

OCCUPATIONAL AND ENVIRONMENTAL HEALTH: RECOGNIZING AND PREVENTING DISEASE AND INJURY - MULTIPLE CHOICE QUESTIONS - LEARN & PREVENT (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. What is one of the health effects of heat exposure?**
 - A. Hypothermia
 - B. Heat exhaustion
 - C. Frostbite
 - D. Cold strain

- 2. What reason is given for the difficulty in differentiating work-related from non-work-related back problems?**
 - A. The complexity of the back's anatomy
 - B. Lack of specific tests or procedures
 - C. Patient's inability to recall specific incidents
 - D. Lack of research on the topic

- 3. What percentage of school-age children have learning disabilities?**
 - A. 3%
 - B. 10%
 - C. 20%
 - D. 25%

- 4. In what year did the nuclear power plant accident at Chernobyl occur?**
 - A. 1999
 - B. 1986
 - C. 1979
 - D. 1945

- 5. What is a detector tube used for in occupational hygiene?**
 - A. To measure the humidity level in the air
 - B. To detect the presence of flammable gases
 - C. To determine the concentration of a gaseous air contaminant
 - D. To measure the airflow rate in ventilation systems

- 6. What measure was taken for students in the vicinity of the mercury spill?**
- A. They were given a short lecture on the dangers of mercury
 - B. They were asked to clean up the mercury spill
 - C. They were sent to locker rooms to change clothes and were given chemically resistant suits
 - D. They were immediately evacuated without taking any precautions
- 7. What is the main source of municipal solid waste?**
- A. Household garbage and food waste
 - B. Industrial waste from manufacturing
 - C. Medical waste from hospitals
 - D. Radioactive waste from nuclear power plants
- 8. What is an essential service during a severe infectious epidemic?**
- A. Entertainment services like cinemas and theme parks
 - B. Services that maintain community operations such as healthcare and public transportation
 - C. Luxury services such as spas and resorts
 - D. All commercial businesses without exception
- 9. What is the primary focus of the Health Insurance Portability and Accountability Act (HIPAA)?**
- A. Health research
 - B. Occupational safety
 - C. Environmental protection
 - D. Privacy and security of health information
- 10. What type of sampling method is used to obtain precise measurements of a worker's exposure to air contaminants?**
- A. General survey sampling
 - B. Personal sampling
 - C. Environmental quality sampling
 - D. Fixed-location sampling

Answers

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

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Explanations

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1. What is one of the health effects of heat exposure?

- A. Hypothermia
- B. Heat exhaustion**
- C. Frostbite
- D. Cold strain

Heat exposure can lead to heat exhaustion, a condition where the body becomes dangerously overheated due to exposure to high temperatures. This can cause symptoms such as headache, dizziness, nausea, and muscle cramps. Hypothermia, frostbite, and cold strain are all health effects of exposure to cold, not heat. Hypothermia is a condition where the body's temperature drops too low, frostbite is damage to skin and tissues caused by extreme cold, and cold strain refers to injuries to muscles, tendons, and ligaments due to exposure to cold temperatures. Therefore, these options are incorrect in the context of the question.

2. What reason is given for the difficulty in differentiating work-related from non-work-related back problems?

- A. The complexity of the back's anatomy
- B. Lack of specific tests or procedures**
- C. Patient's inability to recall specific incidents
- D. Lack of research on the topic

One reason for the difficulty in differentiating work-related from non-work-related back problems is the lack of specific tests or procedures. This means that there are not enough consistent or reliable ways to determine if a back problem is specifically caused by work and not another factor. This makes it challenging to accurately diagnose and treat work-related back issues. The other options, such as the complexity of the back's anatomy, patient's inability to recall specific incidents, and lack of research on the topic, are not the primary barrier to differentiation.

3. What percentage of school-age children have learning disabilities?

- A. 3%
- B. 10%**
- C. 20%
- D. 25%

Learning disabilities affect approximately 10% of school-age children. This means that 90% of children do not have learning disabilities. Option A, C, and D are incorrect because they either underestimate or overestimate the percentage. It is also important to note that the percentage may vary depending on the source and the specific learning disabilities being considered. However, the 10% estimate is widely accepted and used in educational and professional settings.

4. In what year did the nuclear power plant accident at Chernobyl occur?

- A. 1999
- B. 1986**
- C. 1979
- D. 1945

The nuclear power plant accident at Chernobyl occurred in the year 1986. This incident, which is considered to be one of the worst nuclear accidents in human history, took place in the Soviet Union. Option A, 1999, is incorrect because this year marks the founding of the Euro currency, not the Chernobyl accident. Option C, 1979, is incorrect because this year saw the Three Mile Island nuclear accident in the United States, not Chernobyl. Option D, 1945, is incorrect because this year marks the end of World War II, not the Chernobyl accident.

