
1. Which of the following is one of the two main sides of working life?

- A) Government
- B) Employer**
- C) Consumer
- D) Supplier

Explanation: Working life consists of **employers and workers**.

2. According to the Turkish Constitution, everyone has the right to:

- A) Free healthcare
- B) Work in a healthy and balanced environment**
- C) Free food
- D) Work without limits

Explanation: Article 56 states the right to work in a **healthy and balanced environment**.

3. Article 50 of the Turkish Constitution says that no one can be employed in jobs that:

- A) Do not provide enough pay
- B) Do not match their age, gender and strength**
- C) Are hazardous
- D) Are in the public sector

Explanation: Employment must be suitable for the worker's capacity.

4. Which law specifically regulates Occupational Health and Safety in Turkey?

- A) Labor Law (No. 4857)
- B) OHS Law (No. 6331)**
- C) Code of Obligations (No. 6098)
- D) Social Insurance Law

Explanation: The **OHS Law No. 6331** directly regulates OHS.

5. Which workplaces are excluded from the scope of the OHS Law?

- A) Schools
- B) Hospitals
- C) Household services**
- D) Private factories

Explanation: Household services are excluded from the OHS Law.

6. Minimum working age in the Labor Law is:

- A) 12
- B) 13
- C) 14
- D) 15**

Explanation: Article 71 sets minimum employment age to **15**.

7. The Code of Obligations mainly defines:

- A) Workplace inspections
- B) Mutual obligations of employer and worker**
- C) Hazard classes
- D) Social insurance benefits

Explanation: It clarifies responsibilities between workers and employers.

8. Which law previously filled the gap before OHS regulations existed?

- A) Labor Law
- B) Social Insurance Law
- C) Public Health Law (No. 1590)**
- D) Constitution

Explanation: Public Health Law regulated health conditions before Labor Law existed.

9. Social Security and General Health Insurance Law defines:

- A) Hazard classes
- B) Compensation for work accidents and occupational diseases**
- C) Employer liability
- D) Work permit duration

Explanation: It regulates compensation and insurance coverage.

10. A worker under the age of 15 is classified as:

- A) Young worker
- B) Child worker**
- C) Temporary worker
- D) Apprentice

Explanation: Under 15 = **child worker**.

11. A young worker can work a maximum of how many hours per week?

- A) 20
- B) 30
- C) 40**
- D) 48

Explanation: Young workers can work **40 hours per week**.

12. Pregnant workers cannot be employed:

- A) During weekends
- B) In night shifts**
- C) In private workplaces
- D) Until 3 months of pregnancy

Explanation: Pregnant workers are protected from **night shifts**.

13. Workplaces with 50+ workers must establish:

- A) A cafeteria
- B) OHS Committee**
- C) Insurance office
- D) Housing service

Explanation: OHS Committee is **mandatory** in such workplaces.

14. Who chairs the OHS Committee?

- A) Worker representative
- B) Occupational physician
- C) Employer or employer's representative**
- D) Government inspector

Explanation: The committee is chaired by the **employer**.

15. Risk assessment must be conducted by:

- A) Only the employer
- B) A team including employer, safety specialist, physician, worker reps**
- C) Government
- D) External consultants only

Explanation: Risk assessment requires a **multidisciplinary team**.

16. Occupational Safety Specialists are certified in classes:

- A) X, Y, Z
- B) Bronze, Silver, Gold
- C) A, B, C**
- D) Level 1, 2, 3

Explanation: Certification levels: **A, B, and C**.

17. A C-class safety specialist can work only in:

- A) All workplaces
- B) Very dangerous workplaces
- C) Less dangerous workplaces**
- D) Hospitals

Explanation: C-class is **limited to less dangerous workplaces**.

18. Workers must receive OHS training:

- A) According to workplace hazard class**
- B) Only once
- C) Only when accidents happen
- D) Only management receives training

Explanation: Training frequency/content depends on hazard level.

19. Joint Health and Safety Units are used when:

- A) Workplaces have over 500 workers
- B) Employer prefers not to train workers
- C) Specialist and physician are not full-time**
- D) Workplace is temporary

Explanation: JHSU provides services when full-time staff are not required.

20. Financial support for OHS services may apply to:

- A) Very large companies
- B) Workplaces with less than 10 employees in low-danger class**
- C) International companies
- D) Government offices

Explanation: Small workplaces may receive financial support.

