

Test tasks on hygiene

For English-speaking students

Communal hygiene

1. Hygiene as a science studying:

- a) The influence of external factors on the body
- b) the treatment of the diseases
- c) The relation between the external factors and the population

2. Hygiene as a science:

- a) Work out The preventives measures against the negative influence of external factors
- b) Work out the hygienic recommended standards
- c) Studying the biological relation between the environment and the building

3. Man ecology as a discipline:

- a) Studying the influence of the natural environment on man health
- b) Find out the harmful external factors
- c) Work out the hygienic recommended standards
- d) Studying the biological relation between the environment and the body

4. Hygiene as a science:

- a) Find out the harmful factors
- b) Work out The preventives measures against the negative influence of external factors
- c) Work out the hygienic recommended standards

5. Man ecology as a discipline:

- a) Studying the influence of the natural environment on man health.
- b) Find out the harmful external factors
- c) Work out the hygienic recommended standards
- d) Studying the biological relation between the environment and the body.

6. Research methods which used in hygienic science are:

- a) Physical.
- b) Chemical.
- c) Physiological.
- d) Bacteriological.
- e) Experimental.

7. The manifestation of negative influence of ecological factors are:

- a) Change of gasses content in atmosphere.
- b) Depletion of the ozone layer thickness.
- c) Change the climate.
- d) Increase the number of man morbidity.

8. Which of the following factors take part in formation of man health:

- a) Genetic.
- b) Endemic.
- c) Nature and climate.
- d) Epidemic.
- e) Ecological.

9. Point out the real % of illness because of the ecological factors (WHO reports):

- a) 10%
- b) 25%
- c) 50%
- d) 73%

10. The founder of department of hygiene in our universty

- a) Diatrotof. P. N
- b) Ignatev N. K
- c) Kotsin M. B
- d) Solovyof Z. P.

11. The founder of ecology as a science:

- a) Hekkel.
- b) Mebeos.
- c) Grinel.
- d) Vernandsky.

12. The causes of ecological crisis:

- a) Physical activity and sport
- b) The results of industrial and economic activity and pollution of the Environment
- c) Defects in environmental education
- d) human waste production

13. The effect of the environmental pollutants:

- a) Toxic effect
- b) Stimulate the immune reaction
- c) respiratory infections
- d) Blood hypertension

14. Ecosystem:

- a) are complex self-organizing systems, which consist of living and not living organisms and the physical and chemical phenomena
- b) An ecosystem is formed by the only interactions between all living and non-living things

15. Substances and indicators of water pollution with organic substances:

- a) presence of ammonia
- b) availability of sulfites
- c) presence of nitrates
- d) high acidity

16. Ways of water clarification(lightening):

- a) chlorination
- b) filtering
- c) coagulation

17. Hard drinking water causes:

- a) Diabetes
- b) Malignancy
- c) Cardiovascular disease
- d) Intestinal dysfunction

18. The cause of dental fluorosis:

- a) eating foods with a high content of fluoride
- b) consumption of food with high content of strontium and calcium
- c) prolonged use of water with low content of fluoride(0,3 - 0,5mg/l)
- d) long-term consumption of water with high content of fluoride (more than 1. 5 mg/l)

19. Action of slow sand filter depends upon:

- a) Zoogical (biological) layer
- b) Size of sand particles
- c) Amount of the water

20. Disadvantage of hard water:

- a) Consumes more soap
- b) Decreased fuel consumption
- c) Difficult to cook the food

21. The slow sand filters are:

- a) Used in rural areas
- b) Difficult in operation
- c) Simple operation

22. The normal doses of chlorination is:

- a) 1-5 mg/ l
- b) 10 mg/ l
- c) 7mg/l

23. Fluoridation of water prevent:

- a) Dental caries
- b) Cancer
- c) Dental fluorosis

24. physical methods for disinfection of drinking water are:

- a) Boiling
- b) UV-rays
- c) Ozonization

25. Free chlorine level recommended in drinking water is:

- a) 2 mg/l
- b) 0. 3-0. 5 mg/l
- c) 3 mg/l

26. The normal level of hardness of water is less than 9 mg\ q l:

- a) Yes
- b) No

27. The standards of quality of drinking-water are:

- a) Transparency not less than 30 cm
- b) Hardness below 7. 5 mg/l
- c) The level of fluoride not more than 1. 5 mg/l

28. The main causes of endemic water borne diseases is high concentration of:

- a) Fluoride
- b) Iodine
- c) Copper

29. The character of sub soil water:

- a) High concentration of minerals
- b) High acidity
- c) May easily contaminated by polluted soil

30. The standards of quality of drinking-water are:

- a) Transparency not more than 30 cm
- b) Hardness below 7.5 mg/l
- c) The level of fluoride not more than 0.4mg/l

31. The main causes of water-endemic diseases are:

- a) Fluoride
- b) Iodine
- c) Vit. C

32. Types of water filters:

- a) Rapid
- b) Slow
- c) Moderate

33. Which of the following are the main methods for purification of water:

- a) Softening
- b) Desalting
- c) Coagulation
- d) Disinfecting

34. The main Source of fluoride is:

- a) Water
- b) Bread
- c) Milk

35. Normal doses of chlorination does not effect on:

- a) Salmonella
- b) Virus
- c) Shigella
- d) Helminthes

36. The safe concentration of fluoride in water is:

- a) Not less than 0,7mg/lit,
- b) Not more than 1,5 mg/lit,
- c) more than 5m g/lit

37. Which one of the following are waterborne diseases:

- a) Poliomyelitis,
- b) Cholera,
- c) Bronchitis
- d) Infective hepatitis

38. The normal level of hardness of water is:

- a) 7.5 mEq/l
- b) Less than 1 mEq/l
- c) More than 12 mEq/l

39. Which of the following are the main methods for purification of water

- a) Softening
- b) Desalting
- c) Coagulation
- d) Disinfecting

40. The rapid sand filter is:

- a) More efficient than slow sand filter
- b) Filtration is 20 times rapid than that of a slow sand filter
- c) Remove the organic matter

41. Which one of the following is waterborne disease:

- a) Bronchitis
- b) Cholera
- c) Gastritis

42. Chlorinating of water help in:

- a) Control the growth of algae
- b) Kills pathogenic bacteria
- c) Helps in coagulation

43. The rapid sand filter is:

- a) More efficient than slow sand filter
- b) Filtration is 20 times rapid than that of a slow sand filter

44. The efficiency of slow sand filter depends upon:

- a) Biological layer
- b) Size of sand particles
- c) Sand compactness

45. The efficiency of the rapid filter equal:

- a) 40 %
- b) 70 %
- c) 100 %

46. The dose of active chlorine for normal chlorination is:

- a) 7 mg
- b) Up to 5 mg
- c) 10 mg

47. The normal concentration of the fluoride in the drinking water is:

- a) 3mg / l
- b) 0,7- 1,5 mg / l
- c) 0,3 mg / l

48. The water endemic diseases are:

- a) Pneumonia
- b) Goiter
- c) Typhoid fever
- d) Cholera

49. Fluoridation of the water prevent

- a) Teeth caries
- b) Flourises
- c) Effect of the hard water

49. Defluoridation prevents:

- a) Dental caries
- b) Gastritis
- c) Dental fluorosis
- d) Intestinal infection

50. The safe concentration of fluoride in drinking water is:

- a) not more than 0,3 mg/lit
- b) about 1,5 mg/lit
- c) more than 3m g/lit

51. The % of freshly made bleaching powder is:

- a) 25%
- b) 20%
- c) 12%

52. The normal level of hardness of water is:

- a) 7. 5mEa/l
- b) less than 4 mEq/l
- c) More than 9 mEq/l

53. Point out the hygienic value of the air movement:

- a) Increase the level of the air pollution
- b) Improve the diluting process of the air pollutions
- c) Stimulate the body heat loss if the air velocity increase

54. Chlorination in normal doses effect in:

- a) Virus
- b) Intestinal bacteria

55. Which of the following are the special methods for purification of water:

- a) Softening
- b) Desalting
- c) Coagulation
- d) Disinfecting

56. The amount of the free chlorine after normal chlorination must be:

- a) 0,3-0,5 mg / l
- b) 3mg / l
- c) 0,6 mg / l

57. The standards of quality of drinking-water are:

- a) Transparency not less than 30 cm
- b) Hardness below 7.5 mg/l
- c) The level of fluoride not more than 1.5 mg/l

58. Indicators of a water contamination by organic substances:

- a) presence of iron
- b) presence of ammonia
- c) presence of nitrite
- d) presence of nitrates
- e) presence of fluoride

59. Indicators of the physical indicators of water

- a) turbidity
- b) color
- c) smell
- d) taste
- e) Coli titer

60. Diseases transmitted by water:

- a) Hepatitis "C"
- b) TB
- c) Amoebiasis
- d) Yellow fever

61. Meaning of Coli –titer

- a) Number of E. coli in 1 liter of water
- b) amount of water, which is found in at least one bacteria E. coli
- c) Concentration of microorganisms in 1 liter of water

62. The minimum value of the coli-titer, in well water:

- a) 50 ml
- b) 100 ml
- c) 300 ml

63. High concentration of ammonia, nitrite and nitrates in water means:

- a) The completion of the process of self-purification
- b) A permanent fecal contamination
- c) Chemical contamination

64. Methods used to improve the quality of drinking water:

- a) main
- b) special
- c) support

65. The special method to improve water quality:

- a) disinfection:
- b) decontamination
- c) fluoridation
- d) filtration

66. Filtration rate of slow sand filter:

- a) 0.1 - 0.3 m / h:
- b) 5 -8 m / h
- c) 13-15 m / h

67. Chlorination method used depend upon the following Indications:

- a) The content of pathogenic organisms
- b) The amount of the coli-titer
- c) The amount of fluoride in the water

68. The advantages of ozone compared to chlorination of water:

- a) a wide effect of ozone:
- b) improving the physical character of water:
- c) low cost and availability of the method
- d) deterioration of physical character of water

69. Advantages of water-boiling:

- a) Death of vegetative microorganisms when heated to 80 * C in 40 seconds
- b) Decrease the amount of the nitrate
- c) Availability of disinfection at the water

70. Cause of the water-nitrate methemoglobinemia:

- a) the use of water with high nitrate
- b) the use of water with low nitrate

71. Cause of the development of endemic goiter:

- a) the use of water with a low content of iodine
- b) the use of water with a high content of iodine
- c) the use of products with a high content of iodine

72. The normal level of hardness of water is:

- a) Less than 2 mEq/l
- b) Within 7.5 mEq/l
- c) More than 10 mEq/l

73. What hygiene requirements imposed on the quality of drinking water:

- a) epidemiological safety of the water
- b) safety of water in chemical composition
- c) good physical indicators
- d) coli titer lower than 100/ml.

