INDUSTRIAL HYGIENE EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE

SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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

1. Which of the following is NOT listed as one of the four major occupational hazard stressors?

A. Chemical Hazards

B. Physical Hazards

C. Radiological Hazards

D. Ergonomic Hazards

2. What is the purpose of a Job Safety Analysis (JSA/JHA)?

A. To identify hazards associated with a specific job and implement controls.

B. To schedule production timelines.

C. To measure chemical concentrations in air.

D. To document training records.

3. What is a hazard associated with hydrogen sulfide and typical protective strategies?

A. Toxic gas with acute health effects; protect with monitoring, engineering controls, and appropriate respirators.

B. Causes chronic skin irritation; avoid with lotion.

C. Not hazardous; no protective measures needed.

D. Only a nuisance gas; standard PPE suffices.

4. What units are commonly used for airborne contaminant concentrations in industrial hygiene?

A. ppm for all

B. mg/m3 for particulates and gases; mg/m3 for solids

C. g/L for all

D. percent by volume for all

5. Name three factors that influence respirator fit.

A. Color, brand, and price

B. Face shape, respirator size/model, and user facial movements or facial hair

C. Oxygen level in environment, temperature, humidity

D. Training frequency, shift length, and PPE stacking order

6. Hazard communication typically includes which components?

A. Emergency drills and incident reporting.

B. Budget planning and procurement.

C. Chemical inventory and labeling.

D. Labels, Safety Data Sheets, and training.

7. Which is NOT a function of the skin?

A. Regulates body temperature

B. Produces red blood cells

C. Protects against UV light

D. Acts as permeability barrier

8. Which figure described the first respirator made from an animal bladder?

A. Hippocrates

B. Galen

C. Paracelsus

D. Pliny the Elder

9. What is a TLV and what are its main categories?

A. Threshold Limit Value; TLV-TWA, TLV-STEL, TLV-Ceiling

B. Time Limit Value; TLV-LongTerm, TLV-ShortTerm

C. Threshold Level Value; TLV-Mean, TLV-Median, TLV-Mode

D. Tolerable Limit Value; TLV-Average, TLV-Peak

10. What condition can result from clogged sebaceous glands?

A. Hair loss

B. Skin cancer

C. Acne

D. Sunburn

Answers

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

Explanations

1. Which of the following is NOT listed as one of the four major occupational hazard stressors?

A. Chemical Hazards

B. Physical Hazards

C. Radiological Hazards

D. Ergonomic Hazards

The main idea is that the four major occupational hazard stressors are chemical, physical, biological, and ergonomic hazards. Radiological hazards aren't listed as a separate major category; they're a subset of physical hazards (radiation is a physical factor), so they aren't counted as one of the four primary stressors. To see the others: chemical hazards involve toxic substances; biological hazards involve pathogens; ergonomic hazards relate to design and repetitive motion issues. That's why radiological hazards are not among the four.

2. What is the purpose of a Job Safety Analysis (JSA/JHA)?

A. To identify hazards associated with a specific job and implement controls.

B. To schedule production timelines.

C. To measure chemical concentrations in air.

D. To document training records.

The main idea behind a Job Safety Analysis is to systematically identify hazards tied to a specific task and determine controls to reduce the risk to workers. In a JSA, you break the job into steps, look at each step for potential hazards—like contact with moving parts, slips, or exposure to fumes—and decide appropriate controls following the hierarchy of controls (engineering fixes first, then administrative changes, then PPE). This process helps ensure workers know the specific hazards of their task and how to perform it safely, improving overall safety and compliance. Other options miss the purpose: scheduling production timelines is about planning efficiency, not safety analysis; measuring chemical concentrations in air is air monitoring and exposure assessment, not hazard analysis of a specific task; documenting training records is about keeping training data, not analyzing a job to control hazards.

3. What is a hazard associated with hydrogen sulfide and typical protective strategies?

A. Toxic gas with acute health effects; protect with monitoring, engineering controls, and appropriate respirators.

B. Causes chronic skin irritation; avoid with lotion.

C. Not hazardous; no protective measures needed.

D. Only a nuisance gas; standard PPE suffices.

Hydrogen sulfide is a highly toxic gas that can cause rapid, serious health effects—ranging from irritation and dizziness to loss of consciousness and death at higher exposures. A key danger is that as concentrations rise, your sense of its smell can fade, so you can't rely on odor to warn you. Because of that, protecting workers hinges on detecting the gas and reducing exposure through controls, rather than depending on smell or simple PPE alone. Protective strategies start with continuous monitoring in areas where H2S may be present, using fixed detectors and portable meters to provide early warning. Engineering controls are essential—process enclosure, local exhaust ventilation, and adequate general ventilation to dilute and remove the gas. Administrative controls and safe work practices support these measures, ensuring proper procedures, maintenance, and emergency response. Respiratory protection is used when exposure cannot be adequately controlled by engineering and administrative measures; the choice of respirator depends on the concentration and conditions, with more protective equipment required for higher or IDLH-level exposures. Choosing this option reflects the reality that hydrogen sulfide presents acute toxic risks and requires a combination of detection, engineering controls, and appropriately specified respirators. The other descriptions mischaracterize the hazard or the protective approach.