WEEK 2

20 Multiple Choice Questions (with answers & explanations)

1. According to the ILO, which approach is needed to manage OHS effectively?

- A) Bipartite approach
- B) Tripartite approach**
- C) Individual approach
- D) Government-only approach

Explanation: ILO emphasizes collaboration between **government, workers, and employers**.

2. Which ministry is primarily responsible for regulating working life in Turkey?

- A) Ministry of Health
- B) Ministry of Labor and Social Security**
- C) Ministry of Education
- D) Ministry of Justice

Explanation: The Ministry of Labor manages employer-worker relations and OHS systems.

3. Which unit of the Ministry is specifically concerned with OHS?

- A) Directorate of Agriculture
- B) Directorate of Energy
- C) General Directorate of Occupational Health and Safety**
- D) General Directorate of National Security

Explanation: This directorate handles OHS-related regulations.

4. What is one duty of the General Directorate of Occupational Health and Safety?

- A) Hiring workers
- B) Setting minimum wage
- C) Implementing OHS legislation**
- D) Managing immigration

Explanation: It ensures that OHS laws are applied effectively.

5. Which institution performs workplace inspections to ensure legal compliance?

- A) Turkish Standards Institution
- B) Labor Inspection Board**
- C) Ministry of Health
- D) CLSSTR

Explanation: The Labor Inspection Board monitors and enforces compliance.

6. Social Security Institution (SSI) is related to which constitutional right?

- A) Right to education
- B) Right to social security**

- C) Right to travel
- D) Right to vote

Explanation: Article 60 guarantees social security for all citizens.

7. The Occupational Health and Safety Research and Development Institute (OHSRDI) was supported by:

- A) WHO
- B) UNDP and ILO**
- C) UNICEF
- D) NATO

Explanation: It was developed with **UNDP and ILO** support.

8. One main duty of OHSRDI is:

- A) Hiring laborers
- B) Providing laboratory support and authorizing labs**
- C) Managing salaries
- D) Registering workers

Explanation: It provides testing support and laboratory authorization.

9. The Centre for Labour and Social Security Training and Research (CLSSTR) focuses mainly on:

- A) Building hospitals
- B) Training and research for OHS and social security**
- C) Food safety
- D) Tax collection

Explanation: CLSSTR conducts **training, research, and seminars**.

10. The Ministry of Health is mainly responsible for:

- A) Workplace hiring
- B) Preventive and treatment health services**
- C) Setting wages
- D) Conducting inspections only

Explanation: It develops and implements national health strategies.

11. Which ministry took over occupational disease hospitals after 2005?

- A) Ministry of Finance
- B) Ministry of Health**
- C) Ministry of Trade
- D) Ministry of Defense

Explanation: Hospitals were transferred from SSI to the Ministry of Health.

12. What does the Turkish Standards Institution (TSI) mainly work on?

- A) Employment contracts
- B) Hospital management
- C) Standardization and conformity assessment**
- D) Insurance management

Explanation: TSI works to ensure quality and safety standards.

13. Which institution sets standards for personal protective equipment?

- A) SSI
- B) Turkish Standards Institution (TSI)**
- C) Ministry of Justice
- D) CLSSTR

Explanation: TSI has **900+** OHS-related standards including PPE.

14. Which unit carries out market surveillance of protective equipment?

- A) SSI
- B) General Directorate of Occupational Health and Safety**
- C) CLSSTR
- D) National hospitals

Explanation: It inspects the market for compliance and safety.

15. The Labor Inspection Board is directly connected to:

- A) TSI
- B) CLSSTR
- C) The Minister**
- D) The President

Explanation: It works under ministerial authority.

16. How many general directorates does the Ministry have that directly relate to OHS?

- A) One
- B) Two
- C) Four service units (including OHS related units)**
- D) Six

Explanation: Four main service units include the OHS directorate.

17. OHSRDI also provides:

- A) Salaries
- B) Training and consultancy services**
- C) Housing
- D) Pension payments

Explanation: It trains professionals and provides advisory services.

18. CLSSTR was originally founded as:

- A) OHS Research Hospital
- B) Near and Middle East Labor Institute**
- C) National Labor Forum
- D) Health Education College

Explanation: CLSSTR began under this earlier institutional name.

19. The Ministry of Labor aims to:

- A) Reduce taxes
- B) Ensure labor peace and social welfare**
- C) Teach health science
- D) Monitor elections

Explanation: Its role is balancing employer-worker relations.

20. Which organization adapts international OHS standards into national ones?

- A) Ministry of Health
- B) CLSSTR
- C) Turkish Standards Institution**
- D) SSI

Explanation: TSI harmonizes both domestic and foreign safety standards.