74. What diseases are transmitted through contaminated soil?

- a) intestinal infections
- b) zoonotic
- c) viral
- d) helminthiasis

75. The recommended dose of UV- rays for disinfection the air:

- a) 2.3 wt for 1m³
- b) 3wt for 1m³
- c) 0.7-1 wat for 1m³

76. Sanitary indicators of the soil:

- a) coli titer
- b) sanitary number
- c) silica content (IV)

77. What substances are indicators of organic soil contamination:

- a) ammonia nitrogen
- b) nitrate nitrogen
- c) chlorides

78. The following problem are the result of effect of low atmospheric pressure:

- a) Increased respiration
- b) Increased cardiac output
- c) Increased concentration of Hb
- d) Diseases of the liver

79. Effect of air pollution may increase:

- a) The % of skin diseases
- b) The % of eye diseases
- c) The % of lungs diseases
- d) The % of skin cancers

80. The integral flow of the sun light give off the following specters:

- a) UV-rays
- b) Visible light
- c) Infrared
- d) Cosmic rays

81. Effect of infrared rays are:

- a) Increase the skin heat (warming the skin)
- b) Increase the body temperature
- c) Widening the skin capillary
- d) Increase the diseases of breathing system

82. Which sings we need to assess the level of natural lighting on the work place:

- a) Coefficient of the light
- b) Coefficient of the natural light
- c) Coefficient of the depth's

83. The causes of discomfort in an overcrowded poorly ventilated room are:

- a) Temperature
- b) Co
- c) Air change

84. The normal level of temperature in the class is:

- a) 18-20°
- b) 30°
- c) 14°

- 85. Health Contraindication against using artificial source of UV- rays lamps:**
- Chronic bronchitis
 - Peptic ulcer
 - Disease of the vertebra
- 86. The normal level of the CL in the class is:**
- 1/4-1/6
 - I/I
 - 1/4-1/8
- 87. The layers of the earth atmosphere are:**
- Troposphere
 - Vacuum sphere
 - Ion sphere
- 88. The integral flow of the sun light give off the following specters:**
- UV-rays
 - Visible light
 - Infrared
 - Cosmic rays
- 89. The biological importance of the sun rays are to:**
- Stimulate the body activity.
 - Increase the metabolism processes.
 - Carry out the vision functions
 - Has arrhythmic effect
- 90. Effect of infrared rays are:**
- Increase the skin heat (warming the skin)
 - Increase the body temperature
 - Widening the skin capillary
 - Increase the metabolism
 - Having bactericidal effect
- 91. Conjunctivitis is caused due to exposure to:**
- UV rays
 - Heat
 - Vibration
- 92. Which of the following is true about UV rays:**
- UV rays convert dihydrochollesterol in the skin to vitamin D
 - Synthesise of melanotic pigments
 - Bactericide effect
- 93. The main signses of body coolness are:**
- Structure change in the cell.
 - Spasm of the peripheral blood vascular
 - Decrease the body resistance
 - Increase the lung ventilation

94. Contraindication agents using artificial source of UV - rays:

- a) Active pulmonary tuberculosis
- b) Hypertrophy of the Thyroid
- c) Disease of kidney

95. The indication for using UV rays lamps:

- a) The deficiency of vitamin D
- b) In winter time in the north area
- c) High atmospheric pressure
- d) For those who worked underground

96. The biological importance of the sun rays are to:

- a) Stimulate the body activity
- b) Increase the power of the muscles
- c) Carry out the vision functions
- d) Has erythemic effect

97. Effect of infrared rays are:

- a) Increase the skin heat (warming the skin)
- b) Decrease the body temperature
- c) Increase the metabolism
- d) Having bactericidal effect

98. Amount of the light on the surface is measured as:

- a) Lux
- b) Lumen

99. What are the main sensitive body functions in relation to changing of microclimateconditions:

- a) Thermoregulation
- b) Breathing
- c) Digestion

100. Biological action area "A" of UV -rays (preferential) :

- a) tanned
- b) photochemical
- c) bactericidal
- d) erythematous

101. What is the wavelength of the visible region of the solar spectrum:

- a) more than 760 nm
- b) 760-400 nm
- c) 400-200 nm

102. Preferential biological effect area C of UV -rays:

- a) erythema (tanned)
- b) vitamin forming
- c) bactericidal

103. Artificial source of UV -rays:

- a) Neon lamp
- b) PRK lamp
- c) EUF lamp

104. The normal level of temperature in the hospital is:

- a) 25⁰
- b) 18-21⁰
- c) 14-19⁰

105. What is the wavelength region "A" UV radiation:

- a) 400-320 nm
- b) 320-280 nm
- c) 280-200 nm

106. Preferential biological action area "C" of UV radiation:

- a) tanned
- b) vitamin forming
- c) bactericidal

107. Anemometer measures:

- a) Humidity
- b) Temperature
- c) Air pollution
- d) Air velocity

108. The main sources of the lighting in the rooms are:

- a) Industrial
- b) Natural
- c) Artificial

109. The side effect of the neon lamps because of technical problems are:

- a) Stroboscopic effect
- b) Allergic reaction
- c) increased the temperature of the air

109. To find out the level of the relative humidity we used:

- a) Psychrometer Asmmana
- b) Anemometer
- c) luxemeter

110. What are the main causes of stroboscopic effect:

- a) Light dispersion
- b) Uncontinuatly lighting
- c) Low bright lamps

111. The main signs of erythema (redness) causes by UV- rays:

- a) Clear border lining
- b) Non distinctive border
- c) Skin inflation

112. The concentration of oxygen in different layers of the atmosphere is:

- a) Decreasing in high layers
- b) Increasing in high layers
- c) Usually with out any change

113. Point out the hygienic value of the air movement:

- a) Promote the uniform content of the air
- b) Promote the diluting process of the air pollutions
- c) Increase the air pollutions

114. Influence of the air pollution on the health:

- a) Increase the skin diseases
- b) Increase the diseases of the eyes
- c) Increases the breathing systems diseases
- d) Increase the % of cancers

115. Psychrometer measures:

- a) Air velocity
- b) Level of the light
- c) Humidity

116. The main complications under high atmospheric | pressure are:

- a) Rupture of spleen
- b) Air embolism
- c) Nausea

117. What determines the degree of light delay the window:

- a) the thickness of the glass
- b) from the colors of the glass
- c) from the purity of glass
- d) from the orientation of the premises

118. Basic hygiene requirements to the sources of artificial light:

- a) lighting should be not lower than the established norms
- b) the lighting must be uniform
- c) lighting should create a feeling of warmth
- d) range must be close to the natural
- e) lighting must not give strong shadows

119. What device is used to measure the level of light:

- a) actinometer
- b) light meter
- c) luxmeter

120. The biological importance of the sun rays are to:

- a) Stimulate the body activity
- b) Stimulate the metabolism processes
- c) Carry out the, vision functions
- d) Chang the color of the skin and the body

121. What are the main signs of the body overheating:

- a) Stimulate the peristaltic of the intestines
- b) Increase the body temperature
- c) Increase the pulse
- d) Widening the peripheral vascular

122. Low % of humidity will may cause:

- a) With low temperature decrease the heat lost from the body
- b) With low temperature will increase the heat loss from the body
- c) With high temperature increase the heat loss from the body

123. Zones of the city:

- a) Residence zone
- b) Industrial zone
- c) Sport zone
- d) Green zone

124. Prevention of air pollution:

- a) Legal measures
- b) Proper foods
- c) Health education
- d) Green zones

125. Which of the following is true about UV-rays:

- a) UV rays convert dihydrochlesterol under the skin to vitamin D
- b) Synthesis of melatonin pigment
- c) Stimulate the peristaltic of the intestines

126. The normal level of NCL in the classes must be:

- a) not less than 1%
- b) not less than 1,5%
- c) 2%

127. The main cause of Mountain disease is:

- a) high atm. Pressure
- b) Low atm. Pressure
- c) low % of oxygen

128. The concentration of oxygen in different layers of the atmosphere is:

- a) Decreasing in high layers
- b) Increasing in high layers
- c) Usually with out any change

129. Point out the hygienic value of the air movement:

- a) Promote the uniform content of the air
- b) Promote the diluting process of the air pollutions
- c) Decrease the body heat loss if the air velocity increase
- d)

