

Practice Exam Questions



COHN

Certified Occupational Health Nurse



EXAMAIDES

PASS YOUR EXAM AT FIRST TRY

1. Which of the following is the most common on-the-job injury among hospital workers?

- a. Back injury.
- b. Eye injury.
- c. Head injury.
- d. Burn injury.

2. All of the following are types of personal protective equipment (PPE) in a hospital clinical area EXCEPT:

- a. gowns.
- b. gloves.
- c. face shields.
- d. ear plugs.

3. Dry cleaning workers are often exposed to perchloroethylene (PERC). This chemical agent is known to cause:

- a. liver toxicity.
- b. renal toxicity.
- c. ototoxicity.
- d. neurotoxicity.

4. An employee's job requires viewing a computer screen for prolonged periods. He comes to see the occupational health nurse complaining of recurrent dry eyes, blurred vision, headaches, and neck/shoulder pain. This person is likely to be experiencing the effects of:

- a. a stroke.
- b. migraine symptoms.
- c. myopia.
- d. computer vision syndrome (CVS).

5. All of the following are good advice to give to workers to protect them from job-related skin problems EXCEPT:

- a. keep the Safety Data Sheets (SDS) readily accessible in the work area.
- b. clean your hands thoroughly with turpentine right after work.
- c. wear protective clothing such as gloves and aprons.
- d. do not eat or drink at your workstation.

6. An employee is working in an area contaminated with asbestos. He comes to the occupational health nurse complaining that he may have gotten some asbestos particles in his eyes. Which of the following should the nurse do next?

- a. Apply antibiotic eye drops in both eyes immediately.
- b. Reassure the worker that asbestos only adversely affects the lungs.
- c. Flush the eyes with large amounts of water for 15 minutes, and then refer the employee for further medical attention.
- d. Advise the worker that no intervention is needed unless eye symptoms occur.

7. Which class of fire extinguisher is the most appropriate for extinguishing a kerosene fire?

- a. Class A.
- b. Class B.
- c. Class C.
- d. Class D.

8. Of the following, which is the most common occupational health hazard for teachers?

- a. Voice problems.
- b. Chemical exposures.
- c. Falls.
- d. Eye strain.

9. Repetitive manual tasks and lifting or moving heavy objects in the workplace are examples of:

- a. physical hazards.
- b. biological hazards.
- c. reproductive hazards.
- d. mechanical hazards.

10. Which one of the following statements about occupational health professionals is true?

- a. An occupational health professional is more of a manager than a medic.
- b. An occupational health professional is more of a medic than a manager.
- c. An occupational health professional is a combination of medic and manager.
- d. Occupational health professionals do not need training in managerial functions.

11. Workplace safety is the responsibility of:

- a. the safety director.
- b. occupational health personnel.
- c. the workers.
- d. everybody.

12. A worker in a packing plant complains of pain at the base of the right thumb. He has tenderness and swelling over the tendons in the area of the distal radius. He most likely has developed:

- a. trigger finger.
- b. Dupuytren disease.
- c. De Quervain disease.
- d. epicondylitis.

13. The science of increasing productivity by designing equipment to reduce worker fatigue and physical discomfort is called:

- a. biofeedback.
- b. tonometry.
- c. engineering psychology.
- d. ergonomics.

Answer Key and Explanations

1. A: Workers in healthcare settings often face a multitude of hazards. Back injuries are the most common injury in hospitals, since many jobs in this setting require activities that involve twisting or bending the back, moving patients, and lifting heavy objects. These activities increase the risk of back injury.

2. D: Gowns, face shields, and gloves are all types of personal protective equipment (PPE) used in clinical settings. It is important for healthcare personnel to protect their skin, clothing, hands, face, mouth, nose, and eyes from infectious or contagious pathogens when they will be in contact with any body fluids from patients. In addition, proper use of PPE prevents healthcare workers from transmitting harmful pathogens from one patient to another. Ear plugs protect against hearing loss in workers exposed to high noise levels and so are not typically used in clinical areas where healthcare personnel are required to be in communication with each other and patients.

3. B: Perchloroethylene (PERC) has been recognized as an animal and probable human carcinogen. Dry cleaning chemicals, notably PCE, are associated with renal toxicity. This places workers in the dry-cleaning industry at risk for developing end-stage renal disease; they may also be at greater risk for kidney cancer. Liver toxicity can be caused by workplace exposure to chlorinated or halogenated solvents and polychlorinated biphenyls (PCBs). Ototoxicity is damage to the inner ear caused by medications such as some chemotherapy agents, diuretics, or antibiotics. It can also be caused by exposure to heavy metals and high noise levels. There are many natural and manufactured neurotoxins that can damage the central nervous system or brain, including heavy metals, solvents, and pesticides.

