exposure risks.

8. What does a workplace assessment typically involve?

- A. A survey of employee satisfaction and morale
- B. A detailed inspection of employee uniforms and safety gear
- C. A complete walk-through of the workplace to identify hazards**
- D. A review of company policies regarding time off

A workplace assessment typically involves a complete walk-through of the workplace to identify hazards. This process is crucial because it allows healthcare professionals to evaluate the environment where employees work and to pinpoint potential risks that could lead to injury or illness. During this walk-through, factors such as equipment safety, ergonomic practices, exposure to harmful substances, and overall workplace layout are examined to ensure a safe and healthy work environment. While employee satisfaction, inspections of uniforms, and policy reviews are important aspects of workplace wellness, they do not specifically focus on identifying physical hazards within the work setting. The primary goal of a workplace assessment is to proactively recognize and address issues that could adversely affect employee health and safety. Thus, conducting thorough inspections helps to develop recommendations and interventions aimed at improving workplace conditions.

9. What is the purpose of conducting a vulnerability analysis in emergency preparedness?

- A. To assess employee satisfaction
- B. To identify potential risks and weaknesses**
- C. To establish training programs
- D. To enhance workplace ergonomics

The purpose of conducting a vulnerability analysis in emergency preparedness is to identify potential risks and weaknesses within an organization. This analysis serves as a critical step in the emergency preparedness process, enabling organizations to pinpoint specific vulnerabilities that could be exploited during a crisis or emergency situation. By recognizing these vulnerabilities, organizations can develop targeted strategies to mitigate risks, enhance safety protocols, and effectively prepare for potential emergencies. The focus on identifying these weaknesses allows organizations to prioritize resources, strategize plans, and invest in necessary improvements to enhance overall resilience. This ultimately helps ensure the safety of employees and the continuity of operations in the face of various threats. In contrast, assessing employee satisfaction, establishing training programs, or enhancing workplace ergonomics may contribute to an organization's operational effectiveness but do not directly address the specific purpose of identifying risks and weaknesses during emergencies.

10. Which of the following is true regarding workplace health and safety meetings?

- A. They are optional and held at the discretion of management
- B. They should stress health-related issues.**
- C. They focus exclusively on compliance with literatures.
- D. They are primarily social gatherings.

Workplace health and safety meetings are essential for promoting a safe and healthy work environment, and emphasizing health-related issues is a key aspect of these meetings. This approach ensures that employees are informed about potential health hazards, safety protocols, and wellness initiatives that can affect their well-being. By focusing on health-related topics, these meetings create awareness among employees about the importance of safety practices, encourage them to participate actively in discussions about workplace hazards, and foster a culture of safety within the organization. While management may have the discretion to determine the frequency and specific agenda of these meetings, they are not merely optional; regular communication about health and safety is a crucial component of workplace regulations and best practices. Additionally, these meetings are not solely about compliance with literature, but rather they should encompass broader discussions on health promotion and risk management. Lastly, labeling such meetings as primarily social gatherings undermines their critical role in reinforcing safety protocols and addressing health concerns. Therefore, stressing health-related issues during these meetings serves to enhance employee safety and overall workplace health.

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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