130. The following are the result of effect of low pressure:

- a) Increased respiration
- b) Increased cardiac output
- c) Decreased concentration of Hb

131. Point out the UV-rays border in sun rays:

- a) 10-400 nm
- b) 200-400 nm
- c) 400- 761 nm

132. Point out the UV-rays border which produced by artificial sources (lamps):

- a) 10-400
- b) 200-400 nm
- c) 400-761 nm

133. Which of the following is true about UV rays:

- a) UV rays convert dihydrocholesterol in the skin to vitamin D
- b) Synthesis of melanotic pigments
- c) Bactericide effect

134. The indication for using UV rays lamps:

- a) The deficiency of vitamin D
- b) In winter time in the north area
- c) High atmospheric pressure
- d) For those who worked underground

135. The normal amount of the CL in the hospitals word is:

- a) 1/4-1/8
- b) 1/1
- c) 1/4-1/6

136. What are the main sensitive body functions in relation to changing of microclimate conditions:

- a) Thermoregulation
- b) Relaxation
- c) Breathing

137. What are the hygienic demands for artificial source of the light:

- a) Must change the physical and chemical content of the air
- b) Must be safe for the bios
- c) Must be uniform light

138. Meaning of of micro-climate:

- a) A combination of meteorological conditions in enclosed spaces
- b) Regular sequence of meteorological processes, observed in long-term weather patterns in the area

139. Factors determining the microclimate:

- a) The lighted room
- b) Air temperature
- c) Air humidity

140. The level of the microclimate effected the following function of the body:

- a) Breathing
- b) Digestion
- c) Thermoregulation

141. Function of the body that is most dependent on the microclimatic conditions:

- a) breath
- b) digestion
- c) the activity of the cardiovascular system
- d) thermoregulation

142. Mechanisms of heat transfer from the surface of the skin:

- a) heat conduction
- b) rays of light
- c) heat radiation
- d) evaporation of moisture

143. The causes of caisson sickness:

- a) stay in the area with the air pressure is low
- b) stay in the area with high atmospheric pressure
- c) the decrease in the partial pressure of oxygen in the inspired air

144. The main physiological function of the visual analyzer:

- a) stability of a clear vision
- b) ability to accommodation
- c) contrast sensitivity

145. Factors that determine the level of natural lighting in the room:

- a) geographical deposition of areas
- b) painting rooms and furniture
- c) number of windows

146. The advantages of fluorescent lighting:

- a) high brightness
- b) diffused light
- c) stroboscopic effect
- d) good color perception in any lighting

147. Which sings we need to assess the level of natural lighting on the work place:

- a) Coefficient of the light.
- b) Coefficient of the artificial light.
- c) Coefficient of the depth's

148. The advantages of neon lamps are:

- a) Economical source
- b) With more brightness
- c) Dispersed light
- d) With sharp shadows

Hygiene of nutrition**149. Factors affecting the value of basal metabolism in man.**

- a) sex
- b) age
- c) size and weight
- d) type of work

150. What should be the content of vegetable oils of the total amount of fat in the daily diet:

- a) 10-15%
- b) 25-30%
- c) 40-50%

151. The biological role of calcium:

- a) participates in the formation of bones
- b) is involved in blood clotting
- c) stimulates myocardial contractility
- d) promotes the absorption of protein

152. What factors determine an individual's need for fats:

- a) age
- b) sex
- c) labor intensity
- d) physiological state of the organism
- e) the intensity of solar radiation

153. Symptoms of botulism:

- a) weakness and dizziness
- b) ptosis, strabismus
- c) abdominal pain
- d) increase in body temperature to 38-40⁰C
- e) swallowing difficulty

154. Diseases of workers canteens, leading to infection of the food with staphylococcus:

- a) furunculosis
- b) burns and infected wounds
- c) radiculitis
- d) otitis

155. Point out the test (gustatory) elements:

- a) Carbohydrate
- b) Organic acids
- c) Ethier

156. The main goals of hygiene of nutrition are:

- a) Studying the quality and quantity of food in deferent activities and live conditions
- b) Providing treatment the incidence of food poisoning
- c) Cultivation the measures to increase the value of the food
- d) Cultivation the methods to control the quality of foods

157. Nutrition must be:

- a) Healthy
- b) Rational
- c) Prophylactic
- d) Social

158. Point out the parameters by which may characterise the rational food:

- a) Health condition
- b) Physiological standard norm
- c) Daily requirement
- d) Daily regime

159. The following are source of energy:

- a) Proteins
- b) Minerals
- c) Fats
- d) Vitamins

160. The total number of essential amino acids for adults is:

- a) 9
- b) 10
- c) 13

161. All of the following are source of proteins:

- a) Sugar
- b) fish
- c) Orang

162. The fats are:

- a) As a source of energy
- b) As a source of vitamin C

162. As a source of fat soluble vitamins:

- a) Fish
- b) Milk
- c) Grains
- d) Sugar and sweets

163. 100gm of milk produced:

- a) 120cal
- b) 67cal

164. Daily requirement of protein for adults is:

- a) 0,9 gm/kg
- b) 1,2 gm/kg
- c) 3,3 gm/kg

165. The daily dosage of vit. C for adults is:

- a) 10-30mg
- b) 75-100mg
- c) 150mg

166. Rice is a source of:

- a) Vit. D
- b) Zinc
- c) Vit. E
- d) Vit. B

167. The % of animal protein in daily requirement is:

For adults not less than 50%

- a) For adults not less than 70%
- b) For children's not less than 60%

168. The recommended daily intake of vegetables oil is:

- a) 15%
- b) 25%-30%
- c) 40-50%

169. Shortage of the fats in the body cause:

- a) Weakness of the immune mechanism
- b) Disturbance of the nervous signals flow
- c) Weakness of physical activity.

170. Daily requirement of calcium for adults is:

- a) 300 mg
- b) 800 mg
- c) 500 mg

171. The daily dosage of vit. C for children is:

- a) 35-70mg
- b) 90mg
- c) 350 mg

172. The % of protein in cow's milk is:

- a) 1.4 gm
- b) More than 4%
- c) About 3.4%

173. The pasteurization methods for milk are:

- a) Long term method
- b) Ultra high temperature method
- c) Instant term time method

174. The biological role of proteins:

- a) To take part in hormones synthesis
- b) To take part in enzyme synthesis
- c) To take part in antibody synthesis

175. The biological functions of carbohydrate:

- a) Source of energy
- b) Formation of bones and tissues
- c) Source of vitamin C

176. Sources of vitamin A are:

- a) Bread
- b) Dark green leafy vegetables
- c) Fish

177. Which of the following infection can be transmitted by fish:

- a) Cholera
- b) Clostridium botulinum:
- c) Typhoid fever

178. Pro vitamin A is:

- a) Retinol
- b) Gama – carotene
- c) Beta- carotene

179. Point out the sources of cholesterol

- a) Brain
- b) Fish
- c) Fruit
- d) sugar

180. Meat is a source of:

- a) Vit. C
- b) Calcium
- c) Phosphorus

181. All are fat soluble vitamins except:

- a) B2
- b) D
- c) C
- d) E

182. Sources of vitamin E:

- a) Vegetable oil
- b) Egg yolk
- c) Butter

183. The clostridium botulinum can be transmitted by

- a) Milk
- b) Canned meat
- c) Canned vegetables and fruits

184. Which of the following diseases is mikotoxiosis:

- a) Botulism
- b) Sallmonelosis
- c) Afalotoxine

185. Clinical picture of staphylococcal poisoning are:

- a) High temperature
- b) Gastrointestinal dysfunctions
- c) Cough

186. Functions of vitamin D:

- a) Absorption of calcium and phosphorus
- b) Absorption of vit. In intestine
- c) Stimulate the immune reaction

187. Which of the following is rich with vitamin D:

- a) Vegetables
- b) Fish liver
- c) cheese
- d) bread

188. The milk freshness is measured by:

- a) Reductase test
- b) Acidity
- c) % of protein

189. The recommended temperature to preserve the milk is:

- a) 12⁺ - 15⁺
- b) 4⁺ - 8⁺
- c) 0 - -2

190. Biological role of cellulose are:

- a) Stimulate the intestinal peristaltic
- b) Stimulate the growth of the intestinal micro-flora
- c) Adsorb the exo-cholesterol

191. Point out the sources of cholesterol:

- a) Fruits
- b) Fish paste
- c) lemon

192. WHO define the following as a disease of civilisation:

- a) Vitamin C shortage (hypovitamin)
- b) Vitamin B₁ shortage (hypovitamin)
- c) Vitamin D shortage (hypovitamin) .
- d) Excess of carbohydrate in food

193. Clinical sign of vitamin A deficiency:

- a) Conjunctival xerosis
- b) Night blindness
- c) Allergic reaction

194. Food borne infections diseases are:

- a) Yellow fever
- b) Botulism
- c) Typhoid fever

195. Point out the food as a source of fusarium toxin:

- a) Ground nut
- b) Grains
- c) Fish

196. Food borne infections diseases are:

- a) E. Coil diarrhea
- b) Mushroom poisoning
- c) Scarlet fever

197. Sources of vitamin C:

- a) Orange
- b) Tea
- c) Wild rose
- d) Meat

198. Which of the following is a energy vitamin:

- a) Vitamin E
- b) Vitamin K
- c) Vitamin B₁

200. Clinical sign of vitamin A deficiency:

- a) Skin dryness
- b) Night blindness
- c) Bronchitis

201. The rapid conversion of carotene in to vitamin A depend upon:

- a) Presence of tokofirol in the body
- b) Presence of easy emulgeted fats in the food
- c) Presence of chloride in the food

