Occupational and Environmental Health Practice Exam (Sample)

Study Guide

BY EXAMZIFY

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

1. Which of the following is an example of ingestion exposure?

A. Hand-to-mouth transfer of contaminants.

B. Breathing fumes.

C. Skin contact.

D. Injection.

2. What is Biological Exposure Index (BEI) and when is it used?

A. Biological Exposure Index; used to interpret biomonitoring results against reference values for health risk assessment.

B. Biological Exposure Index; used to set indoor air quality standards.

C. Basic Environmental Indicator; used to measure air concentrations.

D. Biological Exposure Information; used to monitor work hours.

3. Which functions are typically performed by a public health department?

A. Vital functions

B. Environmental statistics

C. Public health laboratory services

D. All of the above

4. How does general ventilation differ from LEV in exposure control?

A. General ventilation dilutes contaminants in the overall space.

B. General ventilation removes contaminants at the source.

C. General ventilation uses HEPA filters at the source.

D. General ventilation only controls temperature.

5. Food swamp: What defines a food swamp?

A. High produce variety

B. Balanced diet options

C. More unhealthy than healthy food

D. Low sodium options

6. Which are core functions of public health?

A. Assessment; Policy Development; Assurance

B. Diagnosis; Treatment; Cure

C. Research; Marketing; Sales

D. Prevention; Promotion; Practice

7. Which of the following are bloodborne pathogens listed in the material?

A. HIV

B. HBV & HCV

C. Both HIV and HBV & HCV

D. None

8. NOT a route of exposure for hazardous substances?

A. Respiratory

B. Integumentary

C. Gastrointestinal

D. Visual exposure

9. SDOH domain example: Which of the following is a domain of SDOH?

A. Healthcare access

B. Physical activity level

C. Genetic predisposition

D. Personal dietary choices

10. Which component of symptom analysis addresses mood, work, and activities of daily living?

A. Palliative/ precipitating

B. Quality

C. YOU associated sx

D. Temporal

Answers

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

Explanations

1. Which of the following is an example of ingestion exposure?

A. Hand-to-mouth transfer of contaminants.

B. Breathing fumes.

C. Skin contact.

D. Injection.

Ingestion exposure means contaminants enter the body through the mouth, typically by swallowing. Hand-to-mouth transfer fits this route because contaminants on surfaces or hands are brought to the mouth and swallowed, delivering substances to the gastrointestinal tract. This is different from inhalation (breathing fumes into the lungs), dermal exposure (skin contact and absorption), and injection (entry through a puncture or needle into the bloodstream). So hand-to-mouth transfer is a clear example of ingestion exposure.

2. What is Biological Exposure Index (BEI) and when is it used?

A. Biological Exposure Index; used to interpret biomonitoring results against reference values for health risk assessment.

B. Biological Exposure Index; used to set indoor air quality standards.

C. Basic Environmental Indicator; used to measure air concentrations.

D. Biological Exposure Information; used to monitor work hours.

Biological Exposure Index is a reference value used to interpret biomonitoring results by comparing the measured levels of a chemical or its metabolite in a worker's biological specimen (like blood or urine) to a level associated with health risk. It reflects internal dose and helps translate what's measured in the body into an assessment of exposure relative to known health-based thresholds. When biomonitoring results are below the BEI, the internal dose is generally considered not to pose a health risk based on available data; when results exceed the BEI, it suggests potential overexposure and may prompt further investigation, controls, or medical surveillance. BEIs, typically developed by professional organizations, are interpretive reference values—not regulatory air standards—and they're used to inform risk assessment and workplace health decisions rather than to set indoor air quality limits or measure air concentrations.

3. Which functions are typically performed by a public health department?

A. Vital functions

B. Environmental statistics

C. Public health laboratory services

D. All of the above

Public health departments handle a range of activities that support population health. Vital functions include maintaining vital records like births and deaths, which are essential for tracking demographic trends and health planning. Environmental statistics involve collecting and analyzing data on environmental determinants of health, such as water and air quality, to inform protections and policies. Public health laboratory services provide testing and confirmation of diseases and exposures, supporting investigations and surveillance. Taken together, these areas cover the typical functions of a public health department, so all of the above is the best answer.

4. How does general ventilation differ from LEV in exposure control?

A. General ventilation dilutes contaminants in the overall space.

B. General ventilation removes contaminants at the source.

C. General ventilation uses HEPA filters at the source.

D. General ventilation only controls temperature.

General ventilation works by circulating and exchanging room air to dilute contaminants throughout the space. Rather than capturing emissions at their source, it reduces exposure mainly by lowering the overall concentration through dilution. Local exhaust ventilation, by contrast, is designed to pull contaminants away right at the point of generation, using hoods and ducts to remove them before they mix with the room air. So the statement that general ventilation dilutes contaminants in the overall space best captures how it differs from LEV. The other ideas—removing at the source, using filters at the source, or only controlling temperature—are not what general ventilation is primarily about. General ventilation affects air quality mainly through dilution, while LEV targets source capture for more protective control.

