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# **IHMM CSHM**

## **Certified Safety and Health Manager**



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# Latest Version: 7.0

## Question: 1

Emergencies can arise in an organization at any time and from many different causes. The best safety management tool for minimizing disaster is to:

- A. Screen candidates and hire only safe workers
- B. Have a written comprehensive management plan
- C. Keep in good contact and relations with the local fire department
- D. Purchase only safe equipment and materials

**Answer: B**

Explanation:

All the other answers are good ideas but no matter how safe you think you are, an incident can happen. Therefore, the only way to be prepared is to have a written comprehensive management plan.

## Question: 2

The National CDC recommends teaching...

- A. -choose not to have sex
  - recognize both male and female involvement in decisions to have sex
  - discuss different options for birth control
  - use birth control correctly, every time
  - Always use condoms,
  - discuss sexual health issues with partners, parents, health care providers
  - find a family planning clinic
- B. adults/parents value and respect adolescents; view sexuality as natural and normal, expect them to act responsibly, communicate those norms/messages  
strong condemnation of teenage parenthood!  
societal supports for young people such as research based policies and government support education  
greater access to contraceptive and reproductive health services  
sex ed throughout school
- C. teen mothers: 51% receive a high school diploma (versus 89%)  
Children: score worse on measure of school readiness, are 50% more likely to repeat grade and are less likely to complete high school, read simple books independently and demonstrate early writing ability
- D. -how to create and sustain a healthy and respectful relationship
  - influences of family, peers, media, tech, and others on sexual risk behavior
  - benefits of being sexually abstinent

- efficacy of condoms
- importance of using condoms consistently and correctly
- importance of using a condom with another form of contraception
- how to obtain condoms
- how to correctly use condoms
- communication skills
- goal setting, decision making
- how HIV/STDS are transmitted
- health consequences of HIV/STD and pregnancy
- =influencing, supporting others to avoid/reduce sexual risk behaviors
- importance of limiting number of sexual partners
- how to access valid/reliable info, products, services
- preventative care necessary to maintain reproductive and sexual health

**Answer: D**

### Question: 3

Teens say \_\_\_\_\_ most influence their decisions about sex

- A. parents
- B. teachers
- C. siblings
- D. peers

**Answer: A**

### Question: 4

leads to sexual behavior....

- A. community( residential turnover, unemployment, crime rate)
- family(divorce/bigger family/family teen sex, pregnancy)
- peers(older, poor grades, substance use, deviance, sexually permissive attitudes, sexually active)
- individual (race/ethnicity, lack of family communication, impulsivity, substance use, media with sexual content, dating early, greater intention to have sex, history of sexual abuse)
- B. both-pubic hair, growth spurt, genitals enlarge, oil secretion
- females-breast buds, voice changes
- males-voice deepens, facial hair, breasts may swell
- C. 1)masturbation
- 2)dating relationships
- 3)sexual abstinence
- 4)sexual intercourse
- 5)oral sex

6)Trends(hooking up/netflix and chill, rainbow parties, jelly bracelets, the practice boy, friends with benefits)  
D. adults/parents value and respect adolescents;view sexuality as natural and normal,expect them to act responsibly, communicate those norms/messages  
strong condemnation of teenage parenthood!  
societal supports for young people such as research based policies and government support education  
greater access to contraceptive and reproductive health services  
sex ed throughout school

**Answer: A**

### Question: 5

National support for sexual health education....

A. American school health association, american medical association, american academy of pediatrics, american psychology association,national institute of health, american college of obstetricians and gynecologists  
B. 1)masturbation  
2)dating relationships  
3)sexual abstinence  
4)sexual intercourse  
5)oral sex  
6)Trends(hooking up/netflix and chill, rainbow parties, jelly bracelets, the practice boy, friends with benefits)  
C. teen mothers:51% receive a high school diploma(versus 89%)  
Children:score worse on measure of school readiness, are 50% more likely to repeat grade and are less likely to complete highschool, read simple books independently and demonstrate early writing ability  
D. continue laying groundwork for sexuality, understanding of gender roles grows, masturbation(normal and acceptable), curiosity and sex play are typical

**Answer: A**

### Question: 6

On the job injuries and illness cost money, time, and effort. What is the most practical way to manage these losses?

A. Make sure safety is part of labor contracts  
B. Aggressive claims handling  
C. Effective safety and loss control programs  
D. Good insurance coverage

**Answer: C**

Explanation:

On the job injuries and illnesses cost money, both in direct costs such as workers' compensation payments, and indirect costs such as investigation time, replacement training, product damage, and lower morale. It is better to prevent losses through a safety program than to try to reduce the expenses after the injury has happened.

### Question: 7

In regard to a safe driving program, management is responsible for which of the following:

- A. All of the following
- B. Developing written standards for driving of company vehicle
- C. Conducting regular driver training and requiring immediate reporting and investigation of every incident
- D. Having corporate performance goals and keeping driver records

**Answer: A**

### Question: 8

The lighting system failed, causing a short, which resulted in a fire. What class of fires would this be?

- A. Class A
- B. Class B
- C. Class C
- D. Class D

**Answer: C**

Explanation:

Class B –used for combustible liquids from gasoline etc.

Class C –fire extinguisher used to extinguish electrical fires

Class D –used to extinguish combustibles metals

### Question: 9

Mesothelioma is associated with

- A. Welders
- B. Asbestos Workers
- C. Beryllium Workers
- D. Excessive Vibration

**Answer: B**

**Question: 10**

The process of pooling security ideas and viewpoints of architects, security and safety professionals and local police and fire officials in a coordinated effort to produce a facility with planned defenses before the actual construction is known as what?

- A. SMBO
- B. Crime prevention through environmental design (CPTED)
- C. Safe Construction
- D. Planned Protection

**Answer: B**

Explanation:

Crime prevention through environmental design (CPTED)

Crime prevention through environmental design takes into account everyone's viewpoints into the security of the building. It is done during the planning stage of the building and grounds. This helps security because it has features built in by the architects with safety professionals and local police ideas still fresh in their head when designing. Instead of trying to put safety first after the building is already built with design flaws that employees must try to work around.

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