202,Strict vegetarian diet cause a deficiency of:

- a) B₁
- b) C
- c) E

203. Factors conducive to the destruction of vitamin C in foods:

- a) alkaline
- b) acidic environment
- c) oxygen
- d) heavy metal salts

204. Which of the following is rich in vitamin B₆:

- a) Liver
- b) Tomato
- c) Eggs

205. The main sources of vitamin B₁ are:

- a) Mushroom
- b) Milk
- c) Cereal

206. The main source of vitamin B₁₂:

- a) Animal source
- b) Plant source

207. Vitamins are help the body to:

- a) Regulate body functions
- b) Many vitamins contain antioxidants which are substances that protect cells from damage
- c) Prevent many allergic diseases

208. Vitamins are classified by:

- a) their biological activity
- b) their chemical activity
- c) their chemical structure

210. Pro vitamins are:

- a) substance that is converted into a vitamin in animal tissues
- b) converted to an active form by normal metabolic processes

211. Biological classification of vitamins:

- a) Anti infectious
- b) Essential for vision
- c) Water soluble vitamin's

212. The main functions of vitamins:

- a) They get part in formation of Enzymes
- b) They get part in biochemical reactions at tissue level

213. Hypervitaminosis A caused:

- a) drowsiness
- b) skin dryness
- c) Hypotension

214. Vitamin D deficiency:

- a) rickets in children
- b) Gastritis in adults
- c) What are vitamins:
- d) Organic substances with high molecular weight
- e) biological catalyts of chemical reactions in the body
- f) regulatory substances involved in the normalization of metabolism

215. What vitamins are a group of water-soluble:

- a) B1, B2, B6
- b) PP, B12, C
- c) A, E and D

216. The biological role of vitamin C:

- a) increases resistance to the organism
- b) participates in the synthesis of collagen fibers
- c) participates in oxidation-reduction reactions

217. Seasons, which are more common C-hypovitaminoses:

- a) autumn
- b) winter
- c) spring

218. The reasons that lead to C-hypovitaminoses in winter:

- a) reduced resistance of the organism
- b) decrease in the content of vitamin C in food
- c) increasing UV exposure

219. The average value of the loss of vitamin C in cooked foods:

- a) 10-15%
- b) 30%
- c) 50%

220. Strict vegetarian diet cause a deficiency of:

- a) B1
- b) B12
- c) D

221. Diseases related to vitamin B1 deficiency:

- a) scurvy
- b) rickets
- c) Beri-Beri

222. Effect of large doses of carotene:

- a) dyspepsia
- b) yellow colour of the skin
- c) vomiting.

223. Products - sources of carotene:

- a) carrots
- b) red pepper
- c) tomatoes
- d) eggs
- e) liver

224. Main sources of vitamin D:

- a) vegetables
- b) fruits
- c) Liver of marine fish
- d) egg

225. Diseases associated with lack of vitamin D in the body:

- a) rickets
- b) osteoporosis
- c) night blindness
- d) cirrhosis of the liver

226. From what values formed daily consumption of energy:

- a) energy losses in the BM
- b) energy costs for the relaxation
- c) energy costs for the various activities

227. What factors determine the human need for fats:

- a) age
- b) sex
- c) labor
- d) Social status
- e) climatic conditions

228. Factors influencing the metabolic rate in humans:

- a) sex
- b) age
- c) size and weight
- d) type of work

229. The biological role of cellulose:

- a) stimulates intestinal peristaltic
- b) promotes excretion of excess cholesterol
- c) normalizes the intestinal micro flora
- d) is a source of calcium

230. How many groups divided the child population over 1 year, depending on the energy expenditure:

- a) 3
- b) 8
- c) 10

231. Who belongs to the group II work severity:

- a) intellectual workers
- b) employees easy physical work
- c) workers average severity of labor
- d) workers of hard physical labor

232. Food content the following elements:

- a) Protein
- b) Fats
- c) Carbohydrate
- d) Minerals
- e) Water

233. The saturated fatty acids are:

- a) Palmitic acid
- b) Oleic acid
- c) Stearic acid

234. What are the nutrients found in milk:

- a) fiber
- b) fats
- c) proteins
- d) mineral salts

235. What minerals found in milk in sufficient quantity:

- a) calcium
- b) copper
- c) phosphorus

236. What is the nutritional value of cheese:

- a) is a rich source of protein
- b) is a rich source of vit. C
- c) is a good source of calcium
- d) a rich source of milk fat

237. Symptoms fresh fish:

- a) red gills
- b) The transparency of mucus on the surface:
- c) transparency of the cornea
- d) thick consistency
- e) swelling

238. Symptoms of food poisoning caused by Bac. cereus:

- a) increase in body temperature
- b) normal body temperature
- c) vomiting
- d) diarrhea
- e) a sharp heart failure

239. What should a medical professional doing if the patient with food poisoning:

- a) first aid
- b) send the suspected patient for bacteriological investigations
- c) inform the sanitary department about cases of food poisoning
- d) send the patient home

240. Types of food contamination:

- a) chemicals
- b) natural toxins
- c) micro- organisms

241. Types of food inspections:

- a) Current inspection (Planned) :
- b) Emergency inspection (unplanned)
- c) Final inspection

242. Based on what data the diagnosis of botulism

- a) the epidemiological history
- b) clinical manifestations
- c) chest x-ray

243. What are the nutrients found in milk:

- a) fiber
- b) fats
- c) proteins
- d) vitamins
- e) mineral salts

244. How does the specific gravity of milk when removing fat:

- a) not change
- b) decrease
- c) Enlarge

245. What are ways to milk falsification:

- a) addition of soda
- b) adding sugar
- c) addition of starch
- d) dilution water
- e) removal of fat

246. What is the nutritional value of sour cream:

- a) is a rich source of milk fat
- b) is a rich source of protein
- c) is a good source of calcium

247. What worms can be transmitted to humans with fish:

- a) bothriocephaliasis
- b) opistorhoz
- c) taeniasis

248. What are fat-soluble vitamins found in milk:

- a) Vitamin A
- b) vitamin B12
- c) Vitamin D
- d) Vitamin E

249. What is meant by diet:

- a) the body weight
- b) multiplicity of meals
- c) compliance intervals between meals
- d) distribution of calories between meals

250. The biological role of calcium:

- a) involved in the formation of bones
- b) involved in blood clotting
- c) stimulates myocardial contractility
- d) promotes the absorption of protein

251. The optimum ratio between protein, fats and carbohydrate:

- a) 1:3:3
- b) 1:1:4
- c) 1:2:3

252. In milk. Main proteins are:

- a) Casein
- b) Beta-Lactoglobulin
- c) alpha-Lactalbumin

253. Preventive measures against mikotoxicosis:

- a) Preserving food with proper temperature
- b) Health education
- c) Vaccination
- d) Regular food inspection

254. Function of medical staff to control the feeding of the children's in kindergarten:

- a) control the quality of products,
- b) control technology for cooking and quality ready meals
- c) control the conditions of storage products
- d) control of anti-epidemic regime
- e) control food intake of children

257. Pathogens food intoxications:

- a) enteroviruses
- b) Cl. botulinum
- c) salmonella-
- d) enteropathogenic staphylococci
- e) Bac. cereus

258. Diseases of workers kitchens, leading to infection staphylococcus food:

- a) abrasions
- b) hands infected wounds
- c) gastritis
- d) angina
- e) otitis

259. Symptoms characteristic of botulism:

- a) weakness and dizziness
- b) omission century (ptosis) , strabismus
- c) tachycardia
- d) increase in body temperature to 38-40? C

260. Is it possible to seeding Salmonella in vivo from animal muscle tissue:

- a) yes
- b) no

261. Whether botulinum toxin is destroyed by boiling:

- a) yes
- b) no

263. System construction kitchens:

- a) centralized
- b) decentralized
- c) mixed
- d) block

264. Multiplicity catering staff of the food premises surveys on typhoid and intestinal infections:

- a) 1 Times a year
- b) 2 Times a year
- c) once when applying for job
- d) in the transition to another job
- e) on epidemiological indications

Catastrophe**265. An imbalance in the ecosystem of man can lead to:**

- a) violation of the environment
- b) the effects of environmental factors on human health
- c) the improvement of social problems

266. The nature of disasters depends on:

- a) character of the risks factors
- b) climatic conditions
- c) the type of the food
- d) the nature and the structure of production in the area:

267. Preventive and protective measures in a radiation accident:

- a) timely notification of the public
- b) mass vaccination
- c) special treatment and decontamination
- d) The use of personal protective equipment

268. The function of health worker in the accidents area:

- a) Study the sanitary and the hygienic condition in that area
- b) prevention of infectious diseases
- c) Find out the problem of water supply and nutrition
- d) Control the transport

269. The activities carried out in emergency situations caused by chemicals pollution:

- a) Evacuation of people from the dangerous sector
- b) Use of individual and collective protection
- c) Collection of contaminated materials
- d) X-ray of the chest to the victims

270. Catastrophes are classified according to:

- a) The number of people affected in these situations
- b) the types of infectious diseases
- c) the size of the economical problems
- d) the nature of risks factor

271. Risk factors as a result of a disaster are:

- a) mechanical
- b) Thermal
- c) chemical
- d) biological

272. Solid waste in the area of disasters may cause:

- a) increase the number of pathogens and helminthes eggs in the environment
- b) contamination of the environment
- c) the breeding of insects and rodents
- d) an increase in cases of diseases of the cardiovascular system

