

Occupational Health and Safety (OHS) - Comprehensive Final Exam

- 1. Which of the following is the first domino in Heinrich's Domino Theory?** A) Accident
B) Injury C) Social Environment / Ancestry D) Unsafe Act E) Fault of Person
- 2. What does the 'Direct Cause' of an accident usually refer to?** A) Management failure
B) Lack of training C) Unsafe acts and unsafe conditions D) Genetic factors E) Economic climate
- 3. Which of these is a physical hazard?** A) Bacteria B) Noise C) Solvents D) Bullying E)
Carbon monoxide
- 4. The 'Inverse Square Law' in radiation protection states that if you double the distance, exposure decreases to:** A) Half B) One-third C) One-fourth D) One-eighth E)
One-sixteenth
- 5. Which gas is known as the 'silent killer' because it is colorless and odorless?** A) Chlorine B) Carbon Monoxide C) Ammonia D) Sulfur Dioxide E) Hydrogen Sulfide
- 6. What is the primary route of entry for chemicals in an industrial setting?** A) Ingestion
B) Inhalation C) Injection D) Skin absorption E) Eyes
- 7. Which vibration type is caused by using a jackhammer?** A) Whole-body vibration B)
Hand-arm vibration C) Low-frequency oscillation D) Ultrasonic vibration E) Constant frequency vibration
- 8. The threshold limit for noise exposure during an 8-hour shift is generally:** A) 70 dB B)
75 dB C) 80 dB D) 85 dB E) 90 dB
- 9. Which of the following is an example of an 'Unsafe Condition'?** A) Not wearing a helmet B) Running in the hallway C) A broken ladder D) Using a tool without permission E)
Working while tired
- 10. What does 'LD50' represent in toxicology?** A) Level of Dust 50% B) Lethal Dose that kills 50% of the test population C) Liquid Density at 50 degrees D) Low Danger 50% E)
Lifetime Dose 50%
- 11. Which hazard is related to repetitive motions and poor posture?** A) Chemical B)
Biological C) Ergonomic D) Psychosocial E) Physical
- 12. In the 'Hierarchy of Controls', which is the most effective method?** A) PPE B)
Administrative controls C) Engineering controls D) Elimination E) Substitution
- 13. Which of these is a biological hazard?** A) Lead B) Hepatitis B virus C) X-rays D)
Excessive heat E) Asbestos

14. What is the main purpose of an SDS (Safety Data Sheet)? A) To track working hours
B) To provide info on chemical hazards and safety C) To list employee salaries D) To report accidents to the police E) To schedule maintenance

15. Which color is typically used for 'Warning' signs in OHS? A) Red B) Blue C) Yellow D)
Green E) White

16. 'Pneumoconiosis' is a lung disease caused by inhaling: A) Vapors B) Dusts C) Mists
D) Gases E) Fumes

17. Which of the following is a psychosocial hazard? A) High temperature B) Workplace
bullying/mobbing C) Acids D) Radiation E) Vibration

18. What is 'Risk' defined as? A) A potential source of harm B) Probability x Severity C) The
cost of safety equipment D) A workplace accident E) Frequency / Cost

19. Which protective equipment is used for respiratory protection? A) Earplugs B)
Respirator/Mask C) Goggles D) Steel-toed boots E) High-visibility vest

20. 'Flash Point' refers to: A) The temperature where a liquid gives off enough vapor to
ignite B) The speed of a fire C) The brightness of a spark D) The boiling point of water E) The
freezing point of a chemical

21. Who is legally responsible for providing OHS training under Law 6331? A) The
Employee B) The Government C) The Employer D) The Trade Union E) The Insurance
Company

22. Which gas displaces oxygen and can cause suffocation in confined spaces? A)
Oxygen B) Nitrogen C) Carbon Dioxide D) Argon E) Both B and C

23. What does 'PPE' stand for? A) Personal Product Evaluation B) Private People
Environment C) Personal Protective Equipment D) Professional Practice Exercise E) Primary
Protection Element

24. Which of these is an administrative control? A) Installing a machine guard B) Using a
less toxic chemical C) Rotating workers to reduce exposure time D) Wearing gloves E) Using
a ventilation fan

