Occupational Hygiene Practice Test (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

1. Which of the below best describes a hazard?

A. Something with the potential to cause harm

B. Something that always causes harm

C. A risk-control measure

D. A safe condition

2. If a sampling result is non-detect, what is a reasonable next step?

A. Resampling to confirm exposure levels and reassess controls

B. Ignore and assume compliance

C. Immediately declare compliance with the PEL

D. Increase sampling rate indefinitely

3. What is the occupational exposure limit for noise relevant to prevention of hearing loss?

A. 80 dBA

B. 85 dBA

C. 90 dBA

D. 100 dBA

4. Health effects due to static magnetic fields include visual effects. Which statement is true?

A. Visual effects

B. Only auditory effects

C. No effects

D. Peripheral nerve effects

5. What is the primary objective of occupational hygiene in workplace settings?

A. Prevent health effects by anticipating, recognizing, evaluating, and controlling worker exposure to hazards

B. Maximize production throughput

C. Minimize training time for workers

D. Ensure compliance with tax regulations

6. Which tones of hearing sensitivity are reduced to first by intense noise exposition

A. Low tones

B. High tones

C. Mid tones

D. All tones

7. The Anffimov's test is used to measure concentration of attention.

A. It measures concentration of attention

B. It measures resting heart rate

C. It measures color perception

D. It measures pain threshold

8. Which of the following is a key step in a risk-based occupational exposure assessment?

A. Incident investigation

B. Machinery maintenance

C. Ergonomic assessment

D. Hazard identification

9. Pesticides from class '2 moderately hazardous' have LD50 for the rat (oral) in which range?

A. 5-50 mg/kg BW

B. Over 500 mg/kg BW

C. 50-500 mg/kg BW

D. 0.5-5 mg/kg BW

10. How do area monitoring results relate to personal exposure limits in risk assessment?

A. Area measurements provide ambient concentrations; personal exposure is worker-specific; both inform judgment but only personal is definitive for PEL compliance.

B. Area monitoring is always sufficient for PEL compliance; personal exposure is irrelevant.

C. Personal exposure equals area exposure.

D. Area monitoring and personal exposure are the same concept.

Answers

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

Explanations

1. Which of the below best describes a hazard?

A. Something with the potential to cause harm

B. Something that always causes harm

C. A risk-control measure

D. A safe condition

A hazard is an inherent property or situation with the potential to cause harm. It doesn't guarantee harm will occur; harm depends on exposure, dose, duration, and other factors. That's why describing something with the potential to cause harm best captures what a hazard is. The other ideas describe different things: a risk-control measure is something used to reduce risk, not a hazard itself; a safe condition describes a scenario where exposure to hazards is controlled or absent; and stating that something always causes harm is incorrect because many hazards only have the potential to cause harm, not an inevitable outcome in every situation.

2. If a sampling result is non-detect, what is a reasonable next step?

A. Resampling to confirm exposure levels and reassess controls

B. Ignore and assume compliance

C. Immediately declare compliance with the PEL

D. Increase sampling rate indefinitely

When a sampling result is non-detect, the concentration is below the method's limit of detection, which doesn't prove there is no exposure or that it's safely below the limit. The reasonable next step is to resample to obtain a quantitative exposure estimate and to reassess the controls. By collecting additional data—potentially with a more sensitive method, longer sampling durations, or different times/locations—you gain a clearer picture of actual exposure and the confidence that it truly stays under the permissible limit. This helps determine whether current controls are sufficient or if improvements are needed. Ignoring the result, declaring immediate compliance, or endlessly increasing sampling without a plan aren't appropriate. Non-detect does not automatically equal compliance, and a practical, targeted follow-up sampling plan provides the needed footing to judge exposure and control effectiveness.

3. What is the occupational exposure limit for noise relevant to prevention of hearing loss?

A. 80 dBA

B. 85 dBA

C. 90 dBA

D. 100 dBA

Hearing protection for workers is guided by a threshold at which protection and monitoring become required to prevent noise-induced hearing loss. That threshold is 85 dB(A) as an eight-hour exposure limit. This value is the level at which guidelines trigger hearing conservation measures, such as engineering controls, administrative controls, and the use of hearing protection. The 85 dB(A) limit is tied to the 3 dB exchange rate, meaning for every 3 dB increase in noise level, the permissible exposure time halves. For example, at 85 dB(A) you can be exposed for about 8 hours; at 88 dB(A) roughly 4 hours; at 91 dB(A) about 2 hours. Higher values like 90 dB(A) or 100 dB(A) are associated with other regulatory limits (such as OSHA's permissible exposure limit) but are not the protection-focused threshold used to prevent hearing loss in hearing conservation programs.

4. Health effects due to static magnetic fields include visual effects. Which statement is true?

A. Visual effects

B. Only auditory effects

C. No effects

D. Peripheral nerve effects

Static magnetic fields can cause visual sensations due to the interaction of the field with moving charges in the eye. When someone moves in a strong static field, the Lorentz force acts on ions in the retina and surrounding fluids, producing transient electrical stimulation that the brain interprets as light. This results in phosphenes—brief flashes or shimmering lights—reported by people undergoing MRI or other strong static fields. That visual effect is a recognized health effect of static magnetic fields, so the statement describing visual effects as part of the health effects is true. Other potential effects, like vestibular sensations, can occur as well, but peripheral nerve stimulation or exclusive reliance on auditory effects aren't the primary, documented outcomes in this context.

