

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!

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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 form of mercury poisoning was first identified in fishing communities on Minamata Bay?**
 - A. Elemental mercury poisoning**
 - B. Inorganic mercury poisoning**
 - C. Organic mercury poisoning**
 - D. Dimethylmercury poisoning**
- 2. In the health concerns at a hazardous-waste remediation site, what symptoms did residents report due to odors from soil treatment activities?**
 - A. Enhanced visual acuity and better sleep**
 - B. Headache, sore throat, lethargy, and burning eyes**
 - C. Increased appetite and energy levels**
 - D. None, as no symptoms were reported by the residents**
- 3. In which occupational group was the period prevalence of self-reported occupational contact dermatitis the highest, according to the Occupational Health Supplement of the NHIS?**
 - A. Physicians, dentists, nurses, pharmacists**
 - B. Farming, fishing, and forestry workers**
 - C. Protective services workers**
 - D. Service-related workers**
- 4. What does NHSN stand for?**
 - A. National Hazardous Substances Network**
 - B. National Healthcare Safety Network**
 - C. National Health Service Network**
 - D. National Humanitarian Support Network**
- 5. What event catalyzed the establishment of the Environmental Protection Agency and significant environmental legislation in the United States?**
 - A. The publication of 'Silent Spring'**
 - B. The first Earth Day in 1970**
 - C. The Love Canal incident**
 - D. The Exxon-Valdez oil spill**

6. What was the role of the Environmental Public Health Tracking Network (EPHT) in addressing childhood lead poisoning as explained in the text?

- A. Providing a web-based system for tracking housing risk factors**
- B. Funding research into new treatment methods**
- C. Designing new educational programs for parents**
- D. Developing new lead-safe toys for children**

7. What term describes the merging of environmental sustainability with economic growth and job creation, as advocated by many environmental NGOs?

- A. Neo-Environmentalism**
- B. Sustainable Development**
- C. Green Economy**
- D. Eco-Modernization**

8. What can the excretion rate of a toxic substance indicate?

- A. The substance's molecular weight**
- B. The severity of exposure to the substance**
- C. The nutritional status of the exposed individual**
- D. The age of the exposed individual**

9. What type of surveillance system is NORMS?

- A. Voluntary reporting system**
- B. Mandatory reporting system**
- C. Interactive data system**
- D. Manual record-keeping system**

10. What does the Seveso Directive require EU member states to ensure?

- A. That manufacturers prove that major hazards have been identified and that safety measures have been adopted**
- B. That all air pollutants are below established emission limit values**
- C. That all drinking water standards meet the Safe Drinking Water Act requirements**
- D. That all waste electrical and electronic equipment is recycled**

Answers

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

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Explanations

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1. Which form of mercury poisoning was first identified in fishing communities on Minamata Bay?

- A. Elemental mercury poisoning**
- B. Inorganic mercury poisoning**
- C. Organic mercury poisoning**
- D. Dimethylmercury poisoning**

Mercury poisoning is a serious condition caused by exposure to high levels of mercury. There are three main types of mercury poisoning, namely elemental mercury poisoning, inorganic mercury poisoning, and organic mercury poisoning. In this case, the first form of mercury poisoning was identified in fishing communities on Minamata Bay was organic mercury poisoning, also known as Minamata disease. This was caused by the consumption of contaminated fish, specifically shellfish, which had accumulated high levels of methylmercury due to industrial waste being dumped into the bay. As for the other options, elemental mercury poisoning is caused by inhaling mercury vapors, while inorganic mercury poisoning is caused by ingesting or inhaling mercury compounds. Dimethylmercury poisoning is a specific type of organic mercury poisoning caused by exposure to dimethylmercury, a highly toxic chemical compound. Therefore, these options are not correct because they do not

2. In the health concerns at a hazardous-waste remediation site, what symptoms did residents report due to odors from soil treatment activities?

- A. Enhanced visual acuity and better sleep**
- B. Headache, sore throat, lethargy, and burning eyes**
- C. Increased appetite and energy levels**
- D. None, as no symptoms were reported by the residents**

Residents reported headaches, sore throat, lethargy, and burning eyes due to odors from soil treatment activities at a hazardous-waste remediation site. This is unlike option A, where residents experienced enhanced visual acuity and better sleep, as these symptoms have not been reported in relation to odors at the site. Option C, increased appetite and energy levels, is also incorrect as residents did not report these symptoms. Additionally, option D, none, is incorrect as residents did report symptoms.

3. In which occupational group was the period prevalence of self-reported occupational contact dermatitis the highest, according to the Occupational Health Supplement of the NHIS?

- A. Physicians, dentists, nurses, pharmacists**
- B. Farming, fishing, and forestry workers**
- C. Protective services workers**
- D. Service-related workers**

According to the Occupational Health Supplement of the NHIS, the highest period prevalence of self-reported occupational contact dermatitis was found among physicians, dentists, nurses, and pharmacists. This may be due to the nature of their work requiring frequent contact with potential allergens or irritants in the medical setting. Farming, fishing, and forestry workers may also be at an increased risk due to their exposure to various environmental triggers, but the occupational group of healthcare workers had the highest prevalence. Protective services workers and service-related workers may also be at risk, but not as high as those in the healthcare field.