25. A 'Near Miss' is an event where: A) Someone was seriously injured B) No injury
occurred but it could have C) The machine was destroyed D) A worker resigned E) The
project was finished early

Soru	Cevap	Temel Konu
1	C	Heinrich Domino Teorisi (Kalıtım/Çevre) 🍜
2	C	Doğrudan Nedenler (Tehlikeli Hareket/Durum) ⚠
3	B	Fiziksel Risk Etmenleri (Gürültü) 💨
4	C	Radyasyonda Ters Kare Kanunu ☢
5	B	Sessiz Katil (Karbonmonoksit) 💣
6	B	Kimyasal Giriş Yolu (Solunum) 🤡
7	B	El-Kol Titreşimi (Jackhammer) 🔨
8	D	Gürültü Sınırı (85 dB) 🔊
9	C	Tehlikeli Durum (Kırık Merdiven) 🚪
10	B	Toksikoloji (LD50) 💀
11	C	Ergonomik Riskler 🤸
12	D	Kontrol Hiyerarşisi (Eliminasyon) ↑
13	B	Biyolojik Tehlikeler (Virüsler) 🦠

Soru	Cevap	Temel Konu
14	B	Güvenlik Bilgi Formu (SDS)
15	C	Uyarı İşaretleri (Sarı Renk) ⚠
16	B	Toz Hastalıkları (Pnömomokonyoz) 🤡
17	B	Psikososyal Riskler (Mobbing) 🧠
18	B	Risk Formülü (Olasılık x Şiddet) ⚖
19	B	Solunum Koruyucular (Maske) 🧣
20	A	Parlama Noktası (Flash Point) 🔥
21	C	İşverenin Eğitim Sorumluluğu 🎓
22	E	Boğucu Gazlar (Azot/Argon) ☁
23	C	KKD Tanımı (PPE) 🛡
24	C	İdari Kontroller (Rotasyon) ⌚
25	B	Ramak Kala Olay (Near Miss) ➔

26. Which type of fire extinguisher is best for electrical fires? A) Water B) CO₂ (Carbon Dioxide) C) Foam D) Sand E) Wet Chemical

27. 'Tinnitus' is a condition related to: A) Vision loss B) Hearing damage (ringing in ears) C) Skin rash D) Muscle pain E) Bone density

28. Which chemical state consists of liquid droplets suspended in air? A) Fumes B) Mists C) Dusts D) Gases E) Vapors

29. What is the goal of 'Occupational Hygiene'? A) Cleaning the office floors B) Recognizing, evaluating, and controlling health hazards C) Selling safety products D) Checking employee uniforms E) Managing payroll

30. High humidity combined with high temperature causes: A) Hypothermia B) Heat stress/exhaustion C) Frostbite D) Nitrogen narcosis E) Decompression sickness

31. Which of the following is a 'chronic' health effect? A) An immediate acid burn B) Lung cancer from 20 years of exposure C) Fainting from heat D) A broken arm E) An electric shock

32. In the domino theory, if you remove the 'Unsafe Act/Condition' domino: A) The injury still happens B) The accident is prevented C) The social environment changes D) Nothing happens E) The supervisor is blamed

33. Which organization is a global authority on labor standards? A) NASA B) ILO (International Labour Organization) C) FIFA D) UNESCO E) WHO

34. 'Ergonomics' is also known as: A) Chemical engineering B) Human factors engineering C) Biological science D) Financial management E) Structural design

35. Which of these is a symptom of 'Heat Stroke'? A) Heavy sweating B) Confusion and lack of sweating C) Shivering D) Sneezing E) Runny nose

36. A 'Corrosive' substance is one that: A) Causes cancer B) Eats away or burns skin and metal C) Explodes easily D) Is safe to touch E) Is a gas at room temperature

37. Which decibel level is the 'Threshold of Pain'? A) 40 dB B) 80 dB C) 110 dB D) 140 dB E) 200 dB

38. 'Synergistic effect' in chemistry means: A) Two chemicals cancel each other out B) The combined effect is greater than the sum of individual effects C) The chemical is pure D) The chemical is diluted in water E) The reaction is slow