WEEK 3

OHS100 – Week 3 Multiple Choice Questions

1. What is one of the main goals of labor inspection?

- A) To increase production rates
- B) To reduce employee salaries
- C) To protect the health of employees**
- D) To support foreign workers

Explanation: Labor inspection ensures safe working conditions and protects employee health.

2. Which law applies to all workers in public and private sectors?

- A) Labor Law
- B) OHS Law**
- C) Social Security Law
- D) Civil Code

Explanation: OHS Law covers all workplaces and workers except certain exemptions.

3. Which workplaces are outside the scope of the OHS Law?

- A) Private companies
- B) Schools

- C) Military and police work
- D) Factories

Explanation: Military, police, household services, and private civil protection are excluded.

4. Which institution is responsible for OHS inspections?

- A) Turkish Standards Institute
- B) Labor Inspection Board**
- C) Ministry of Health
- D) Municipalities

Explanation: The Labor Inspection Board performs OHS inspections.

5. Labor inspectors also review:

- A) Food quality
- B) Working hours and wage practices**
- C) School educational plans
- D) Military operations

Explanation: They inspect labor relations such as wages, hours, and employment conditions.

6. Which education background is common for OHS inspectors?

- A) Literature
- B) Music
- C) Engineering**
- D) Fine Arts

Explanation: Many OHS inspectors have engineering degrees.

7. How does one become an inspector?

- A) Direct appointment
- B) Passing exams and completing assistantship training**
- C) Being selected by workers
- D) Government invitation only

Explanation: Inspectors must complete exam and training processes.

8. Which type of inspectors mainly check social security records?

- A) Health inspectors
- B) Inspectors of administrative matters (labor relations)**
- C) Environmental inspectors
- D) Economic inspectors

Explanation: They inspect record-keeping and administrative compliance.

9. Scheduled inspections are based on:

- A) Personal opinion
- B) Accidents only
- C) Planned objectives such as region or sector risks**
- D) Worker complaints only

Explanation: Scheduled visits follow strategic planning.

10. Non-scheduled inspections occur when:

- A) A company requests it
- B) A complaint or accident is reported**
- C) A new building opens
- D) A new employee is hired

Explanation: Triggered by news reports, complaints, or accidents.

11. Which sector had the highest number of OHS inspections in 2014?

- A) Textile
- B) Construction**
- C) Food
- D) Mining

Explanation: Construction had the highest inspection rate.

12. Which international convention authorizes workplace inspections?

- A) ILO Convention No. 10
- B) ILO Convention No. 81**
- C) ILO Convention No. 210
- D) ILO Convention No. 8

Explanation: Convention No. 81 regulates labor inspection systems.

13. Work stoppage is allowed when:

- A) Workers request a holiday
- B) There is imminent danger to life or health**
- C) Employer reduces salaries
- D) Production levels fall

Explanation: Work stops to prevent life-threatening risks.

14. During work stoppage, workers:

- A) Are fired
- B) Lose wages
- C) Are directed to other suitable jobs without wage reduction**
- D) Must stay home without pay

Explanation: Workers continue earning by working in safe areas.

15. Which ministry controls environmental risks from workplaces?

- A) Ministry of Culture
- B) Ministry of Environment, Urbanization, and Climate Change**
- C) Ministry of Transportation
- D) Ministry of Education

Explanation: This ministry regulates pollution and environmental safety.

16. Municipalities mainly monitor:

- A) Worker salaries
- B) Social security records
- C) Harms workplaces may cause to the surrounding community**
- D) National export systems

Explanation: Municipalities oversee community safety.

17. OHS inspections evaluate:

- A) Only financial records
- B) Risk factors like chemical, physical, biological hazards**
- C) Building decorations
- D) Employee birthdays

Explanation: Inspections focus on workplace hazard conditions.

18. Which law contains articles authorizing workplace inspections?

- A) Civil Code
- B) Penal Code
- C) Labor Law No. 4857**
- D) Trade Law

Explanation: Labor Law includes inspection authority articles.

19. Which law also authorizes OHS inspections besides Labor Law?

- A) Food Safety Law
- B) Education Law
- C) OHS Law No. 6331**
- D) Civil Defense Law

Explanation: OHS Law regulates workplace safety inspections.

20. How long must an inspector work before becoming a chief inspector?

- A) 2 years
- B) 5 years
- C) 10 years**
- D) 20 years

Explanation: Inspectors become chief inspectors after 10 years of service.

