

# Occupational and Environmental Health: Recognizing and Preventing Disease and Injury - Multiple Choice Questions - Learn & Prevent (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What is the primary goal of education and training regarding occupational and environmental hazards?**
  - A. To ensure compliance with laws**
  - B. To empower workers and raise awareness**
  - C. To promote the use of personal protective equipment**
  - D. To reduce the cost of health care**
- 2. What challenges were faced during the response efforts to the World Trade Center attacks on 9/11?**
  - A. Perfect coordination between all emergency services**
  - B. Supply shortages, disrupted telecommunications, and lack of unified authority**
  - C. Over-preparedness and lack of emergency tasks**
  - D. Easy and clear risk communication among workers**
- 3. Which of the following is an example of an administrative control to prevent occupational injuries?**
  - A. Using a machine guard**
  - B. Mandatory seat belt policy**
  - C. Personal flotation devices**
  - D. Ground fault circuit interrupters**
- 4. Which U.S. employment doctrine allows employers to discharge employees for no reason?**
  - A. Equal Employment Opportunity**
  - B. Employment-at-will**
  - C. Right-to-Work**
  - D. Fair Labor Standards Act**
- 5. What does 'organizational justice' refer to in the context of workplace health according to the CSBI report?**
  - A. Fair compensation practices**
  - B. Legal compliance with employment laws**
  - C. Equal opportunities for career advancement**
  - D. Balanced distribution of work and rewards**



- 6. What condition results from hyperbaric environments due to increased partial pressure of nitrogen?**
- A. Nitrogen narcosis**
  - B. Carbon monoxide poisoning**
  - C. Hypercapnia**
  - D. Hypoxemia**
- 7. For which industry division is the incidence rate for occupational skin diseases the highest?**
- A. Manufacturing**
  - B. Professional and business services**
  - C. Agriculture, forestry, fishing, and hunting**
  - D. Education and health services**
- 8. What symptom is characteristic of high-altitude pulmonary edema (HAPE)?**
- A. Cough productive of bloody sputum**
  - B. Intense sweating**
  - C. Severe abdominal pain**
  - D. Increased urination frequency**
- 9. Which substance is recommended for preventing acute mountain sickness?**
- A. Caffeine**
  - B. Acetazolamide**
  - C. Paracetamol**
  - D. Vitamin C**
- 10. By the 2050s, how much is the estimated increase in heat-related deaths in Metropolitan New York City compared to the 1990s?**
- A. 47% to 95%**
  - B. 20% to 40%**
  - C. 10% to 25%**
  - D. 50% to 100%**

## **Answers**

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

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## **Explanations**

**1. What is the primary goal of education and training regarding occupational and environmental hazards?**

- A. To ensure compliance with laws**
- B. To empower workers and raise awareness**
- C. To promote the use of personal protective equipment**
- D. To reduce the cost of health care**

The primary goal of education and training regarding occupational and environmental hazards is to empower workers and raise awareness. Option A is incorrect because while compliance with laws is important, it is not the primary goal. Option C is incorrect because while promoting the use of personal protective equipment is an important aspect of education and training, it is not the only goal. Option D is incorrect because while reducing the cost of healthcare may be a benefit of educating and training individuals on hazards, it is not the main objective.

**2. What challenges were faced during the response efforts to the World Trade Center attacks on 9/11?**

- A. Perfect coordination between all emergency services**
- B. Supply shortages, disrupted telecommunications, and lack of unified authority**
- C. Over-preparedness and lack of emergency tasks**
- D. Easy and clear risk communication among workers**

During the response efforts to the World Trade Center attacks on 9/11, there were several challenges that were faced. Option B is the correct answer because it accurately represents the challenges experienced. Option A is incorrect because while coordination was crucial, it was not perfect and there were difficulties communicating between departments. Option C is incorrect because it suggests that the response efforts were over-prepared, while the reality was that there were many challenges and obstacles that needed to be overcome. Option D is incorrect because risk communication among workers was not easy or clear, as there was chaos and confusion during the attacks and response efforts. Therefore, option B is the correct answer as it accurately reflects the challenges that were faced during the response efforts.

**3. Which of the following is an example of an administrative control to prevent occupational injuries?**

- A. Using a machine guard**
- B. Mandatory seat belt policy**
- C. Personal flotation devices**
- D. Ground fault circuit interrupters**

Option A is incorrect because using a machine guard is an example of an engineering control, not an administrative one. Option C is incorrect because personal flotation devices are typically used to prevent drowning and are not specific to occupational injuries. Option D is incorrect because ground fault circuit interrupters are a type of electrical safety device and do not directly relate to occupational injuries. Option B is correct because enforcing a mandatory seat belt policy is an administrative control that can prevent occupational injuries by promoting safe driving habits and reducing the risk of injuries in the event of a car accident.

**4. Which U.S. employment doctrine allows employers to discharge employees for no reason?**

- A. Equal Employment Opportunity**
- B. Employment-at-will**
- C. Right-to-Work**
- D. Fair Labor Standards Act**

Employment-at-will is a common law doctrine in the United States that allows employers to terminate employees for any reason, as long as it is not illegal. This means that an employer can fire an employee without providing a reason or justification. This doctrine is often referred to as the "master-servant" rule, where the employer is considered the "master" and the employee is the "servant." The other options, while related to employment laws and regulations, do not specifically address the issue of discharging employees for no reason.