273. In the central office of WHO, the sections which deal with catastrophe are:

- a) high international counsel
- b) Scientific- technical committee
- c) Fund for financial support
- d) Secretariat for co- ordination

274. The term "Catastrophe" means:

- a) sudden-onset natural phenomenon with damage health of people
- b) the damaging factors that resulted in numerous casualties
- c) lack of the medicine
- d) lack of balance between the level of health care and the need arose victims in emergency medical care

275. Causes of accidents:

- a) the rapid growth of population in urban areas
- b) reproduction of insects and rodents
- c) technological advances and technological expansion of the sphere

276. Major consequences of radiation accidents at nuclear power plants:

- a) The release of radioactive substances into the environment
- b) Increase of radioactivity
- c) Problems of growth and development
- d) Acute and chronic psycho-emotional problems

277. Criteria of catastrophe:

- a) If there are more than 10 persons suffers from the tragedy
- b) If there are death of less than 4 persons
- c) If there are death of more than 4 persons
- d) disease of 50 people and more

278. lack of balance in the ecosystem of man can lead to:

- a) violation of the environment
- b) stimulation of the physical activity
- c) the adverse effects of environmental factors on human health
- d) social problems

279. The amount of the water used in the first days after catastrophe is:

- a) 10L per day for people
- b) 25 L per day for people
- c) 50 L per day for one hospital bed
- d) 100L per day for each hospital bed

280. Hygiene of disaster studies and develops:

- a) the nature of sanitary and epidemiological consequences of disasters
- b) methods of preventing the spread of diseases and injuries
- c) the influence of risk factors on population health
- d) methods of health care

281. Stages to resolved the problems of catastrophe:

- a) the stage of isolation
- b) the construction stage
- c) the stage of recovery

282. Sanitary-Epidemiological Status disaster zone:

- a) the safe situation
- b) the unsafe situation
- c) the state of emergency
- d) dangerous situation

283. Particular importance in the first stage medical evacuation support has:

- a) organization of interaction between ministries and agencies
- b) evacuation of victims from dangerous areas
- c) organize of the emergency response teams
- d) organization of emergency psychiatric care

284. Classification of catastrophe:

- a) Natural hazards
- b) Physical hazards
- c) Technical hazards
- d) Social hazards

285. Medicine of catastrophe steadying:

- a) Medical and sanitary problems of catastrophe
- b) Risks factors which influencing the health
- c) Growth and development
- d) Primary health care

Child's health

286. Readiness for systematic education determined by the following criteria:

- a) health status
- b) morpho-functional maturity
- c) psycho-physiological maturity
- d) social maturity
- e) passport age

287. Under what terms sigmal deviations of physical development is assessed as «low»:

- a) from + 1 to - 1
- b) from a - 2 to a - 3
- c) from 1 to 2
- d) from + 1 to + 2

288. Biological age is:

- a) period spent child from birth until the moment of the survey
- b) set of morphological and functional properties of the body, depending on the individual rate of growth and development
- c) the period from conception to the moment of the survey
- d) the period from conception to birth

289. The tools applied to determine the length of the body:

- a) stadio-meter
- b) anthrop meter
- c) metal roulette

290. What are sintyle intervals correspond to high and high values of a certain variable:

- a) 1 - 3
- b) 4 - 5
- c) 6 - 8

291. Under what terms sigmal deviations of physical development is assessed as moderate:

- a) from 1 to 2
- b) from + 1 to + 2
- c) from + 1 to - 1
- d) from a - 2 to a - 3

292. For measurement of muscle strength of the arms used:

- a) manual dynamometer
- b) anthrop- meter

293. Under what terms sigmal deviations of physical development is assessed as «high»:

- a) from + 1 to - 1
- b) from + 1 to + 2
- c) from + 2 to + 3
- d) from 1 to 2
- e) from a - 2 to a - 3

294. Physical development of children and adolescents depends on:

- a) biological factors
- b) social factors
- c) health
- d) methods of research
- e) methods of assessment

295. Hygiene of children's as a science studying:

- a) State health and physical development of children
- b) Organization of time table in kinder- gardens and schools
- c) Sport and physical activity
- d) Work activity of children and adolescents
- e) The sanitary conditions in child's establishments

296. Point out the indexes used for assessment the child s health:

- a) Morbidity
- b) Child s mortality
- c) Physical development
- d) Age and sex of the child
- e) Disability

297. How many health groups in children s:

- a) 3 groups
- b) 4 groups
- c) 5 groups

298. The health of children s depend upon many factors:

- a) Health of their parents
- b) Genetic factors
- c) The age of the child
- d) Life style
- e) Epidemiological factors

299. Meaning of growth and development is:

- a) Aggregate of the morphological and functional character of the body which shows its growth and development in deferent ages
- b) Sum of morphological character of the body, which shows its growth and development in deferent ages

300. Negative factors which influencing the growth and development are:

- a) Alcoholism and drugs adduction of the parents
- b) Non sufficient nutrition
- c) Chronic diseases
- d) Sport
- e) Bad social condition

301. Sings of growth and development are:

- a) Somatometric signs
- b) Physiometric signs
- c) Psychometric signs
- d) Somatoscopic signs

302. low birth weight baby is one whose weight is below:

- a) 2 Kg
- b) 3. 5 Kg
- c) 2. 5 Kg

303. Which one of the following is not true about growth and development:

- a) Baby doubles his birth weight by 4 months of age
- b) Chest circumference overtakes head circumference by 4th month
- c) During first year body length increases by 50%

305. Physiometric signs of the physical development are:

- a) Pulmonary capacity
- b) Chest circumference
- c) Blood pressure and pulse
- d) Muscular strength

306. Somatoscopic signs of the physical development are:

- a) Height and Body weight
- b) Legs and hands muscles power
- c) Thickness of under skin fat
- d) The form of the feet's

307. Measure of growth are:

- a) Weight
- b) Height
- c) Function of the internal organs

308. The common cause of post neonatal mortality:

- a) Infection
- b) High body weight
- c) Malnutrition
- d) Birth injury

309. According to WHO malnutrition is defined as:

- a) Weight for age below median minus one standard deviation
- b) Weight for age below median minus two standard deviation
- c) Height for age below median minus two standard deviation

310. Estimations methods of growth and development which doctors mostly use in present time are:

- a) Signal deviation
- b) Scale of regression
- c) Complex method
- d) Screening test

311. Meaning of acceleration is:

- a) Improvement the signs of physical development
- b) Speed up of growth and development

312. Duration of active attention in 7-10 years of age is:

- a) 10 minutes
- b) 15-20 minutes
- c) 30 minutes

323. Duration of night sleeping time for children in junior classes is:

- a) 10-11 hours
- b) 9-10 hours
- c) 8,5 hours

324. The adaptation period of children s in the school is:

- a) Up to 3 weeks
- b) 3-4 weeks
- c) From 3 up to 16 weeks
- d) More than 16 weeks

315. Main indexes of child s adaptation in the school are:

- a) body weight
- b) Morbidity
- c) Level of the visions
- d) Level of blood Hb

316. The optimum duration of writing work for children s in 1st class is:

- a) 2-4min
- b) 5-8 min
- c) Up to20 min

317. The duration of reading work for children s in 1st class is:

- a) 3-6 min
- b) 7-10 min
- c) 15-30 min

318. Primary symptoms of tire-out in schoolboys:

- a) Change of behavior
- b) Loss of appetite
- c) Irritability
- d) Decrease the level of the progress in the school

319. Symptoms of exhausting of schoolboys:

- a) Weakness of inhibition process and increase the irritability:
- b) Speech irritability
- c) Motor irritability
- d) Speech breaking
- e) Motor breaking

320. Point out the indexes used to define (to determine) sport groups in the school:

- a) Level of the body weight
- b) Schoolboy health
- c) The level of the growth and development

321. The main goals of the school health services:

- a) To preserve and improve the physical and emotional activity of the child
- b) To preserve and improve the health of the child
- c) To control the body weight of the child

322. The health problem in rural school:

- a) Infectious and Parasitizes
- b) Accidents and Poisoning
- c) Loss of hearing

323. The space of the area for child s establishment depend upon:

- a) Type of that establishment
- b) Numbers of children s
- c) Planning systems
- d) Deposition In that region

324. The % of green zone in the area of child s establishment must be:

- a) Not less than 50% of that area
- b) Not more than 50 % of that area

325. The functional sections in kinder- gardens are:

- a) Group cell
- b) Food premises
- c) Music hall

327. Demands for school furniture are:

- a) The size depend upon the height of schoolboys
- b) With bright tone colour
- c) With dark tone colour
- d) Easy to use

328. The progress of any child in the school depend on many factors:

- a) The timetable
- b) School furniture
- c) His age
- d) The building (Lighting and microclimate)

329. The size of the desk for schoolboys depends upon there:

- a) Body weight
- b) Height
- c) Age

330. Meaning of exhausting:

- a) Physiological condition of the body as a result of influence of any external factor
- b) Pathological condition of the body as a result of influence of any external factor

331. The main rooms in the school:

- a) Classes
- b) Workshops
- c) Kitchen
- d) Sport hall

332. The main zones in the school area are:

- a) Sport zone
- b) Thrifty zone
- c) Green zone
- d) Teaching- experiment zone
- e) Playing room

334. The main functions of the medical personal in the school:

- a) Control the environment of the school
- b) Test the vision and the hearing of schoolboys
- c) Medical examination of the teeth's
- d) Estimate the physical activity of schoolboys