39. Which of these is NOT a physical hazard? A) Radiation B) Vibration C) Bacteria D) Illumination E) Heat

40. What should be done first in an emergency? A) Run away immediately without telling anyone B) Ensure your own safety first C) Take photos for social media D) Call your family E) Check the equipment manual

41. Which factor contributes most to human error in accidents? A) Gravity B) Fatigue and stress C) High salary D) New equipment E) Good lighting

42. 'TLV-TWA' refers to exposure over: A) 1 hour B) 8 hours C) 24 hours D) 1 week E) 15 minutes

43. Which material is a common cause of mesothelioma? A) Wood dust B) Asbestos C) Iron ore D) Sugar E) Cotton fiber

44. What is the safe percentage of Oxygen in the air for breathing? A) 5% B) 10% C) 19.5% - 21% D) 50% E) 78%

45. 'Lockout/Tagout' (LOTO) is used to: A) Lock the office doors at night B) Prevent accidental startup of machines during maintenance C) Tag new employees D) Measure the weight of a machine E) Secure the building perimeter

46. Which of the following is a 'sensitizer'? A) A chemical that causes an allergic reaction B) A chemical that provides energy C) A chemical that smells good D) A chemical that is used for cleaning E) A chemical that dissolves plastic

47. 'Alpha, Beta, and Gamma' are types of: A) Bacteria B) Ionizing radiation C) Fire extinguishers D) Chemical solvents E) Ergonomic postures

48. What is the minimum number of employees required to form an OHS committee in Turkey? A) 10 B) 25 C) 50 D) 100 E) 500

49. Which of these is an 'acute' injury? A) Hearing loss over 10 years B) A sudden electric shock C) Back pain from years of sitting D) Asbestosis E) Silicosis

50. The primary purpose of workplace lighting is: A) To save energy B) To prevent accidents and eye strain C) To make the building look modern D) To heat the room E) To monitor employees

Soru	Cevap	Temel Konu
26	B	Elektrik Yangınları (\$CO_2\$ Söndürücü) 🔥
27	B	Gürültü Belirtisi (Tinnitus - Kulak Çınlaması) 🧐
28	B	Kimyasal Fiziksel Hal (Sis/Mist) ☁
29	B	İş Hijyeni Tanımı 💧
30	B	Termal Konfor (Isı Stresi/Nem) 🌡️
31	B	Kronik Sağlık Etkisi (Asbest/Kanser) ⏳
32	B	Kaza Önleme (Tehlikeli Hareket/Durumu Kaldırma) 🛡️
33	B	Uluslararası Çalışma Örgütü (ILO) 🌎
34	B	Ergonomi (İnsan Faktörleri Mühendisliği) ↗
35	B	Isı Çarpması Belirtileri (Kuru Cilt/Konfüzyon) 🔥
36	B	Aşındırıcı (Korozif) Maddeler 💊
37	C	Gürültüde Ağrı Eşiği (140 dB) 🔊
38	B	Sinerjik Etki (\$1+1>2\$) ⚡

Soru	Cevap	Temel Konu
39	C	Fiziksel Olmayan Tehlike (Bakteri - Biyolojiktir) 🍃
40	B	Acil Durumda İlk Adım (Kendi Güvenliğin) 🚑
41	B	İnsan Hatası Nedenleri (Yorgunluk/Stres) 😞
42	B	Maruziyet Sınır Değeri (8 Saatlik TWA) ⏳
43	B	Mezotelyoma Nedeni (Asbest) 🏠
44	C	Güvenli Oksijen Seviyesi (%19.5 - %21) 🌬️
45	B	Enerji İzolasyonu (LOTO - Kilitle/Etiketle) 🔒
46	A	Alerjik Reaksiyon (Hassaslaştırıcı/Sensitizer) 😱
47	B	İyonlaştırıcı Radyasyon (Alfa, Beta, Gama) ☢
48	C	İSG Kurulu Alt Sınırı (50 Çalışan) 👤
49	B	Akut Yaralanma (Ani Elektrik Şoku) ⚡
50	B	Aydınlatma Amacı (Göz Yorgunuğu/Kaza Önleme)💡

51. Which of the following describes 'Mutagenic' substances? A) They cause skin burns
B) They cause genetic mutations C) They cause drowsiness D) They are used to kill insects
E) They are always liquid