4. D: Computer vision syndrome (CVS) is a group of eye-related symptoms that result from extended computer use. Common symptoms include headaches, eyestrain, dry eyes, blurred vision, and neck/shoulder pain. Symptoms are caused by poor ambient lighting, computer glare, poor posture, and inappropriate computer screen viewing distances. Undiagnosed vision problems such as astigmatism and farsightedness are also contributing factors. Sudden vision problems is one symptom of a stroke, along with weakness or numbness on one side of the body, trouble speaking, sudden severe headache, or confusion. Migraine symptoms include visual problems such as seeing flashes of light or shapes, being sensitive to light, or blurred vision, as well as pulsating pain, nausea, vomiting, pins and needles, and lightheadedness. Myopia is commonly known as nearsightedness; this eye condition results from changes in the shape of the eyeball and has a strong hereditary basis.

5. B: Cleaning your hands with turpentine can lead to irritation. Skin irritation and rashes are the most common occupation-related skin problems. Exposure to solvents, soaps, and water can cause skin chapping and cracking by removing natural oils from the skin. Acids, corrosive substances, and heavy metals cause burns. Other problems are skin allergies and skin cancer. Eating or drinking in the work area increases the risk of chemical contact with the skin or inadvertent ingestion of a toxic substance.

6. C: If there is any possibility of eye exposure to asbestos, the nurse should immediately flush the worker's eyes in an eye wash fountain. Flushing should continue for 15 minutes, with the upper and lower eyes lids intermittently lifted so that water can reach underneath. Eyes should be rinsed immediately even if the worker feels no irritation. Further attention from a professional eye doctor is recommended since this doctor can check whether any asbestos fibers have penetrated the

surface of the eye and, if so, remove them. The immediate danger of asbestos in the eyes is irritation, though asbestos can also enter the body through this route and pose a danger to the lungs. Infection is not the main concern, so antibiotics are not appropriate.

7. B: Class B fires involve flammable liquids such as gasoline, oil, and kerosene. Class A extinguishers are used for simple materials such as paper, cardboard, and wood. Class C extinguishers are for electrical fires, including outlets, appliances, and wiring. Class D extinguishers are used for chemical fires.

8. A: According to the American Academy of Otolaryngology, voice disorders are a particular problem for teachers who project their voices on a daily basis while teaching students. In fact, on a given day, about 47 per cent of teachers complain of some level of voice abnormality.

9. D: About 30 percent of the workforce in developed countries is exposed to a workload involving lifting and moving objects. Ergonomically poor working conditions are also a mechanical hazard. Physical hazards involve levels of noise that can cause hearing loss, ultraviolet or ionizing radiation, vibration, excessive heat or cold, dehydration, and electricity. Biological hazards include exposure to bacteria, viruses, tuberculosis, blood-borne pathogens, parasites, and mold. Reproductive hazards in the workplace refer to any agents that can damage reproductive organs, including radiation, lead, and some viruses.

10. C: Occupational health professionals assess the health of employees and treat injuries, which requires the skills of a medic, but they also work with employers and industry management to ensure that standards are met and to find solutions to ensure employee productivity and reduce employer liability. Along with their professional education, doctors and nurses who specialize in occupational medicine receive training in managing occupational health programs.

11. D: Workplace safety is the responsibility of everyone. The occupational safety director is responsible for developing and implementing safety programs and accident reporting procedures and monitoring workplace safety. Occupational health doctors and nurses should ensure that safety and health standards are being met, and proactively make suggestions to improve working conditions when appropriate. Every employee has a responsibility to report potentially dangerous conditions to supervisors, occupational health personnel, and safety directors.

12. C: De Quervain disease is a form of tenosynovitis, or inflammation of the tendon sheath lining that result in the swelling of tendon sheaths on the radial (thumb) side of the wrist. Repetitive motion or continual forceful gripping, as might occur in a packing plant, can damage the ability of the tendon sheath to make enough lubrication. Repetitive friction then interferes with the smooth movement of the tendons as they glide in the sheath, causing pain at the base of the thumb. Middle-aged women are susceptible to this condition, as are seamstresses, packers, and butchers. Trigger finger is a dysfunction of the finger flexor tendon, which causes a bent finger to get stuck and then snap out or pop when extended. It is caused by repetitive hand movements; farmers, industrial workers, and musicians are at risk for this condition. Dupuytren disease is a genetic disorder that involves the gradual thickening of the palmar fascia, resulting in a contracture of the fingers into the palm. Epicondylitis is a tenderness at the outside of the elbow caused by tearing of the tendon. This condition is commonly known as tennis elbow since it often affects tennis players; another form of epicondylitis is called golfer's elbow.

13. D: The work environment and the physical requirements of a job can take a toll on the well-being of workers. The study of these environmental and physical demands and how they affect productivity and employee health and well-being is known as ergonomics. Ergonomics is applied to