335. Tire out is physiological process:

- a) Yeas
- b) Not

336. Prophylactic measures against spread of infections in kindergarten:

- a) Rational nutrition
- b) daily med. Exam
- c) good ventilation
- d) good lighting
- e) physical exercises

337. Kindergarten or preschool education is requires to:

- a) Improve fine motor skill
- b) Learn cooperation
- c) Learn practice teamwork

338. The normal level of temperature in the class is:

- a) 18-20c
- b) 30c

339. Which indicator is taken into account when selecting the desks for a student:

- a) age
- b) body length
- c) antero-posterior diameter of the trunk
- d) length of the upper and lower extremities segments

340. A significant decrease in the physical and emotional activity of schoolchildren says:

- a) in the second lesson
- b) third lesson
- c) on the fourth lesson

341. The days of peak activity of schoolchildren:

- a) Monday, Tuesday
- b) Tuesday, Wednesday
- c) Wednesday, Thursday

- 342. The Comprehensive School Health Program Model, may content the following points:**
- Learning mathematic
 - Health Education
 - School nutrition services
 - Physical Education
- 343. Types of rooms in the school:**
- Common (Main) rooms
 - Official rooms
 - Compound rooms
 - Auxiliary rooms
- 344. Kindergarten or preschool education is requires to:**
- Improve the growth and development
 - Learn cooperation
 - Engage in problem solving
- 345. To determine (to define) the readiness of any child to the school, in school age (5-6 years) , he must pass:**
- Medical examination
 - Physical exercises
 - Phsyco- physiological testes
- 346. The first health group of the child:**
- Healthy child, who ill less than 4 times yearly
 - Healthy child, who ill morethan4 times every year
 - Child with chronic disease in compensation stage
- 347. The principles of hardening:**
- Continuously
 - Individually
 - Good food
 - Positive reaction of the child
- 348. Types of hardening:**
- With water
 - Radiation
 - Air bath
 - Massage
- 349. The result of hardening:**
- Improve the vision
 - Improve the defense reaction of the body against external factors
 - Improve the basic metabolism
 - Improve the immune system
- 350. In what time better to start hardening of the child:**
- Directly after birth
 - One month after birth
 - 3 months after birth

351. Point out the factors which we consider when we chose the type of hardening method:

- a) Age
- b) Sex
- c) Health group
- d) Condition of under skin fat

352. Point out the starting temperature of water for hardening:

- a) Room temperature
- b) Body temperature
- c) Legs temperature

353. Training is:

- a) Improvement the capability of the body to do any exercise as much as possible with little outlay
- b) Improvement the capability of the body to do many exercise with little outlay

354. The special health centers are:

- a) For children s with TB
- b) For children s with Pneumonia
- c) For children s with diabetes
- d) For children s with motive – joints system deformation

355. Sanitary recommendation for computer:

- a) Proper amount of lighting in the class
- b) Good quality of food
- c) Use a special filter to reduce the radiation

356. Professional diseases caused by computer:

- a) Wrist pain
- b) Chronic pain in the lumbar part of the vertebra
- c) Starvation

357. Factors which may affect the heath of the in computer user:

- a) Air velocity
- b) Electrostatic field
- c) Placement of the instruments
- d) The lighting

358. The main problems of computer are:

- a) The electromagnetic waves
- b) The electrostatic field
- c) UV- rays

359. Influence of electromagnetic waves on the body are:

- a) Increase the body temperature
- b) Change the permeable of the cells membrane
- c) Caused dysfunction of deferent internal organs

360. Point out the main measures against negative effect of electromagnetic waves:

- a) Hygienic standardization
- b) Rational placement of the equipment's
- c) Used of vitamins
- d) Preliminary and periodical medical examinations

361. Duration of the computer lessons in the school is:

- a) II-IV class 15 min
- b) II-IV class 25 min
- c) VIII- IX 35 min

362. Effect of Electromagnetic fields:

- a) Heating effect
- b) Electromagnetic hypersensitivity
- c) May cause depression
- d) Cooling (coolness) effect

363. Children in special class with a computer easily and quickly:

- a) Develops memory and attention
- b) Develop imagination
- c) Better understand educational material

364. Does the microclimatic conditions change in the operating room with the computer:

- a) yes
- b) no

365. Children and pregnant women should limit the time working at a computer

- a) yes
- b) no

366. According to the hygiene standards, lighting on the table for the computer and the keyboard should be:

- a) is not less than 300 lux
- b) not less than 200 lux

367. The effect of the computer on the human health because of:

- a) The load on the vision
- b) X-rays
- c) Sitting position
- d) Mental stress

368. Work with a computer the greatest changes in children and adolescents are found in the state:

- a) visual analyzer
- b) neuromuscular apparatus
- c) immune

369. Factors that which caused Computers stress:

- a) Work with the internet for a long time
- b) loss of the information
- c) High level of lighting
- d) Some types of computers cams

370. Microclimate in a computer class:

- a) t - 19-21
- b) Humidity - 55-60 %
- c) Air velocity 0,1-0,3 m/s
- d) Humidity - 30-40 %
- e) NCL – more than 1,2 %

Prof. diseases**372. The Occupational hygiene: The main goals:**

- a) Protection of workers in their employment from risks factors
- b) Improve the nutrition of the workers
- c) Improve the working conditions
- d) Promotion and maintenance of physical, mental and social well-being

373. Point out the sources of environmental pollution:

- a) Stones coal
- b) Phosphorus fertilizers minerals
- c) Builder cement
- d) The houses

374. Point out the factors which influent the worker body at the time of his production activity:

- a) Chemicals, physicals, and biological
- b) Particular feature of biological processes and instruments
- c) The nutrition
- d) Organization of work time
- e) Sanitary – hygienic condition and means for individual protection

375. Point out the mean symptoms of fatigue in the work time:

- a) Tired feeling
- b) Decrease the ability to work
- c) Drowsiness
- d) Worsen the quality of the work operations

376. Meaning of tire-out in the work time are:

- a) Tired feeling
- b) Decrease the ability to work
- c) Excitation
- d) Worsen the quality of the work operations
- e) Loss of appetite

377. Which of the following sciences work out prophylactic measures against tired and tire-out:

- a) Professional hygiene
- b) Professional physiology
- c) Professional psychology
- d) Scientific labour organization

378. Point out types of intellectual labor:

- a) Operation
- b) Administration
- c) Mining
- d) Teaching
- e) Medical

379. Point out the external unfavorable factors which may cause professional Damage:

- a) Increase or decrease the air temperature
- b) Pipeline water
- c) Increase or decrease atmospheric pressure
- d) Polluted air
- e) Industrial Poisson's

380. Point out the prophylactics measures against harmful production factors:

- a) Hygienic standardization (setting of norms)
- b) Used old technology
- c) Mechanization and automation of production processes
- d) Good local and general ventilation
- e) Using individual protective means

381. What types of harmness classes of industrial Poisson's are there:

- a) Excessive dangerous
- b) Highly dangerous
- c) Moderate dangerous
- d) Non dangerous (undangerous)

382. The potential dangerous of industrial chemical poisons depend upon:

- a) Solubility in water and fats
- b) Concentration of poisons
- c) The size
- d) Volatility
- e) Dispersion

383. The clinical picture of professional poisoning mainly is:

- a) Acute
- b) Chronic
- c) Combine

384. Point out the main pathological changes in the body as a result of industrial poisoning:

- a) Inflammations
- b) Dystrophy
- c) Hypertrophy
- d) Fibrosis
- e) Cancer

385. The physical health hazard in industries is:

- a) Heat
- b) Noise
- c) Humidity
- d) Ionizing radiation

386. Pneumoconiosis is caused by:

- a) Inorganic dust
- b) Organic dust
- c) Soluble dust
- d) Solvent dust

387. Size of repairable dust is below:

- a) 0,1 micron
- b) 5 micron
- c) 10 micron

388. All the following are organic dust except:

- a) Silica
- b) Wood
- c) Cotton

389. All the following are pneumoconiosis except:

- a) Asbestosis
- b) Conjunctivitis
- c) Siderosis

390. Protection against Pneumoconiosis:

- a) Respiratory mask
- b) Special cream
- c) Eyeglasses

391. The following are not pneumoconiosis except:

- a) Silicosis
- b) Conjunctivitis
- c) Bronchitis

392. Incidence of pneumoconiosis depend on:

- a) Size of particle
- b) Body weight of the worker
- c) Duration of exposure
- d) Concentration of the dust in air

393. Byssinosis is spread in:

- a) Cement factories
- b) Textile industries
- c) Grain fields

394. Farmers lung results from exposure to:

- a) Tobacco
- b) Grain dust
- c) Cotton fiber dust

395. Point out the complications of silicosis:

- a) TB
- b) Pneumonia
- c) Bronchitis
- d) Spontaneous pneumothorax
- e) Cancer

396. Usually the main complication of asbestosis is:

- a) Lungs TB
- b) Lungs tumor

397. Types of dust particles:

- a) Visible
- b) Non visible
- c) Microscopic
- d) Ultra microscopic

398. Types of diseases caused by industrial dust:

- a) Pneumoconiosis
- b) Allergic reaction
- c) Intestinal infection
- d) Dermatitis
- e) Conjunctivitis

399. Function of the doctor and the medical personal of the factory:

- a) To found out the main causes of professional diseases in that area
- b) Provide preliminary (Pre-placement) medical examination
- c) Provide a qualified medical care and prophylactic measures
- d) Improve the nutrition of the workers
- e) Health education

400. The following factors may influent the health of the workers:

- a) The type and technical character of production processes in the factory
- b) The Labor Day regimes
- c) The sanitary situation in workshop

401. The type and character of individual protections means

- a) 1st stage of silicosis:
- b) chest pain
- c) wet cough
- d) Change in lymphatic nodes

402,The means complications of labor:

- a) Forced of the body position
- b) Loss of body weight
- c) Infectious diseases

403. Preventive measures agenst diseases caused by dusts:

- a) Hygienic standardization
- b) Change of technology
- c) Individual protective methods
- d) Control the quality of the drinking water

404. The main prophylactic measures against the professional dust bronchitis are:

- a) Provide a advance (prior) medical examination
- b) Sanitary condition of the dining hall
- c) Provide periodical medical examination
- d) Control the workshops ventilation

405. Types and causes Of industrial trauma:

- a) Electro- trauma
- b) Mechanical- trauma:(Fracture, wound and contusion.)
- c) Chemical- trauma (Burns by acids and alkaline, and poisoning.)
- d) Thermal- trauma:(High or low temperature.)
- e) Biological- trauma (Bacteriological.)