52. What is the 'Domino Theory' scientist's name? A) Newton B) Einstein C) Heinrich D)
Darwin E) Bird

53. 'Anthropometry' in ergonomics is the study of: A) Human emotions B) Human body
measurements C) Animal behavior D) Computer software E) Soil types

54. Which of these is a 'Non-ionizing' radiation? A) X-rays B) Gamma rays C) Microwaves
D) Alpha particles E) Beta particles

55. What does a 'Blue' circular sign mean? A) Prohibition B) Mandatory action C) Warning
D) Safe exit E) Fire equipment

**56. Which chemical is often found in the battery industry and affects the nervous
system?** A) Lead B) Salt C) Water D) Oxygen E) Iron

57. 'Hand-Arm Vibration Syndrome' is also known as: A) Blue Eye B) White Finger
(Raynaud's phenomenon) C) Red Nose D) Green Hand E) Yellow Skin

58. Which of these is a biological hazard found in the agriculture sector? A) Pesticides
B) Zoonotic diseases C) Tractor noise D) Sunburn E) Fertilizers

59. 'Psychosocial' risks can lead to which physical condition? A) Broken leg B)
Cardiovascular diseases C) Hearing loss D) Chemical burns E) Skin cancer

60. What is the first step in 'Risk Assessment'? A) Calculate the cost B) Identify the
hazards C) Buy PPE D) Fire the workers E) Review the insurance

61. 'Fumes' are usually created by: A) Grinding wood B) Evaporating and condensing
metal C) Spraying perfume D) Walking on carpet E) Freezing water

62. Which of these is an engineering control for noise? A) Giving the worker earplugs B)
Enclosing the noisy machine in a soundproof box C) Telling the worker to work faster D)
Signs saying 'Noise Zone' E) Hiring younger workers

63. What is the purpose of 'Health Surveillance'? A) To spy on employees' private lives B)
To monitor workers' health for early signs of illness C) To check if employees are happy D)
To see who is the strongest E) To track vacation days

64. 'STEL' stands for: A) Standard Tool Entry Level B) Short Term Exposure Limit C) Safety Training and Education List D) Static Thermal Energy Level E) Systemic Toxic Effect Level

65. Which of these is a 'Teratogen'? A) A substance that damages a developing fetus B) A substance that cleans floors C) A substance that prevents fire D) A substance that makes plants grow E) A substance that kills bacteria

66. 'Natural ventilation' relies on: A) Fans and motors B) Windows, doors, and wind C) Air conditioning units D) Oxygen tanks E) Heaters

67. In a 'Safety Triangle', what is at the bottom? A) Fatal accidents B) Major injuries C) Unsafe acts / Near misses D) Minor injuries E) Property damage

68. Which of these is a sign of 'Hypothermia'? A) Sweating B) Uncontrolled shivering C) Sunburn D) High thirst E) Rapid heart rate

69. 'Ergonomic' keyboard design aims to prevent: A) Eye strain B) Carpal Tunnel Syndrome C) Hearing loss D) Chemical exposure E) Back pain

70. What does 'Prohibition' sign (Red circle with a slash) mean? A) You must wear a helmet B) Warning: High voltage C) Do NOT do this action D) Exit this way E) First aid here

71. Which gas is a byproduct of charging lead-acid batteries? A) Oxygen B) Hydrogen C) Carbon Dioxide D) Nitrogen E) Helium

72. 'Local Exhaust Ventilation' (LEV) is used to: A) Cool the whole building B) Capture contaminants at the source C) Provide drinking water D) Light up the room E) Monitor oxygen levels

73. Which of these is a hazard of 'Static Electricity'? A) High electricity bills B) Sparks causing explosions C) Muscle growth D) Better phone signal E) Water leaks

74. 'Incubation period' refers to the time between: A) Working and retiring B) Exposure and the appearance of symptoms C) Buying a tool and it breaking D) Hiring and firing E) Morning and night

75. Which is the most 'Personal' level of protection? A) Substitution B) Ventilation C) PPE D) Machine Guarding E) Elimination