5. What is the primary objective of occupational hygiene in workplace settings?

A. Prevent health effects by anticipating, recognizing, evaluating, and controlling worker exposure to hazards

B. Maximize production throughput

C. Minimize training time for workers

D. Ensure compliance with tax regulations

Preventing health effects by anticipating, recognizing, evaluating, and controlling worker exposure to hazards is the main aim of occupational hygiene. This approach focuses on protecting workers' health before symptoms appear, using a systematic process: identify potential hazards in tasks or processes, assess who might be exposed and how much, implement controls to reduce or eliminate exposure (from elimination and engineering controls to administrative changes and personal protective equipment), and monitor to ensure the controls work effectively. While keeping production efficiency, training duration, or regulatory tax aspects in mind is important for running a workplace, these are not the primary objective of occupational hygiene, which centers on preventing adverse health effects from workplace hazards.

6. Which tones of hearing sensitivity are reduced to first by intense noise exposition

A. Low tones

B. High tones

C. Mid tones

D. All tones

Intense noise exposure initially damages the basal part of the cochlea, where high-frequency sounds are encoded. This region is most vulnerable to loud sound, so the outer hair cells here sustain damage first, leading to reduced sensitivity to high tones. On an audiogram, the classic pattern is a high-frequency notch around 4 kHz, reflecting this early high-frequency loss. If exposure continues, the damage can broaden to mid and eventually low frequencies, but the earliest and most pronounced deficit appears with high tones.

7. The Anffimov's test is used to measure concentration of attention.

A. It measures concentration of attention

B. It measures resting heart rate

C. It measures color perception

D. It measures pain threshold

Concentration of attention means the ability to maintain focus on a task and respond consistently over time, despite distractions or fatigue. Anfimov's test is designed to probe exactly that by requiring continuous attention and rapid, accurate responses as tasks repeat. The results reflect how well someone can sustain attentional engagement and control their responses under ongoing demand, which is what this concept measures. Resting heart rate gauges autonomic arousal, not sustained attention. Color perception tests sensory discrimination, not the ability to stay focused over time. Pain threshold assesses nociception and tolerance to painful stimuli, which is unrelated to attentional concentration.

8. Which of the following is a key step in a risk-based occupational exposure assessment?

A. Incident investigation

B. Machinery maintenance

C. Ergonomic assessment

D. Hazard identification

Identifying hazards is the essential starting point in a risk-based occupational exposure assessment. Before you can evaluate how much workers might be exposed or what controls are needed, you must first know what could cause harm in the workplace—chemical agents, noise, dust, biological agents, heat, ergonomic stresses, and other potential hazards. This step defines the scope of the assessment and pinpoints where exposure needs to be measured or estimated. Once hazards are identified, you assess who could be exposed, to what extent, and by which routes, then compare those exposures to relevant limits to characterize risk and prioritize controls. While incident investigations, machinery maintenance, and ergonomic assessments are important safety activities in their own right, they either focus on learning from past events or on implementing controls, rather than establishing the hazards that drive the risk assessment.

9. Pesticides from class '2 moderately hazardous' have LD50 for the rat (oral) in which range?

A. 5-50 mg/kg BW

B. Over 500 mg/kg BW

C. 50-500 mg/kg BW

D. 0.5-5 mg/kg BW

Understanding how acute toxicity is categorized helps here. LD50 is the dose that kills 50% of test animals; the smaller the LD50, the more toxic the substance. Pesticides labeled as moderately hazardous occupy a middle tier: they are more toxic than the least hazardous substances but not as deadly as the most toxic ones. So their rat oral LD50 sits in the middle of the toxicity spectrum. That's why this option best fits the description. If a substance had a very low LD50, it would be in a higher hazard category, and if its LD50 were very high, it would be considered less hazardous.

10. How do area monitoring results relate to personal exposure limits in risk assessment?

A. Area measurements provide ambient concentrations; personal exposure is worker-specific; both inform judgment but only personal is definitive for PEL compliance.

B. Area monitoring is always sufficient for PEL compliance; personal exposure is irrelevant.

C. Personal exposure equals area exposure.

D. Area monitoring and personal exposure are the same concept.

Area monitoring shows the ambient concentration in a workspace, measured at fixed locations or during short sampling periods. Personal exposure, on the other hand, is what a worker actually inhales during the work shift, which depends on how long they stay in different areas, what tasks they perform, their breathing rate, and whether they're using respiratory protection. In risk assessment, ambient data helps identify where and when concentrations can reach higher levels and guides engineering controls, ventilation, and work procedures. But the PEL is concerned with the worker's actual inhaled dose over the exposure period. That makes personal exposure the definitive measure for PEL compliance, not just what the air happens to be in the space. The two data types work together: ambient measurements point to where controls are needed, while personal exposure confirms whether those controls keep workers within regulatory limits.

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://occupationalhygiene.examzify.com

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