Equal Employment Opportunity (A) prohibits discrimination in the workplace based on protected characteristics such as race, gender, religion, etc. It does not give employers the right to terminate employees without reason. Right-to-Work (C) refers to laws that allow employees to work in unionized workplaces without being required to join a union. It does not address

**5. What does 'organizational justice' refer to in the context of workplace health according to the CSBI report?**

- A. Fair compensation practices**
- B. Legal compliance with employment laws**
- C. Equal opportunities for career advancement**
- D. Balanced distribution of work and rewards**

Organizational justice, in the context of workplace health according to the CSBI report, refers to the concept of fair treatment and equitable distribution of work and rewards among employees. Fair compensation practices (choice A) may be a component of organizational justice, but it is not the only factor. Legal compliance with employment laws (choice B) ensures that the workplace is free from discrimination and harassment, but it is not directly related to the concept of organizational justice. Equal opportunities for career advancement (choice C) also contribute to a healthy workplace, but do not fully encompass the idea of organizational justice. Therefore, the best answer is D, which highlights the importance of balance and fairness in the distribution of work and rewards within an organization.

**6. What condition results from hyperbaric environments due to increased partial pressure of nitrogen?**

**A. Nitrogen narcosis**

**B. Carbon monoxide poisoning**

**C. Hypercapnia**

**D. Hypoxemia**

When exposed to an increased partial pressure of nitrogen in a hyperbaric environment, nitrogen narcosis occurs. This condition is characterized by symptoms such as impaired judgment, dizziness, and incoordination. It is caused by the increased concentration of nitrogen in the body, which can affect the brain and nervous system. Option B, carbon monoxide poisoning, is caused by exposure to high levels of carbon monoxide and does not relate to hyperbaric environments or nitrogen pressure. Option C, hypercapnia, is a condition where there is an abnormally high level of carbon dioxide in the blood, and it is not caused by an increased partial pressure of nitrogen. Option D, hypoxemia, is an inadequate level of oxygen in the blood and is not linked to hyperbaric environments or nitrogen pressure. Overall, option A is the most appropriate choice because it is the only option

**7. For which industry division is the incidence rate for occupational skin diseases the highest?**

**A. Manufacturing**

**B. Professional and business services**

**C. Agriculture, forestry, fishing, and hunting**

**D. Education and health services**

Occupational skin diseases are most prevalent in the Agriculture, forestry, fishing, and hunting industry division. This is because workers in this industry are often exposed to harsh chemicals, plant oils, and other irritants that can cause skin irritation and damage. The manufacturing, professional and business services, and education and health services industries are less likely to have workers exposed to such hazardous substances on a regular basis. Therefore, the incidence rate for occupational skin diseases is lower in these industries compared to agriculture, forestry, fishing, and hunting.

**8. What symptom is characteristic of high-altitude pulmonary edema (HAPE)?**

**A. Cough productive of bloody sputum**

**B. Intense sweating**

**C. Severe abdominal pain**

**D. Increased urination frequency**

Characteristic of high-altitude pulmonary edema (HAPE) is cough productive of bloody sputum. The other options are incorrect because intense sweating, severe abdominal pain, and increased urination frequency are common symptoms for other ailments and are not typically associated with HAPE.

**9. Which substance is recommended for preventing acute mountain sickness?**

- A. Caffeine**
- B. Acetazolamide**
- C. Paracetamol**
- D. Vitamin C**

Acetazolamide is a medication that is commonly used to prevent acute mountain sickness (AMS). This is because it helps to decrease the build-up of fluid in the lungs and the brain, which can occur at high altitudes. Caffeine, paracetamol, and vitamin C do not have any proven benefits in preventing AMS and may even have potential negative effects. Caffeine is a diuretic, which can increase dehydration and worsen symptoms, while paracetamol and vitamin C have not been shown to have any significant effects on AMS. Therefore, acetazolamide is the most recommended substance for preventing AMS.

**10. By the 2050s, how much is the estimated increase in heat-related deaths in Metropolitan New York City compared to the 1990s?**

- A. 47% to 95%**
- B. 20% to 40%**
- C. 10% to 25%**
- D. 50% to 100%**

In the 2050s, the estimated increase in heat-related deaths in Metropolitan New York City is expected to be between 47% and 95% compared to the 1990s. This means that the number of heat-related deaths is projected to increase significantly in the future due to the effects of climate change. The other options are incorrect because they either underestimate or overestimate the potential increase. Option B, 20% to 40%, is too low and does not accurately reflect the severity of the issue. Option C, 10% to 25%, is also too low and does not account for the potential drastic impact on human health. Option D, 50% to 100%, is too high and overestimates the increase, although it is closer to the correct answer compared to the other incorrect options.



## 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](mailto:hello@examzify.com).**

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

**<https://occupationalenvironmentalhealth.examzify.com>**

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