Soru	Cevap	Temel Konu
51	B	Mutagen Maddeler (DNA yapısını değiştirenler) 
52	C	Domino Teorisi'nin Kurucusu (H.W. Heinrich) 
53	B	Antropometri (Vücut ölçülerini bilimi) 
54	C	İyonize Olmayan Radyasyon (Mikrodalga vb.) 
55	B	Mavi Daire İşaretler (Emredici/Zorunluluk) 
56	A	Kurşun Maruziyeti (Pil/Akü sanayi) 
57	B	Beyaz Parmak Hastalığı (Titreşim kaynaklı) 
58	B	Zoonotik Hastalıklar (Hayvandan insana geçen) 
59	B	Psikososyal Riskler ve Kalp Hastalıkları 
60	B	Risk Değerlendirmesi İlk Adımı (Tehlikelerin Tespiti) 
61	B	Metal Buharları/Dumanları (Fumes)  焊接

Soru	Cevap	Temel Konu
62	B	Mühendislik Önlemi (Gürültüye karşı tecrit) 
63	B	Sağlık Gözetimi (Meslek hastalıklarını erken teşhis) 
64	B	STEL (Kısa Süreli Maruziyet Sınır Değeri) 
65	A	Teratojen Maddeler (Cenin/Fetus gelişimine zarar veren) 
66	B	Doğal Havalandırma (Pencere/Kapı/Rüzgar) 
67	C	Kaza Piramidi Tabanı (Tehlikeli Hareket/Ramak Kala) 
68	B	Hipotermi (Düşük vücut ısısı) 
69	B	Ergonomik Klavye (Karpal Tünel Sendromu önleme) 
70	C	Yasaklı İşaretler (Kırmızı daire ve eğik çizgi) 
71	B	Akü Şarjı Sırasında Çıkan Gaz (Hidrojen) 

Soru	Cevap	Temel Konu
72	B	Yerel Egzoz Havalandırma (LEV - Kaynağında yakalama) 
73	B	Statik Elektrik Tehlikesi (Kıvılcım/Patlama) 

Soru	Cevap	Temel Konu
74	B	İnkübasyon (Kuluçka) Süresi 
75	C	En Son Savunma Hattı (Kişisel Koruyucu Donanım - KKD) 

76. 'Working at height' safety usually requires: A) Earplugs B) Safety harness and lanyard C) A thick coat D) Sunglasses E) Steel boots

77. Which of these is a factor affecting 'Thermal Comfort'? A) Air temperature B) Humidity C) Air velocity D) Radiant heat E) All of the above

78. 'Solvents' are chemicals that: A) Are always solid B) Dissolve other substances C) Are used as food D) Only exist in space E) Conduct high voltage

79. 'Silicosis' is caused by breathing in fine particles of: A) Wood B) Silica (sand/stone dust) C) Flour dust D) Plastic particles E) Paper dust

80. What is the main cause of 'Electrocution' accidents? A) Using insulated tools B) Touching live parts or faulty grounding C) Wearing rubber boots D) Turning off the power E) High humidity levels

81. Which 'Domino' comes immediately after 'Fault of Person'? A) Social Environment B) Unsafe Act/Condition C) Accident D) Injury E) Heritage

82. In OHS, 'Evaluation' means: A) Ignoring the risk B) Comparing measured levels against standards C) Cleaning the machine D) Hiring a new manager E) Calculating profit

83. Which of these is an 'Exit' sign color? A) Red B) Yellow C) Green D) Blue E) Orange

84. 'Occupational Asthma' is often caused by: A) Loud music B) Isocyanates or wood dusts C) Sitting too long D) High light levels E) Excessive vibration

85. What is 'Root Cause Analysis' used for? A) To find the deepest reason for an accident B) To find out who to fire C) To calculate profit D) To plant trees E) To measure height

86. Mechanical hazards include: A) Stress and anxiety B) Crushing, shearing, and cutting C) Bacteria and viruses D) Toxic gases E) Radiation

87. Which of these is a 'Confined Space'? A) A large open field B) A storage tank or sewer C) A shopping mall D) A park E) A highway

88. 'Dermatitis' is an inflammation of the: A) Lungs B) Ears /C) Skin D) Eyes E) Liver

