

12 OCCUPATIONAL HEALTH PROGRAMS

QUIZ 1 (20 POINTS TOTAL)

True/False (6 points)

1. Dermatitis is caused by contact of a chemical with a worker's skin.
 - a. true
 - b. false
2. In most companies today, a full-time physician manages the occupational health unit.
 - a. true
 - b. false
3. After a pre-placement examination, it is the health care provider's function to inform applicants whether or not they are to be employed.
 - a. true
 - b. false
4. A blood or urine test can serve as a periodic exam.
 - a. true
 - b. false
5. The longer a recuperating person is away from their job, the less likely they are to return fully to productive employment.
 - a. true
 - b. false
6. Women comprise the largest group of workers in the hospital environment.
 - a. true
 - b. false

Multiple Choice (6 points)

7. The occupational health unit should be adequate for the size and needs of the workforce and should contain a minimum of _____ room(s) set aside for this express purpose.
 - a. 1
 - b. 2
 - c. 3
 - d. none of the above
8. What is the most complete type of first aid kit?
 - a. trunk
 - b. personal
 - c. departmental
 - d. cabinet

9. _____ is an individualized, physical conditioning and training program designed to help injured workers return to the workplace as soon as possible. It is accomplished by gradually increasing physical and psychological requirements of the job until the employee can once again perform at acceptable work levels.
- a. personal training
 - b. work conditioning
 - c. work hardening
 - d. progressive hardening
10. Upon termination of employment, some organizations give employees a physical exam and document the findings. This is known as (an) _____.
- a. exit interview
 - b. exit examination
 - c. periodic final examination
 - d. termination examination
11. High noise levels are considered to be _____ decibels (dBA) or greater over an 8-hour period.
- a. 50
 - b. 85
 - c. 125
 - d. 150
12. According to the OSHA Access to Medical Records standard, who is permitted access to employer-maintained health, medical, and toxic exposure records?
- a. worker
 - b. worker's representative
 - c. regulatory authorities
 - d. all departmental managers
 - e. all of the above
 - f. a, b, and c only

Short Answer (7 points)

13. Industry experience has shown that there is a direct link between accident prevention and occupational health. Provide an example that indicates the validity of this statement.

14. Occupational health programs, regardless of size, are composed of elements and services designed to promote and maintain the health of the workforce, prevent or control occupational diseases and accidents, and reduce and prevent disability and resulting lost time. What are the basic components of a good occupational health program? Name and describe at least three components.

15. What are the two main ways safety and health professionals have demonstrated their ability to reduce the rates of accidental injury?

16. There are two kinds of first aid treatment. Name and describe them.

17. What components should be included in a first-aid program?

18. Why is it necessary for an occupational safety specialist to promote off-the-job safety?

19. What is the difference between light duty and limited duty?

Short Essay (1 point)

20. Marsha Bloomquist is the first-aid administrator for Carmichael, Inc. She is responsible for equipping the new first-aid room. What should she include on her list of items to purchase?

QUIZ 2 (20 POINTS TOTAL)

True/False (6 points)

1. All mine workers receive first-aid training.
 - a. true
 - b. false

2. Qualified health care personnel should supervise the maintenance and use of all first-aid kits, even for such things as minor cuts.
 - a. true
 - b. false

3. Although there are many types of stretchers available, an army stretcher is suitable for most cases.
 - a. true
 - b. false

4. Aging is a fixed, mechanical experience and employers should be able to plan ahead for their employees' expected decline.
 - a. true
 - b. false

5. Shift maladaptation syndrome is more common among young workers.
 - a. true
 - b. false

6. Employee health records should be retained for 30 years.
 - a. true
 - b. false

Multiple Choice (6 points)

7. In many small organizations, it is not practical to maintain qualified professional health care personnel full time. What is the best arrangement for such cases?
 - a. use a human resources manager
 - b. use trained first-aid attendants
 - c. use a 24-hour physician hotline
 - d. rely on worker training to avoid accidents

8. If a company does not have a resident medical director or nurse, who is in charge of filing and maintaining employee health records?
 - a. department supervisor
 - b. human resources department
 - c. OSHA consultant
 - d. legal department

9. In the last three decades, the number of women in the workforce has _____.
 - a. doubled
 - b. tripled
 - c. quadrupled
 - d. declined

10. There are more than 18 million clerical workers in the United States. What percentage of them are women?
 - a. 40%
 - b. 50%
 - c. 75%
 - d. 85%

11. In the year 2000, the median worker age was _____.
 - a. 35 years
 - b. 39 years
 - c. 42 years
 - d. 54 years

12. Humans have a 24-hour activity cycle (known as a circadian cycle) that is constantly set by what phenomenon?
 - a. rising and setting sun
 - b. length of the seasons
 - c. regular exercise
 - d. proper meals

Short Answer (7 points)

13. Occupational health programs are concerned with all aspects of the employee's health and the employee's relationship with the workplace environment. What are the basic objectives of a good occupational health program?

14. What does first-aid treatment to the eye usually include?

15. What types of injuries require a rigid spine board?

16. What are the benefits of a periodic health exam?

17. What is wellness? What is health promotion?

18. Define and provide an example of primary, secondary, and tertiary prevention.

19. What influence can work have on a woman's reproductive cycle? Should fetal protection policies become a part of a health program?

Short Essay (1 point)

20. What are the effects of shiftwork on the human body? What are some possible solutions?