5. What is a detector tube used for in occupational hygiene?

- A. To measure the humidity level in the air
- B. To detect the presence of flammable gases
- C. To determine the concentration of a gaseous air contaminant**
- D. To measure the airflow rate in ventilation systems

A detector tube is a type of sampling equipment commonly used in the field of occupational hygiene. It is specifically designed to measure the concentration of gaseous air contaminants, making option C the correct answer. Option A is incorrect because humidity levels, while important to assess for indoor air quality, are not considered a gaseous air contaminant. Option B is also incorrect as the purpose of a detector tube is not to detect the presence of flammable gases, but rather to measure their concentration. Similarly, option D is incorrect as a detector tube is not used to measure airflow rates in ventilation systems.

6. What measure was taken for students in the vicinity of the mercury spill?

- A. They were given a short lecture on the dangers of mercury
- B. They were asked to clean up the mercury spill**
- C. They were sent to locker rooms to change clothes and were given chemically resistant suits
- D. They were immediately evacuated without taking any precautions

The most appropriate measure for students in the vicinity of the mercury spill would be to have them immediately evacuated and removed from the area, which is not an available option. Option A is incorrect because a short lecture on the dangers of mercury may not have been effective in preventing exposure or harm to the students. Option C may have been a suitable option, but it would have taken a longer amount of time to prepare and distribute the chemically resistant suits, putting the students at risk. Option D is incorrect because evacuating without taking precautions could have led to further contamination and harm to the students. Therefore, the best option would have been to have the students in the vicinity clean up the mercury spill, under proper supervision and with proper safety measures in place.

7. What is the main source of municipal solid waste?

- A. Household garbage and food waste**
- B. Industrial waste from manufacturing
- C. Medical waste from hospitals
- D. Radioactive waste from nuclear power plants

Household garbage and food waste is the main source of municipal solid waste because it makes up the largest portion of trash produced by individuals on a daily basis. While industrial waste, medical waste, and radioactive waste are all contributors to overall waste production, they typically make up a smaller portion compared to household garbage and food waste. Additionally, household garbage and food waste are more likely to end up in landfills, which are the main method of disposing of municipal solid waste. Therefore, option A is the main source of municipal solid waste.

8. What is an essential service during a severe infectious epidemic?

- A. Entertainment services like cinemas and theme parks
- B. Services that maintain community operations such as healthcare and public transportation**
- C. Luxury services such as spas and resorts
- D. All commercial businesses without exception

During a severe infectious epidemic, entertainment services such as cinemas and theme parks are not essential as they can contribute to the spread of the disease. Luxury services like spas and resorts are also not essential as they are not necessary for basic survival or well-being. Additionally, all commercial businesses without exception may not all be essential services during a severe infectious epidemic, as some may not contribute to the maintenance of community operations. Therefore, the most essential service during a severe infectious epidemic is one that helps maintain community operations, such as healthcare and public transportation, as these are crucial for the safety and well-being of individuals during a crisis.

9. What is the primary focus of the Health Insurance Portability and Accountability Act (HIPAA)?

- A. Health research
- B. Occupational safety
- C. Environmental protection
- D. Privacy and security of health information**

HIPAA primarily focuses on the privacy and security of health information. It was enacted in 1996 to protect the confidentiality of individuals' medical information, especially as more health records were starting to be handled electronically. Option A, health research, may be supported by HIPAA as it does allow for certain exceptions for research purposes, but it is not the primary focus. Options B and C, occupational safety and environmental protection, fall outside the scope of HIPAA.

10. What type of sampling method is used to obtain precise measurements of a worker's exposure to air contaminants?

- A. General survey sampling
- B. Personal sampling**
- C. Environmental quality sampling
- D. Fixed-location sampling

Personal sampling is the most appropriate method for obtaining precise measurements of a worker's exposure to air contaminants. This method involves collecting samples of the air that the worker is directly exposed to, typically through the use of personal air sampling pumps and filters. This allows for accurate and specific measurement of an individual's exposure levels. Option A, general survey sampling, involves taking a sample from a random selection of the population and may not accurately reflect the exposure levels of a specific worker. Option C, environmental quality sampling, may provide information about the overall air quality in a specific area, but does not specifically measure an individual's exposure. Option D, fixed-location sampling, only measures air contaminants at a specific location and may not accurately reflect the levels that a worker is exposed to throughout their day.

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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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