4. What units are commonly used for airborne contaminant concentrations in industrial hygiene?

A. ppm for all

B. mg/m3 for particulates and gases; mg/m3 for solids

C. g/L for all

D. percent by volume for all

The key idea is that industrial hygiene typically uses mass per air volume (mg/m3) to express airborne contaminant concentrations, because this directly reflects the dose a person could inhale. This unit works across forms: dusts (solids/particulates) are reported as mg/m3, and gases/vapors can also be reported in mg/m3 (or converted from ppm using molar mass and conditions). Parts per million is a common way to express gases, especially when limits are given in ppm, but mg/m3 is more universally applicable for reporting exposure and dose relationships. Percent by volume and g/L aren't standard for occupational exposure reporting. So the commonly used unit across contaminants is mg/m3.

5. Name three factors that influence respirator fit.

A. Color, brand, and price

B. Face shape, respirator size/model, and user facial movements or facial hair

C. Oxygen level in environment, temperature, humidity

D. Training frequency, shift length, and PPE stacking order

Fit relies on the seal between the face and the respirator, so three things determine how well it will actually seal: the geometry of the wearer's face, the respirator's size and model being appropriate for that geometry, and how well the seal is maintained during facial movements or with facial hair. Different face shapes and sizes mean a model that fits one person tightly may leak for another, so selecting the right size or model is essential. Facial movements like talking, yawning, or chewing can break the seal and create leaks. Facial hair in the seal area—beards or heavy stubble—prevents a true skin-to-face seal, leading to poor protection even with proper donning. The other factors listed don't affect the physical seal: color, brand, and price don't influence fit; environmental conditions like oxygen levels, temperature, or humidity don't determine the seal; training and procedures influence correct use but not the inherent fit of the facepiece.

6. Hazard communication typically includes which components?

A. Emergency drills and incident reporting.

B. Budget planning and procurement.

C. Chemical inventory and labeling.

D. Labels, Safety Data Sheets, and training.

Hazard communication is about giving workers clear, actionable information about the chemicals they use so they can protect themselves. The essential pieces are labels on containers that show the hazards and the precautions to take, Safety Data Sheets that provide detailed information on hazards, handling, storage, and first aid, and training to help employees understand and apply that information in daily work. Together, labels tell you what you're dealing with at a glance, SDSs provide the in-depth guidance, and training ensures everyone knows how to use that information to work safely. Emergency drills and incident reporting are about responding to emergencies after they occur, not about communicating chemical hazards on a routine basis. Budget planning and procurement are administrative tasks that affect resources, not the explicit conveyance of hazard information. A chemical inventory is helpful for knowing what materials are on site, but hazard communication specifically relies on labels, SDS, and training to convey hazard information to workers.

7. Which is NOT a function of the skin?

A. Regulates body temperature

B. Produces red blood cells

C. Protects against UV light

D. Acts as permeability barrier

The skin carries out several protective and regulatory roles important for staying healthy. It helps regulate body temperature through sweating and by adjusting blood flow in the dermal vessels, and it shields the body from UV radiation via pigment (melanin) and the epidermis' thickness. It also acts as a permeability barrier, limiting water loss and entry of harmful substances. Producing red blood cells is not one of the skin's functions; red blood cells are formed in the bone marrow. Therefore, the statement about RBC production does not describe a skin function, while the other functions do.

8. Which figure described the first respirator made from an animal bladder?

A. Hippocrates

B. Galen

C. Paracelsus

D. Pliny the Elder

Air supply to aid breathing has fascinated people for a long time. Pliny the Elder, in his Natural History, describes a crude respirator made from an animal bladder, where air stored in the bladder could be used to help someone breathe in difficult situations. This is why he's the best answer: his work is known for cataloging practical devices and inventions, including early notions of artificial air delivery, long before modern respirators existed. The other figures are renowned for medical theory or anatomy, but they are not associated with describing an animal-bladder respirator. Hippocrates focused on humors and clinical observations, Galen on anatomy and physiology of respiration, and Paracelsus on chemical medicine; none are tied to this device in surviving writings.

9. What is a TLV and what are its main categories?

A. Threshold Limit Value; TLV-TWA, TLV-STEL, TLV-Ceiling

B. Time Limit Value; TLV-LongTerm, TLV-ShortTerm

C. Threshold Level Value; TLV-Mean, TLV-Median, TLV-Mode

D. Tolerable Limit Value; TLV-Average, TLV-Peak

TLV stands for Threshold Limit Value, an exposure guideline used in industrial hygiene to indicate concentrations or levels to which workers can be exposed without adverse health effects, averaged or measured over a defined period. The main categories are TLV-TWA, the time-weighted average exposure over a standard 8-hour work shift (or 40-hour work week); TLV-STEL, the short-term exposure limit for a 15-minute exposure that should not be exceeded, typically not more than once or twice per day; and TLV-Ceiling, an exposure limit that should never be exceeded at any time. Other terms like Time Limit Value, Threshold Level Value, or Tolerable Limit Value aren't the standard framework used in industrial hygiene, so they don't reflect the recognized categories.

10. What condition can result from clogged sebaceous glands?

A. Hair loss

B. Skin cancer

C. Acne

D. Sunburn

Blockage of the sebaceous gland and its duct disrupts the flow of sebum from the hair follicle, causing oil and dead skin cells to accumulate. This creates an environment for bacteria to grow and triggers inflammation, which shows up as acne. Hair loss, sunburn, and skin cancer have different causes—hair loss relates to follicle factors or systemic issues, sunburn comes from UV exposure, and skin cancer involves DNA damage from UV or carcinogens, not clogged glands.

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://industrialhygiene1.examzify.com

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