WEEK 4

OHS100 – Week 4 Multiple Choice Questions

1. Occupational health services in workplaces employing 50 or more workers were first regulated under which law?

- A) Labor Law
- B) Civil Code
- C) Public Health Law (No. 1593)**
- D) Social Security Law

Explanation: The Public Health Law of 1930 first required occupational health services in workplaces with 50+ employees.

2. What type of service do workplace health services primarily provide?

- A) Emergency treatment
- B) Preventive services**
- C) Psychological counseling
- D) Insurance coverage

Explanation: Workplace health services are defined as **preventive** by nature.

3. Who performs pre-employment and periodic medical examinations in workplaces?

- A) OHS Specialist
- B) Occupational Physician**
- C) Municipal Health Inspector
- D) Hospital Nurse

Explanation: Occupational physicians are responsible for health surveillance.

4. Which duty is included in both Occupational Physician and OHS Specialist responsibilities?

- A) Surgery
- B) Counseling and training employees**
- C) Approving salaries
- D) Managing hiring process

Explanation: Both roles include **training, counseling, and cooperation**.

5. OHS specialists spend how many minutes per worker per month in very dangerous workplaces?

- A) 5 minutes
- B) 10 minutes
- C) 20 minutes
- D) 40 minutes**

Explanation: Minimum time is **40 minutes** per employee in very dangerous workplaces.

6. Workplaces must employ a full-time OHS specialist when the number of employees reaches:

- A) 50
- B) 100
- C) 250 for less dangerous workplaces
- D) 1000 for very dangerous workplaces**

Explanation: Full-time requirement depends on hazard class and worker count.

7. Occupational Diseases Hospitals were mainly founded to provide:

- A) Health insurance
- B) Diagnosis and treatment of occupational diseases**
- C) Workplace safety audits
- D) Emergency rescue only

Explanation: These hospitals specialize in occupational disease care.

8. Which cities had the original occupational diseases hospitals?

- A) İzmir and Bursa
- B) Ankara and İstanbul (and Zonguldak earlier)**
- C) Konya and Antalya
- D) Kayseri and Erzurum

Explanation: Hospitals operated in **Ankara, İstanbul, and Zonguldak**.

9. Who cannot be employed in jobs requiring work at height?

- A) People with normal health
- B) Short-term employees
- C) People with vertigo or visual impairment**
- D) Male workers only

Explanation: Some health conditions make height work unsafe.

10. Pre-employment examinations include all except:

- A) ECG tests
- B) Hearing tests
- C) Tax filing check**
- D) Chest X-ray

Explanation: Medical exams check job suitability, not taxes.

11. Periodic medical examinations aim to:

- A) Increase wages
- B) Detect early health deterioration**
- C) Replace workers regularly
- D) Reduce workforce size

Explanation: They protect worker health over time.

12. Which group requires special health monitoring?

- A) Workers with perfect attendance
- B) Pregnant and lactating women, disabled workers**
- C) Office managers only
- D) Retired employees

Explanation: Special policies apply to high-risk health groups.

13. OHS training in very dangerous workplaces must be provided at least:

- A) Every month
- B) Every 3 years
- C) Every 2 years
- D) Once a year**

Explanation: Very dangerous workplaces require yearly training.

14. Minimum training duration in very dangerous workplaces is:

- A) 4 hours
- B) 8 hours
- C) 12 hours
- D) 16 hours**

Explanation: Minimum required training is **16 hours**.

15. Minimum training duration in less dangerous workplaces:

- A) 4 hours
- B) 8 hours**
- C) 12 hours
- D) 16 hours

Explanation: Less dangerous workplaces require **at least 8 hours**.

16. Who organizes the certification exam for OHS professionals?

- A) Ministry of Justice
- B) Parliament
- C) ÖSYM (Assessment and Placement Center)**
- D) WHO

Explanation: Exams are held centrally through **ÖSYM**.

17. Employers may fulfill OHS duties themselves only if the workplace:

- A) Has more than 500 employees
- B) Has less than 10 employees and is less dangerous**
- C) Is a hospital
- D) Has no equipment

Explanation: Small low-risk workplaces may be self-managed after training.

18. Health services in workplaces are mainly aimed at:

- A) Fire response
- B) Preventing occupational diseases and accidents**
- C) Increasing salary programs
- D) Managing employee vacations

Explanation: The goal is **protection and prevention.**

19. Occupational safety specialists are responsible for investigating:

- A) Company profits
- B) Work accidents and near-miss events**
- C) Employee family issues
- D) Hospital budgets

Explanation: They analyze causes and report risks.

