

Nursing

*ABOHN-COHN
Certified Occupational Health Nurse*



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Question: 1

When removing potentially contaminated eye protection, a healthcare worker should:

- A. pull off eyewear by touching only the sides of the protective device.
- B. handle only the portion of the eye gear that secures it to the head.
- C. remove eyewear by handling only the front of the eye protection device.
- D. handle any portion of the eyewear with gloved hands.

Answer: B

Explanation:

Remove potentially contaminated eye protection by handling only the parts that secure it to the head, such as an elastic band or temples. Do not touch the front or sides, as these are the areas most likely to be contaminated during patient care.

Question: 2

Initial treatment of De Quervain disease consists of:

- A. thumb spica splint and a 2-week course of NSAIDs.
- B. corticosteroid injections.
- C. surgery.
- D. physical therapy.

Answer: A

Explanation:

Initial treatment of De Quervain disease consists of immobilization of the thumb and wrist by applying a thumb spica splint and starting a 2-week course of nonsteroidal anti-inflammatory drugs (NSAIDs). Corticosteroid injections are usually second-line treatment if immobilization and anti-inflammatory treatment fail. After corticosteroid injections, surgery would be the next option. Physical therapy is not useful in treating this condition.

Question: 3

Which of the following instruments is most accurate for measuring noise levels in the work environment?

- A. Decibels (dB).
- B. General sound level meter.

- C. Audiometer.
- D. Noise dosimeter.

Answer: D

Explanation:

Noise dosimeters measure a person's exposure to noise throughout the work day. The dosimeter is positioned on the worker's shoulder with the microphone at a specific distance from the ear. Fluctuations in air pressure are converted to a reading. Audiometers are instruments used to detect hearing loss and general sound level meters give quick readings of sound levels in an environment. Decibels are units of measure of sound.

Question: 4

A hair stylist works in a salon where hair smoothing products are used. While using the product, she began to have trouble breathing, eye irritation, and a nosebleed. Which chemical is the most likely cause?

- A. Formaldehyde.
- B. Peroxide.
- C. Chloride.
- D. Ethylene glycol.

Answer: A

Explanation:

Formaldehyde is a strong-smelling chemical that can be a health hazard to workers. Formaldehyde enters the body through inhalation, or contact with the eyes or and skin. Symptoms include nasal irritation, wheezing, coughing, asthma-like symptoms, itching, and skin rashes. Extreme eye exposure can cause blindness. According to the Occupational Safety and Health Administration (OSHA), some hair-smoothing products labeled as "formaldehyde-free" have subsequently been found to contain formaldehyde. Hair stylists may also be exposed to peroxide. Mild exposure can cause painful burning in the eyes or redness of the skin; more extreme exposure may cause eye, nose, or throat irritation, corneal damage, or skin blisters. However, hydrogen peroxide is an ingredient in hair dyes, not hair smoothers.

Question: 5

The primary hazard a worker faces when entering a grain storage bin is:

- A. anaphylactic reaction.
- B. limb amputation.
- C. suffocation.
- D. heat stroke.

Answer: C

Explanation:

Entering a grain storage bin is extremely dangerous because of the primary hazard of suffocation. A worker can be engulfed and trapped by grain in as little as 4 to 5 seconds because the moving grain acts like quicksand. Suffocation can also occur when silo gases displace oxygen within the confined space of the silo. Employers must follow appropriate practices and provide training as mandated by the Occupational Safety and Health Administration (OSHA). Amputations from machinery-related accidents are the second most dangerous hazard of working in a grain storage bin. Workers who inhale dust from moldy grain within the bin may develop an allergic reaction. Initial responses may be acute and include shock.

Question: 6

Which of the following is true about latex allergy?

- A. Latex exposure occurs only through skin contact.
- B. Employees who use gloves infrequently are not at risk for a reaction.
- C. Powder inside latex gloves can trigger a reaction if inhaled.
- D. A life-threatening reaction is often the first sign of latex allergy.

Answer: C

Explanation:

Latex proteins are often attached to the powder found in some latex gloves. An allergic reaction can result if this powder is inhaled. Latex reactions are possible even in people who use gloves infrequently. Initial allergic reactions generally involve itching, redness, and hives, but repeated exposure can lead to life-threatening anaphylactic shock.

Question: 7

A boiler room worker looks flushed and complains of dizziness, nausea, fatigue, and muscle cramps. What is the most appropriate initial intervention?

- A. Give an alcohol sponge bath.
- B. Take him to a shaded or air-conditioned area to rest and drink water.
- C. Give him an immediate dose of salt tablets.
- D. Call 911 for ambulance transfer to an ER for treatment of heat stroke.

Answer: B

Explanation:

The worker in this scenario is showing common signs of heat exhaustion, so would not need to be taken to the ER. The first aid protocol for this condition includes rest in a cool area, oral hydration, and a cool shower. Salt tablets can replace salts lost through heavy perspiration, but

should only be administered with the approval of a physician. Drinking cool water, juice, or a sports drink is sufficient to replenish body fluids in heat exhaustion.

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