406. Lead poisoning in industries commonly occurs by:

- a) Inhalation
- b) Skin absorption
- c) Ingestion

407. The clinical pictures of lead poisoning:

- a) Abdominal colic
- b) Vomiting
- c) Blue line on gums
- d) Mental confusion

408. The main sources of vibration are:

- a) Transport
- b) Computer
- c) Boring and drilling
- d) Conveyer line

409. Prophylactic methods against vibration:

- a) Massage
- b) Special glove
- c) Earmuff

410. Meaning of vibration is:

- a) Biological deflection in ultra sound frequency spectrum
- b) Periodical deflection (digression) of the solid body from its balance (equilibrium)

411. Meaning of noise is:

- a) Un sequence sound with deferent frequencies and intensity
- b) Mechanical fluctuation with frequency from 16 Hz. To 2000Hz
- c) Sequence alternation of tone with deferent frequency and power

412. The harmful influence of the noise on the body depend upon:

- a) Duration of influence
- b) Intensity of the noise
- c) Noise frequency
- d) Individual character of the body

413. The specific influences of noise are:

- a) Tire- out of hearing organs
- b) Spasm of the blood vessels
- c) Professional hard of hearing
- d) Professional deafness

415. Preventive measures against vibration:

- a) Strict day time work
- b) Vitamin C and B1
- c) Exposure of UV – rays tow time yearly
- d) Special glove

416. Contraindication to work in noisy factory:

- a) Disease of nervous system
- b) Diabetes

417. Prophylactic measures against noise:

- a) Respiratory mask
- b) Earmuff
- c) Special glove

418. Preventive measures against noise are:

- a) Individual protective measures
- b) Massage
- c) Health education
- d) Reduction of noise transmission

420. Professional Physical Factors:

- a) High or low atmospheric pressure
- b) Pathogenic bacteria
- c) Acute mountain sickness

421. What research is being conducted to diagnose vibration disease:

- a) capillaroscopy
- b) spirometry
- c) cold test

422. Preventive measures against the influence of professional factors:

- a) Hygienic standardization
- b) Improvement of the nutrition
- c) General and local ventilation
- d) Individual protection methods
- e) Health education

423. Biological professional factor:

- a) viruses
- b) Radiation
- c) Fungi

424. List nonspecific manifestations noise disease:

- a) fatigue
- b) decreased attention
- c) deafness
- d) irritability
- e) memory loss

425. Point out the groups of chemical poisonous which used in agricultural:

- a) Phosphor- organic
- b) Chlor- organic
- c) Chlor- magnesium
- d) Mercury – organic
- e) Carbamide acid

426. Preventive measures against chemical poisoning:

- a) Provide regular medical examination of workers
- b) Minimizing environmental pollution
- c) Use of protection instrument's and special clothes
- d) Regular finding out the class of dangerous of chemical agents

427. Occupations which are at risk of respiratory diseases are:

Computer production

- a) Steel picking
- b) Soap manufacture
- c) Petrochemical factory
- d) Boot and shoe manufacture and many others

428. Types of vibration:

- a) General
- b) Local
- c) Complex

429. Vibration may cause:

- a) Disturbance of blood microcirculation
- b) Decreased number of white blood cell's
- c) Disturbance of sensitivity function

430. The main sources of noise:

- a) Street
- b) Factory
- c) Household noise
- d) School

431. Effect of the noise on health:

- a) Effect on nervous systems
- b) Disturbance of lipids metabolism
- c) Acoustic damage

432. The main factors which caused professional diseases among surgeons:

- a) Physical factors
- b) Chemical factors
- c) Biological factors

433. The main factors which caused professional diseases in dentists:

- a) Physical factors
- b) Chemical factors
- c) Biological factors

434. The main factors which caused professional diseases in psychiatrist:

- a) Psychological factors
- b) Chemical factors
- c) Biological factors

435. The main factors which caused professional diseases in radiologist Dr.

- a) Physical factors
- b) Chemical factors
- c) Biological factors

436. The main factors which caused professional diseases in doctors of infectious diseases:

- a) Physical factors
- b) Chemical factors
- c) Biological factors
- d) Psychological factors

437. Nonspecific dust diseases:

- a) Chronic disease of breathing system
- b) Eye diseases as conjunctivitis
- c) Allergic diseases
- d) Skin diseases as dermatitis

438. Medical contraindication against work in factory where used lead and its compounds are:

- a) The level of Hb is less than 120g/l in man, and less than 120g/l
- b) Chronic diseases of peripheral nervous system
- c) Diseases of the lungs
- d) Chronic diseases of the liver diseases

439. Medical contraindication against acceptance to work, where present the negative influence of vibration are:

- a) Cataract
- b) Dermatitis
- c) Disease of the nervous system
- d) Disease of the bones
- e) Decrease the ability to hearing

440. The optimal distance between the stores for chemical poisonous and the residence area (Houses) are:

- a) Not less than 500 meters
- b) 50 meters
- c) 5 km

441. The tare which used for chemical poisonous must be:

- a) Burned
- b) To be used again
- c) Washing with water

442. Which of the following protective measures usually used by those who work with pesticides:

- a) Rubber glove
- b) Special protective paste for the hands
- c) Protective glasses
- d) Rubber boots with thick sole

443. Forms (types) of silicosis:

- a) Nodular silicosis
- b) Silicosis with lung Bronchitis
- c) Diffuse – sclerotic silicosis

444. Which of the following diseases are as contraindication against acceptance to work in work-shop with allergic agents:

- a) Allergic diseases
- b) Chronic bronchitis
- c) Gastric and peptic ulcers
- d) Blood hypertension

445. Which of the following specialists take part in periodical medical examination in factories where the workers contacted with allergic agents:

- a) Endocrinologist
- b) Otolaryngologist
- c) Dermatologist
- d) Dentist

446. Classified as industrial dust origin?

- a) organic
- b) inorganic
- c) combined
- d) mixed

447. As called pneumoconiosis caused by mineral dust?

- a) silicosis
- b) siderosis
- c) anthracosis
- d) silicatosi

448. The most frequent complication of silicosis

- a) pneumonia
- b) TB
- c) bronchiectasis

449. The causes of severe poisoning in factories:

- a) accident
- b) violation of safety rules
- c) foul industrial hygiene
- d) excess of un-harmful substances MPC

450. Ways remove toxic substances from the body:

- a) light
- b) kidney
- c) gastrointestinal tract
- d) breast milk
- e) Skin

451. Indicators of real dangers of toxic elements:

- a) toxicity
- b) zone acute action
- c) zone chronic action
- d) solubility

452. The natural sources of radiation:

- a) Cosmic rays
- b) Atmospheric radiation
- c) Explosion of nuclear weapon

453. Most harmful radiation is:

- a) Beta particles
- b) Alpha particles
- c) Gamma rays

454. Unit of absorbed dose of radiation is:

- a) Roentgen
- b) Rad
- c) Joule per kg

455. Which of the following types of radiation has deepest penetrating ability:

- a) Alpha particles
- b) Gamma rays
- c) Beta particles

456. Ionizing radiation can used as:

- a) Opened source
- b) Closed source
- c) Mixed source

457. The closed sources of ionizing radiation are:

- a) Polluted the surrounding during the using time
- b) Stored in hermetically ampoules and containers

358. The protections principles which are used by workers with closed ionizing sources:

- a) Planning of the building
- b) Time
- c) Distance
- d) Screens
- e) Activity of the source

459. The main protection method which is used by workers with open source:

- a) Time
- b) Distance
- c) Individual protection methods

460. Types of ionizing radiation:

- a) Alfa- radiation
- b) Beta- radiation
- c) Gamma- radiation
- d) U V – radiation

461. In medicine the radioactive isotope used for:

- a) Radio isotope diagnostic proposes
- b) Internal radiotherapy
- c) Fluorography

462. The level and the effect of external radiation dose depend upon:

- a) Age and body weight
- b) Type and energy of radiation
- c) Exposure time
- d) The activity of that source
- e) The distance from that source

463. Internal radiation is:

- a) It's the irradiation of the humans body (or some organs or tissues) from ionizing source which be located in that body
- b) It's the irradiation of the humans body (or some organs or tissues) from ionizing source which be located out of the body

464. Which of the following is used to remove radioactive material:

- a) Mechanicals
- b) UV rays
- c) Solvents
- d) Chemicals

465. What materials are usually used for the manufacture of screens for protection against gamma radiation:

- a) lead
- b) concrete
- c) tree
- d) alumina

466. What radiation has the greatest penetrating power:

- a) alpha radiation
- b) beta-radiation
- c) gamma-radiation
- d) X-ray radiation