20. Workers must apply the safety knowledge:

- A) Only during training
- B) Only if supervisor tells them
- C) During all work operations continuously**
- D) Only in emergencies

Explanation: Training must be **applied consistently** to prevent accidents.

WEEK 5

✓ OHS100 – Week 5 Multiple Choice Questions

1. According to OHS Law No. 6331, an occupational disease is defined as:

- A) A disease unrelated to work environment
- B) A disease occurring as a result of exposure to occupational risks**
- C) A disease that only spreads at workplaces
- D) A temporary illness from climate conditions

Explanation: Occupational diseases occur due to workplace exposures.

2. Occupational diseases are more common in:

- A) The general population
- B) Specific professions and work environments**
- C) Elderly individuals
- D) School-aged children

Explanation: Certain jobs expose workers to specific risks.

3. Which institution reviews medical reports to officially recognize occupational disease cases?

- A) Ministry of Justice
- B) Social Security Institution (SGK)**
- C) ILO
- D) Red Crescent

Explanation: SGK evaluates health reports and workplace investigation documents.

4. The Occupational Diseases List in Turkey is organized by:

- A) Trade Unions
- B) Ministry of Health
- C) SGK Higher Health Board**
- D) Private Hospitals

Explanation: The Higher Health Board prepares and approves the list.

5. How many main categories are included in the Occupational Diseases List?

- A) 3
- B) 4
- C) 5**
- D) 6

Explanation: A-E classification includes 5 main disease groups.

6. Occupational diseases caused by chemicals fall under which group?

- A) C
- B) D
- C) A**
- D) E

Explanation: Category A includes diseases caused by chemicals.

7. The group that includes occupational lung diseases is:

- A) A
- B) C
- C) E
- D) D

Explanation: Category C covers pneumoconiosis and other lung-related diseases.

8. Which institution provides compensation and social support for occupational diseases?

- A) Hospitals
- B) Municipalities
- C) Social Security Institution (SGK)
- D) ILO

Explanation: SGK covers treatment and compensation benefits.

9. A major problem in Turkey related to occupational diseases is:

- A) Overreporting
- B) Underdiagnosis and misdiagnosis
- C) Too much research
- D) Too many specialized hospitals

Explanation: Occupational diseases often go unrecognized.

10. Failure to detect occupational diseases causes:

- A) Reduced worker rights
- B) Increased compensation and healthcare costs
- C) More training opportunities
- D) Lower workplace risks

Explanation: Late diagnosis increases both severity and cost.

11. Occupational Diseases Hospitals were transferred to the Ministry of Health in:

- A) 1990
- B) 2000
- C) 2005**
- D) 2015

Explanation: Law No. 5283 transferred hospitals in 2005.

12. Which cities currently have Occupational Diseases Hospitals?

- A) İzmir, Bursa, Eskişehir
- B) Ankara, İstanbul, Zonguldak**
- C) Konya, Kayseri, Samsun
- D) Van, Diyarbakır, Adana

Explanation: These three serve different regions.

13. Occupational disease diagnosis requires:

- A) Only the patient's statement
- B) Only hospital records
- C) Both medical and workplace exposure evaluations**
- D) Past health insurance records

Explanation: Diagnosis depends on medical findings + exposure evidence.

14. ILO first published its List of Occupational Diseases in:

- A) 1919
- B) 1930
- C) 1925**
- D) 1970

Explanation: The first list was adopted in Convention No. 18 (1925).

15. The updated ILO Occupational Diseases List Recommendation No. 194 was issued in:

- A) 1985
- B) 1994
- C) 2002**
- D) 2015

Explanation: ILO updated the list to about 70 diseases in 2002.

16. Occupational diseases caused by noise, heat, pressure, and vibration are classified as:

- A) Biological
- B) Physical origin**
- C) Chemical origin
- D) Cancers

Explanation: These are **physical environmental exposures**.

17. Diseases caused by viruses and bacteria in the workplace belong to which category?

- A) Physical
- B) Psychological
- C) Biological**
- D) Ergonomic

Explanation: Category D includes diseases from biological factors.

18. Work-related diseases differ from occupational diseases because:

- A) They are caused only at home
- B) Work is only one of multiple contributing factors**
- C) They are always fatal
- D) They are not affected by work environment

Explanation: Work-related diseases have **multipathogen causes**, not a single work cause.