5. Food swamp: What defines a food swamp?

A. High produce variety

B. Balanced diet options

C. More unhealthy than healthy food

D. Low sodium options

The key idea is that a food swamp is defined by the local food environment being dominated by unhealthy options relative to healthy ones. In such areas, there are plenty of fast-food outlets, convenience stores, and shops selling highly processed, high-calorie items, which makes choosing unhealthy foods easier and more common despite the presence of some healthier options. This emphasis on the overall mix and accessibility of unhealthy versus healthy foods is what sets a food swamp apart. It's different from a food desert, which focuses on a lack of access to fresh, affordable produce. So the description that notes there are more unhealthy than healthy food options best captures the concept. The other choices don't address the balance of available food options in the environment.

6. Which are core functions of public health?

A. Assessment; Policy Development; Assurance

B. Diagnosis; Treatment; Cure

C. Research; Marketing; Sales

D. Prevention; Promotion; Practice

Public health focuses on population health through three guiding activities: understanding health status and problems (assessment), shaping policies and plans to address those problems (policy development), and ensuring that needed services and protections are available and accountable (assurance). Assessment involves gathering, analyzing, and disseminating data on health conditions, risk factors, and resources so communities know what they're facing and can set priorities. Policy development uses that information to create evidence-based public health policies, programs, and regulations aimed at improving health outcomes and equity. Assurance is about making sure essential public health services are provided, the workforce is competent, laws and enforcement support protection of the public, and that there are systems to connect people with needed services and to monitor and improve performance over time. The other options describe activities that aren't the official trio of core public health functions: diagnosis, treatment, and cure are focused on individual patient care; research, marketing, and sales are broader or commercial activities not defining public health practice; and prevention, promotion, and practice are important public health actions but not the distinct threefold framework that public health agencies organize around.

7. Which of the following are bloodborne pathogens listed in the material?

A. HIV

B. HBV & HCV

C. Both HIV and HBV & HCV

D. None

Bloodborne pathogens are infectious agents that can be transmitted through blood, and in occupational health the main ones commonly listed are HIV, HBV, and HCV. The material includes these pathogens, so the option that combines HIV with HBV and HCV accurately reflects all the pathogens named. Choosing only one of them would miss another pathogen that's listed, and choosing none would ignore what the material specifies. Knowing which organisms are singled out helps explain why protective measures, vaccination for HBV, and post-exposure steps are emphasized for handling potential bloodborne exposures.

8. NOT a route of exposure for hazardous substances?

A. Respiratory

B. Integumentary

C. Gastrointestinal

D. Visual exposure

The key idea is recognizing the established pathways by which hazardous substances can enter the body. In occupational health, the main routes are inhalation (through the lungs), dermal absorption (through the skin), and ingestion (through the gastrointestinal tract). Visual exposure is not a standard route of entry for systemic effects in the same way; the eyes can be affected by exposure, but that's typically considered ocular exposure rather than a primary route of internal entry. So Visual exposure isn't a recognized route of exposure, making it the correct choice for not being a route of exposure.

9. SDOH domain example: Which of the following is a domain of SDOH?

A. Healthcare access

B. Physical activity level

C. Genetic predisposition

D. Personal dietary choices

Social determinants of health are the broad conditions in which people live, work, and age, organized into domains that shape health outcomes. One of these domains is health and healthcare, which includes access to care—the ability to obtain timely, affordable medical services, find a provider, and navigate the health system. That's why healthcare access is the best choice here: it directly reflects systemic and social factors that influence health beyond individual behavior or biology. The other options describe things at the personal level rather than a societal or systemic domain: physical activity level is a behavior, genetic predisposition is a biological factor, and personal dietary choices are individual choices. These influence health but aren't considered SDOH domains themselves.

10. Which component of symptom analysis addresses mood, work, and activities of daily living?

A. Palliative/ precipitating

B. Quality

C. YOU associated sx

D. Temporal

This item is about capturing the broader impact of a symptom on a person's life. In symptom analysis, you separate the sensory quality of the symptom, when it occurs and how long it lasts, and what makes it better or worse. The aspect that specifically looks at mood, work, and the ability to perform daily activities is the set of associated symptoms—the other symptoms that accompany the main complaint and reflect its effect on functioning. This helps you understand the true burden of the condition and guides management, since mood changes or functional impairment can point to psychosocial factors, comorbidities, or the need for supportive interventions. For example, a patient with chest pain who also reports anxiety and reduced ability to work has important associated symptoms that shape diagnosis and treatment beyond the pain itself.

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://occupationalenvihealth.examzify.com

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