89. What does the 'Green' color represent? A) Danger B) Fire equipment C) Safe condition / First aid D) Mandatory action E) Warning

90. 'Housekeeping' in a factory means: A) Cooking for workers B) Keeping the work area clean and organized C) Selling the factory D) Staying at home E) Managing visitors

91. Which of these is a 'Chemical' asphyxiant? A) Nitrogen B) Carbon Monoxide C) Methane D) Argon E) Helium

92. 'Machine Guarding' is an example of: A) PPE B) Engineering control C) Administrative control D) Elimination E) Substitution

93. 'Shift work' is associated with which hazard? A) Chemical B) Physical C) Psychosocial D) Biological E) Mechanical

94. What is the risk of 'Ionizing Radiation'? A) Skin tanning B) DNA damage and cancer C) Hearing loss D) Bad smell E) Eye strain

95. 'First Aid' is the: A) Final treatment at a hospital B) Immediate care given to an injured person C) Autopsy after death D) Surgery E) Physical therapy

96. 'Vapor' is the gaseous state of a substance that is normally: A) Always a gas B) Liquid or solid at room temperature C) Only solid D) Only plasma E) Radioactive

97. Which of these is NOT a step in the 'Hierarchy of Controls'? A) Substitution B) Elimination C) Ignoring the hazard D) PPE E) Administrative controls

98. 'Workplace Stress' can be caused by: A) Clear job descriptions B) Excessive workload and lack of control C) Good lighting D) Safe equipment E) Competitive salary

99. Why is 'Reporting' accidents important? A) To fill archives B) To learn from mistakes and prevent future accidents C) To make workers look bad D) To increase insurance cost E) To get a day off

100. The ultimate goal of OHS is to: A) Save money for the boss B) Ensure the health, safety, and welfare of workers C) Follow laws only when checked D) Sell more helmets E) Minimize vacation time

Soru	Cevap	Temel Konu	Soru	Cevap	Temel Konu
76	B	Yüksekte Çalışma (Emniyet kemeri ve lanyat) 	88	C	Dermatit (Cilt iltihabi) 
77	E	Termal Konfor Bileşenleri (Sıcaklık, nem, hava hızı, radyant ısı) 	89	C	Yeşil Renk Anlamı (Güvenli durum / İlk yardım) 
78	B	Solventlerin İşlevi (Çözücü maddeler) 	90	B	Tertip ve Düzen (Housekeeping) 
79	B	Silikozis Nedeni (Kuvars/Kum tozu) 	91	B	Kimyasal Boğucu (Karbonmonoksit - Hücre düzeyinde boğar) 
80	B	Elektrik Çarpması Ana Nedeni (Temas veya hatalı topraklama) 	92	B	Mühendislik Kontrolü (Makine koruyucuları) 
81	B	Domino Teorisi Sıralaması (Kişisel kusurdan sonra Tehlikeli Hareket gelir) 	93	C	Vardiyalı Çalışma (Psikososyal risk faktörü) 
82	B	Risk Değerlendirmesi: Değerlendirme Adımı (Ölçüm vs Standart) 	94	B	İyonlaştırcı Radyasyon Riski (DNA hasarı ve kanser) 
83	C	Çıkış İşaretleri Rengi (Yeşil) 	95	B	İlk Yardım Tanımı (Olay yerindeki ilk müdahale) 
84	B	Mesleki Astım Nedenleri (İzosiyanatlar/Odun tozları) 	96	B	Buhar Tanımı (Oda sıcaklığında sıvı/katı olanın gaz hali) 
85	A	Kök Neden Analizi (Kazanın en derin nedenini bulma) 	97	C	Kontrol Hiyerarşisi (Tehlikeyi görmezden gelmek bir adım değildir) 
86	B	Mekanik Tehlikeler (Ezilme, kesilme, sıkışma) 	98	B	İş Stresi Nedenleri (Aşırı iş yükü ve kontrol eksikliği) 
87	B	Kapalı Alan Tanımı (Tanklar, menholler, silolar) 	99	B	Kaza Raporlamanın Amacı (Tekrarını önlemek için ders çıkarmak) 
88	B	İSG'nin Nihai Amacı (Çalışanların sağlık ve refahını korumak) 	100	B	