19. Diseases affecting workers but not caused by work are called:

- A) Occupational diseases
- B) Work-related diseases

- C) Diseases affecting workers
- D) Infectious diseases

Explanation: These diseases exist independently but worsen under work conditions.

20. One criterion for including a disease in ILO's occupational disease list is:

- A) Popularity of the industry
- B) Scientifically proven link between exposure and disease**
- C) Number of workers in a country
- D) Level of company profit

Explanation: Scientific evidence of exposure-disease connection is required.

WEEK 6

OHS100 – Week 6 Multiple Choice Questions

1. Which institutions are authorized to diagnose occupational diseases?

- A) Private clinics only
- B) Occupational Diseases Hospitals, University Hospitals, Training & Research Hospitals**
- C) Family health centers
- D) Company emergency rooms

Explanation: Diagnosis authority is given to these specific hospitals.

2. Which step is *not* included in occupational disease diagnosis?

- A) Identifying exposure
- B) Clinical examination
- C) Excluding non-work-related causes
- D) Salary evaluation**

Explanation: Salary has no role in diagnosis.

3. Which of the following is the general name for lung diseases caused by inhalation of dust?

- A) Bronchitis
- B) Asthma
- C) Pneumoconiosis**
- D) Pneumonia

Explanation: Pneumoconiosis results from prolonged dust inhalation.

4. Silicosis is caused by inhalation of which substance?

- A) Cotton fibers
- B) Coal
- C) Silica (Quartz) Dust**
- D) Asbestos fibers

Explanation: Silicosis results from **silica oxide** exposure.

5. Which symptom is common in silicosis patients?

- A) Fever and rash
- B) Shortness of breath and cough**
- C) Hair loss
- D) Low heart rate

Explanation: Lung fibrosis causes respiratory symptoms.

6. Asbestosis results from exposure to asbestos fibers in environments such as:

- A) Agricultural fields
- B) Hospitals
- C) Insulation, brake production, shipyards**
- D) Food factories

Explanation: These industries commonly use asbestos.

7. Which pneumoconiosis occurs due to exposure to coal dust?

- A) Siderosis
- B) Anthracosis**
- C) Berylliosis
- D) Byssinosis

Explanation: Anthracosis is coal-related.

8. Byssinosis is most common in workers exposed to:

- A) Metal dust
- B) Cotton, linen, hemp fibers**
- C) Lead fumes
- D) Paint solvents

Explanation: Textile dust causes byssinosis.

9. Heavy metals accumulate in the body because:

- A) They evaporate quickly
- B) They dissolve easily in water
- C) Their excretion rate from the body is low**
- D) They are destroyed by enzymes

Explanation: Accumulation increases toxicity risk.

10. Lead exposure primarily affects which system?

- A) Skin only
- B) Nervous and blood system**
- C) Reproductive system only
- D) Digestive system only

Explanation: Lead disrupts nerve conduction and blood cell production.

11. Cadmium accumulation primarily damages which organ?

- A) Brain
- B) Heart
- C) Kidney**
- D) Stomach

Explanation: Cadmium causes irreversible kidney damage.

12. Nickel exposure commonly causes which health effect?

- A) Hearing loss
- B) Allergic skin reactions and respiratory disorders**
- C) Blindness
- D) Liver cirrhosis

Explanation: Nickel can cause dermatitis and airway irritation.

13. How do solvents most commonly enter the body?

- A) Through injections
- B) Inhalation of vapors**
- C) Hearing exposure
- D) Only through food

Explanation: Solvent vapors easily enter blood through lungs.

14. Which is *not* a way solvents enter the human body?

- A) Inhalation
- B) Skin absorption
- C) Swallowing
- D) Eye color changes**

Explanation: Eye color is unrelated.

15. Inhalation of carbon monoxide causes:

- A) High blood pressure
- B) Hair loss
- C) Dizziness and slowed reflexes**
- D) Vision improvement

Explanation: CO reduces oxygen supply to the brain.

16. Exposure to sulfur gases commonly causes:

- A) Hearing loss
- B) Bronchitis and asthma**
- C) Kidney failure
- D) Fever

Explanation: Sulfur irritates respiratory pathways.

17. Working in extremely cold conditions may cause:

- A) Fever
- B) Circulatory disorders and cold burns**
- C) High appetite
- D) Faster metabolism

Explanation: Cold reduces blood circulation in exposed areas.