4. What does NHSN stand for?

- A. National Hazardous Substances Network**
- B. National Healthcare Safety Network**
- C. National Health Service Network**
- D. National Humanitarian Support Network**

NHSN stands for National Healthcare Safety Network. This is a program run by the Centers for Disease Control and Prevention (CDC) that collects and reports data on healthcare-associated infections (HAIs) in order to improve patient safety. Option A is incorrect because there is no such thing as a National Hazardous Substances Network. Option C is incorrect because the acronym "NHSN" does not contain the word "service." Option D is incorrect because NHSN is not a humanitarian support network, but rather a program focused on healthcare safety.

5. What event catalyzed the establishment of the Environmental Protection Agency and significant environmental legislation in the United States?

- A. The publication of 'Silent Spring'**
- B. The first Earth Day in 1970**
- C. The Love Canal incident**
- D. The Exxon-Valdez oil spill**

The establishment of the Environmental Protection Agency (EPA) and significant environmental legislation in the United States was catalyzed by the first Earth Day in 1970. This event, organized by Senator Gaylord Nelson, brought together millions of Americans to demonstrate and advocate for environmental protection and conservation. While options A, C, and D may have also raised awareness of environmental issues, they did not lead directly to the creation of the EPA and significant legislation like the Clean Air Act and Clean Water Act. 'Silent Spring' by Rachel Carson, option A, did play a crucial role in raising public awareness about the harmful effects of pesticides, but it was not the sole catalyst for the establishment of the EPA and environmental legislation. Similarly, the Love Canal incident (option C) and Exxon-Valdez oil spill (option D) brought attention to specific environmental disasters, but did not lead to the widespread environmental

6. What was the role of the Environmental Public Health Tracking Network (EPHT) in addressing childhood lead poisoning as explained in the text?

- A. Providing a web-based system for tracking housing risk factors**
- B. Funding research into new treatment methods**
- C. Designing new educational programs for parents**
- D. Developing new lead-safe toys for children**

The correct answer is A. The Environmental Public Health Tracking Network (EPHT) played an important role in addressing childhood lead poisoning by providing a web-based system for tracking housing risk factors. This allowed for better understanding of where lead exposure was occurring and allowed for targeted intervention and prevention efforts. Options B, C, and D do not accurately describe the role of EPHT in addressing childhood lead poisoning. EPHT did not fund research, design educational programs, or develop lead-safe toys.

7. What term describes the merging of environmental sustainability with economic growth and job creation, as advocated by many environmental NGOs?

- A. Neo-Environmentalism**
- B. Sustainable Development**
- C. Green Economy**
- D. Eco-Modernization**

The term that describes the merging of environmental sustainability with economic growth and job creation is known as "Green Economy". This concept is advocated by many environmental NGOs as a way to achieve a balance between economic development and preserving the environment. Option A, Neo-Environmentalism, does not accurately describe this concept as it refers to a political ideology that prioritizes the environment over economic growth. Option B, Sustainable Development, also does not specifically address the merging of economic growth and environmental sustainability. Option D, Eco-Modernization, is a similar concept but focuses more on using technology to address environmental issues. Therefore, option C is the most appropriate and specific term to describe this concept.

8. What can the excretion rate of a toxic substance indicate?

- A. The substance's molecular weight**
- B. The severity of exposure to the substance**
- C. The nutritional status of the exposed individual**
- D. The age of the exposed individual**

The excretion rate of a toxic substance can indicate the severity of an individual's exposure to the substance. This is because the body will often increase its excretion of a toxic substance if it has been exposed to a high amount of it. Options A, C, and D are incorrect because the molecular weight of a substance, the nutritional status of an individual, and their age do not directly affect the body's excretion rate of a toxic substance.

9. What type of surveillance system is NORMS?

- A. Voluntary reporting system**
- B. Mandatory reporting system**
- C. Interactive data system**
- D. Manual record-keeping system**

NORMS is an acronym for "National Online Regularity Monitoring System" and is a surveillance system that collects and analyzes data from various sources such as online reviews, social media posts, and consumer complaints to identify and track trends in the market. It is an interactive data system because it uses both automated processes and human analysis to gather and interpret data. Options A and B may seem like plausible choices, but they do not accurately describe the nature of NORMS. NORMS does not rely on voluntary or mandatory reporting, but rather actively searches for and collects data from various sources. Option D, manual record-keeping system, is also incorrect as NORMS utilizes advanced technology and algorithms to collect and analyze data in a more efficient and accurate manner. Therefore, the most appropriate choice is C, interactive data system.

10. What does the Seveso Directive require EU member states to ensure?

- A. That manufacturers prove that major hazards have been identified and that safety measures have been adopted**
- B. That all air pollutants are below established emission limit values**
- C. That all drinking water standards meet the Safe Drinking Water Act requirements**
- D. That all waste electrical and electronic equipment is recycled**

The Seveso Directive requires EU member states to ensure that manufacturers have identified major hazards and adopted necessary safety measures. Option B is incorrect because it only applies to air pollutants, not major hazards in general. Option C is incorrect because it only pertains to drinking water standards, not hazards and safety measures for manufacturing. Option D is incorrect because it specifically mentions waste electrical and electronic equipment, which is not related to the Seveso Directive. Therefore, the most appropriate answer is A.

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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://occupationalenvironmentalhealth.examzify.com>

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

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