18. Heat stress occurs when:

- A) Sweat evaporates quickly
- B) Heat production exceeds heat loss**
- C) Body temperature remains constant
- D) Air humidity is low

Explanation: Imbalance causes heat-related illness.

19. Which condition may occur due to excessive heat exposure?

- A) Frostbite
- B) Heat stroke**
- C) Cold shock
- D) Hypothermia

Explanation: Heat environments cause heat stroke.

20. Workers using screened tools for long periods may experience:

- A) Hearing loss
- B) Hair loss
- C) Headache, eye strain, muscle pain**
- D) Rapid heart rate

Explanation: Poor ergonomics and visual strain cause these symptoms.

OHS100 – Week 7 Multiple Choice Questions

1. According to WHO, employee health means:

- A) Only absence of disease
- B) Only physical well-being
- C) Maximizing physical, mental, and social well-being**
- D) Only preventing accidents

Explanation: WHO defines employee health as complete physical, mental, and social well-being.

2. According to ILO, OHS activities aim to:

- A) Increase production speed
- B) Reduce wages
- C) Ensure a safe working environment and maintain it**
- D) Reduce workforce size

Explanation: OHS aims to protect and maintain safe working conditions.

3. Working in a healthy and safe environment is recognized by ILO as:

- A) Employer privilege
- B) Government reward
- C) A human right**
- D) Optional safety effort

Explanation: ILO states safe working conditions are a human right.

4. Which is *not* a benefit of working in a healthy environment?

- A) Increased work efficiency
- B) Improved quality of work life
- C) Higher accident rates**
- D) Lightened disease burden

Explanation: Safe workplaces lower, not increase, accident rates.

5. Which definition best describes a work accident?

- A) Any illness outside work
- B) An event causing physical or mental harm during work-related situations**
- C) Only fatal workplace events
- D) Only events on the employer's property

Explanation: Work accidents include harm occurring in several work-related conditions.

6. A work accident can occur:

- A) Only in the factory
- B) While the worker is on duty outside the workplace**
- C) Only on night shifts
- D) Only in dangerous workplaces

Explanation: Being sent elsewhere for duty still counts as work-related.

7. A nursing mother is considered within work accident conditions when:

- A) At home
- B) During lunch break
- C) During breastfeeding time allocated by employer**
- D) At the gym

Explanation: Breastfeeding break times are included in work accident coverage.

8. A work accident includes situations during:

- A) Private vacation trips
- B) Employer-provided mass transportation to work**
- C) Shopping trips
- D) Personal vehicle use

Explanation: Employer-provided transportation counts as workplace time.

9. Work accidents can cause disability:

- A) Only immediately
- B) Either immediately or later**
- C) Only after retirement
- D) Only in dangerous workplaces

Explanation: Some injuries show effects later.

10. Which age group has the highest number of work accidents?

- A) 14 years old
- B) 55–59 years
- C) 18–29 years**
- D) 65+ years

Explanation: Young workers (18–29) show the highest accident rates.

11. Work accidents are classified according to severity as:

- A) Only fatal injuries
- B) Fatal, >3 days rest, ≤3 days rest, no rest needed**
- C) Only requiring hospital stay
- D) Only injuries needing surgery

Explanation: Severity classification is based on rest requirement.

12. Which is an example of an injury type classification?

- A) Falling from height
- B) Head injury**
- C) Transportation accident
- D) Getting stuck in machinery

Explanation: Injury classification refers to affected body part/condition.

13. Which is an example of accident *form* classification?

- A) Internal organ injury
- B) Being hit by an object**
- C) Mental trauma
- D) Stomach bleeding

Explanation: Form describes *how* the accident occurred.

14. Falling from a ladder is classified as:

- A) Being hit by an object
- B) Falling from a high place**
- C) Getting caught in machinery
- D) Straining muscles

Explanation: Fall-from-height classification.

15. Tripping on a cable and falling is classified as:

- A) Being hit
- B) Stumbling upon an object**
- C) Intentional contact
- D) Internal injury type

Explanation: Stumbling describes tripping accidents.

16. Getting a hand stuck between two moving plates is classified as:

- A) Falling on ground
- B) Getting stuck between objects**
- C) Stumbling
- D) Excessive exposure

Explanation: Injury occurs from compression between two surfaces.

17. Excessive muscle strain accidents often result from:

- A) High temperature
- B) Lifting heavy loads incorrectly**
- C) Working at height
- D) Noise exposure

Explanation: Improper lifting is a common strain source.

18. Which statement is correct regarding the accident pyramid?

- A) Fatal accidents are the most frequent
- B) Minor injuries and near misses occur most often**
- C) Near misses are unimportant
- D) Only serious accidents matter

Explanation: The base of the pyramid has large numbers of small incidents.

19. Near misses are important because:

- A) They cause no loss
- B) They signal conditions that can lead to serious accidents**
- C) They are rare
- D) They cannot be prevented

Explanation: Near misses are early warning signs.

20. The purpose of analyzing accident data by age and gender is to:

- A) Determine salaries
- B) Identify general health status
- C) Develop prevention strategies for high-risk groups**
- D) Select employees for promotion

Explanation: Statistical analysis helps target prevention measures.

Week 6-2

✓ 20 Multiple Choice Questions (English)

1. Which of the following defines an occupational disease?

- A) A disease that occurs only at home
- B) A disease unrelated to work
- C) A disease caused by exposure to harmful factors at work**
- D) A disease that appears only during vacations

Answer: C

Explanation: Occupational diseases are directly linked to workplace exposures.

2. Pneumoconiosis mainly affects which organ?

- A) Liver
- B) Heart
- C) Lungs**
- D) Stomach

Answer: C

Explanation: Dust inhalation causes fibrosis in lung tissue.

3. Silicosis is caused by inhaling:

- A) Cotton dust
- B) Silica (quartz) dust**
- C) Metal fumes
- D) Pollen

Answer: B

Explanation: Silicosis develops from exposure to **silica particles**.

4. Which industry has the highest risk of asbestosis?

- A) Agriculture
- B) Food production
- C) Insulation and shipyard work**
- D) Office administration

Answer: C

Explanation: Asbestos was widely used in insulation and shipbuilding.

5. Anthracosis is caused by exposure to:

- A) Wood dust
- B) Asbestos
- C) Coal dust**
- D) Oil vapor

Answer: C

6. Byssinosis is most common among:

- A) Miners
- B) Welders
- C) Textile and cotton workers**
- D) Electricians

Answer: C

Explanation: Caused by inhaling **cotton and fiber dust**.

7. Heavy metals are dangerous because:

- A) They evaporate quickly
- B) They accumulate in the body over time**
- C) They dissolve easily
- D) They are harmless in the workplace

Answer: B

8. Lead poisoning mainly affects:

- A) Digestive system
- B) Hair growth
- C) Nervous and blood systems**
- D) Teeth

Answer: C

9. Cadmium exposure primarily damages:

- A) Skin
- B) Lungs
- C) Kidneys**
- D) Ears

Answer: C

10. Nickel commonly causes:

- A) Vision loss
- B) Hearing loss
- C) Allergic skin reaction and breathing problems**
- D) Heart attack

Answer: C

11. Solvents usually enter the body mainly through:

- A) Digestion
- B) Eyes
- C) Inhalation**
- D) Injection

Answer: C

12. Carbon monoxide poisoning results in:

- A) Increased energy
- B) Headache, dizziness, and fainting**
- C) Hair loss
- D) Muscle growth

Answer: B

13. Sulfur gases primarily irritate the:

- A) Ear
- B) Digestive system
- C) Respiratory system**
- D) Bones

Answer: C

14. Long-term work in cold environments may cause:

- A) Heat stroke
- B) Frostbite and circulation problems**
- C) Vision improvement
- D) Muscle growth

Answer: B

15. Heat stress occurs when:

- A) The body loses more heat than it produces
- B) The body produces more heat than it can release**
- C) Sweating stops completely
- D) Heart rate decreases

Answer: B

16. Which condition is caused by extreme heat exposure?

- A) Hypothermia
- B) Frostbite
- C) Heat stroke**
- D) Cold stress

Answer: C

17. Working long hours at a computer commonly leads to:

- A) Lung disease
- B) Eye strain and neck pain**
- C) Hearing loss
- D) Skin cancer

Answer: B

18. Which of the following is a common symptom of solvent exposure?

- A) Strong bones
- B) Drowsiness and skin irritation**
- C) Improved concentration
- D) Faster breathing

Answer: B

19. Occupational diseases usually develop:

- A) Suddenly and without cause
- B) Slowly over a long exposure period**
- C) Instantly after one workday
- D) Only after retirement

Answer: B

20. Which statement is true about prevention of occupational diseases?

- A) It is impossible to prevent them
- B) Only doctors are responsible
- C) Controlling exposure and using PPE reduces risk**
- D) Workers need no training

Answer: C