467. As a result of nuclear weapon experiment, the radiation background increase up to:

- a) 10%
- b) 15%

468, Radioactive factor:

- a) Any type of radioactive effect which never cause, or may cause irradiation of the body, or radio pollution of the surrounding
- b) Any type of radioactive effect which cause, or may cause irradiation of the body, or radio pollution of the surrounding

569. The PD for first category per year:

- a) 5 mZv
- b) 20 mZv
- c) 10 mZv

470. The PD for second category per year:

- a) 20 mZv
- b) 5 mZv
- c) 1 mZv

Hospital**472. Types of medical care in Russian Federation:**

- a) Therapeutically
- b) Pediatrics
- c) maternity hospitals
- d) Preventive services

473. The system of hospital planning:

- a) Compound
- b) block structure
- c) Non compound
- d) Mixture planning

474. For good natural lighting in hospital department the orientation must be:

- a) South-east
- b) South- west
- c) North-west

475. Optimum hygienic conditions in hospitals are:

- a) Normal level of microclimate in the words
- b) Unpolluted air
- c) Optimal level of treatment and diagnoses lighting
- d) Absent of noise
- e) State of rest and comfort

476. Create favorable condition for patient treatment depend upon:

- a) Hospital planning system
- b) Number of beds
- c) Location of the hospital in relation to the populated area
- d) Word planning
- e) Well designed hospital area

477. Advisable (expedient) number of beds in city hospitals:

- a) 25-50 beds
- b) 100-200 beds
- c) 250-300 beds
- d) 600-1200 beds

478. The causes of cross infection in the hospitals:

- a) The carriers
- b) The medical staff
- c) Bad sanitary situation
- d) The pipe line water

479. The particular feature of child hospital:

- a) Age differential of departments
- b) Complementary beds for mothers
- c) The space of green zone not more than 10% of hospital area

480. The particular feature of the department of infection diseases are:

- a) Having common hall for all patients
- b) With deferent highly secured and secured rooms
- c) The department in separated building
- d) With special reception(Box)

481. Types of rooms in the department of infection diseases are:

- a) Highly isolated room
- b) Isolated room
- c) compound

482. Additional rooms in department of children's are:

- a) Playing room
- b) Dining room
- c) For X-ray
- d) Room for mothers

483. There must be a good connection between the operational hall and:

- a) Reception
- b) Physiotherapeutic department
- c) Department of surgical diseases
- d) Roentgen cabinet

484. The zones in hospital area are:

- a) The main buildings
- b) Polyclinic and administration centre
- c) Thrifty zone
- d) Green zone
- e) Sport zone

485. The cause of cross infection in hospitals:

- a) Patient with chronic diseases
- b) The medical staff
- c) The furniture
- d) Bad sanitary situation

486. Factors influencing the health and recover of the patient in hospitals:

- a) The hospitals regime, and nutrition
- b) The level of inter hospital infections
- c) Methods of diagnosis and treatment
- d) The sanitary- hygienic condition

487. Highly (Isolated) secured room (box) for patients with:

- a) Dangerous air borne diseases
- b) Patients with undiagnosed infectious diseases
- c) Direct

488. Prophylactic of cross infections in hospital:

- a) Good sanitary regimen in hospital
- b) Sterilization of the instruments
- c) Using the UV-rays lamps
- d) Good nutrition

489. Types of inter hospital infection:

- a) Mono infection
- b) Poly infection
- c) Super infection
- d) Mixed infection

490. Where should be located general hospitals in terms of settlements:

- a) evenly in terms of the settlement on the principle of networking service
- b) on the outskirts of town
- c) remote from noise sources
- d) near the green areas

491. The recommended density of (percentage) of building plots hospitals:

- a) 10-15
- b) 20-30
- c) 40-50

492. Department of the hospital, which must be isolated room for admit ion:

- a) therapeutic
- b) surgical
- c) baby
- d) nursing
- e) contagious

493. The number of patients, which is typical ward section:

- a) 10
- b) 30
- c) 60

494. The optimal corridor system in ward section, of the hospitals:

- a) single-sided
- b) double-sided
- c) partial bilateral

495. What are the premises are part of highly securite room (Box) :

- a) Ward
- b) sanitary unit
- c) entrance vestibule
- d) gateway
- e) dining room-pantry

496. What are the premises are part of securite room (Polubox) :

- a) Ward
- b) sanitary unit
- c) entrance vestibule
- d) gateway

497. Area Box with one bed is:

- a) 15 m²
- b) 22 m²
- c) 25 m²

498. The advantages of a centralized system for the construction of hospitals:

- a) reduction in construction costs
- b) create more and better maintainability of patients
- c) savings of land area
- d) creation of the best conditions of sun exposure and aeration of the premises

499. How many nurses in duty should be provided for one ward section:

- a) one
- b) two
- c) three

500. Space of the area for hospital depends on:

- a) system construction
- b) beds number
- c) work profile hospital
- d) climate-geographical conditions

501. In which health group include children with the morpho-functional abnormalities, reduced resistance:

- a) first
- b) second
- c) third
- d) fourth
- e) fifth

502. Recommended orientation group rooms in kindergartens to improve the level of natural light:

- a) south
- b) northeast
- c) southeast
- d) west

503. Basic hygiene requirements for the classroom:

- a) enough space (at least 50m²)
- b) orientation: south, south, east
- c) orientation: west, south-west
- d) adequate level of natural light
- e) paint the walls in bright colors

504. The main rooms in the school:

- a) classrooms, classrooms
- b) workshops
- c) gymnasium
- d) nutrition unit

505. The number of children in each group preschool institution must not exceed:

- a) 20 children
- b) 25 children
- c) 40 children

506. Basic hygienic design principle of preschool educational institutions are:

- a) the principle of maximum centralization
- b) principle of group isolation
- c) principle-age insulation

507. The recommended value for NCL(KEO) classroom:

- a) 0.5%
- b) 1.0%
- c) 1.5%

508. Hygienic function of cloths is:

- a) protection from external environmental factors
- b) reflects the social status of the person
- c) protects the skin from damage and contamination
- d) creates a specific microclimate for the body

509. Children's clothing must match:

- a) activity of the child and meteorological conditions
- b) anatomical and physiological characteristics of the organism
- c) appearance of products world brands textile industry

511. Key elements of the sanitary classification of clothing:

- a) fabric composition
- b) skin contact area
- c) user age
- d) duration of continuous wear

512. For physical-hygienic indicators of cloths include:

- a) odor intensity
- b) breathability
- c) electrified
- d) toxicity index

513. Organoleptic standard for clothes :

- a) taste
- b) odor intensity
- c) color products

514. Load on the front and back of the foot is distributed evenly over the height of the heel:

- a) 5 cm and more
- b) 2 cm
- c) without spikes

515. Toys which materials are subject to radiological control:

- a) metals
- b) wood and wood products
- c) tissue and plastic

516. List the requirements for the implementation of toys:

- a) availability of personal medical books from the seller
- b) on the packaging must be specified user age
- c) Toys for children under 1 year implement only through pharmacies

517. What hygienic parameters are normalized in educational school books :

- a) weight Publishing
- b) font design publications
- c) quality printing materials

518. The total weight of textbooks for school child grades 1-4 class should not exceed:

- a) 200 g
- b) 300 g
- c) 500 g

519. The total weight of textbooks for school child grades 1-2 (excluding backpack and stationery) must not exceed:

- a) 1.2 kg
- b) 2.2 kg
- c) 3.2 kg

520. What research should be carried out to assess the paints and inks used by children's applied with fingers and form a mass of plasticine:

- a) definition of heavy metal salts
- b) study of skin-irritant
- c) product weight

521. What is the ideal temperature for Pathogens to flourish:

- a) 10 degrees
- b) 37 degrees
- c) 55 degrees
- d) 90 degrees

522. What is the correct temperature that frozen food should be kept at:

- a) 0 degrees
- b) 15 degrees or lower
- c) 18 degrees or lower
- d) 20 degrees or lower

523. How many times can you reheat leftovers:

- a) As many times as you like.
- b) Twice.
- c) Four times.
- d) You should only reheat leftovers once.

524. Which of the following is true about bacteria:

- a) Bacteria multiplies and grows faster in warm environments.
- b) Bacteria needs air to survive.
- c) Every type of bacteria can give people food poisoning.
- d) By freezing food you can kill bacteria.

525. How can you tell if food has enough bacteria to cause food poisoning:

- a) It will smell.
- b) You can't, it will appear normal.
- c) It will have a different colour.
- d) It will taste different.

526. It is important to prepare food safely because:

- a) It helps to prevent food poisoning.
- b) Prepared food looks better.
- c) Prepared food tastes better.

527. Which of the following does bacteria need to assist it to grow and multiply:

- a) Water.
- b) Food.
- c) Warm temperatures.
- d) All of the above.

528. Food contaminated with food poisoning bacteria would:

- a) Look different
- b) Smell badly
- c) Look and taste normal
- d) Generally speaking food poisoning bacteria cannot be smelled, tasted or seen (except with the aid of a microscope) on food.

529. Muscle growth during puberty occurs

- a) only in males.
- b) only in females.
- c) in both genders.
- d) very slowly in females.

530. By what age does the average baby double their birth weight:

- a) 3months
- b) months
- c) months
- d) months

531. A food borne illness caused by _____ would be considered an infection:

- a) insecticides
- b) mercury
- c) bacteria
- d) melamine

532. After eating canned corn, Diana suffered severe gastrointestinal illness and muscle paralysis. While being treated at the hospital doctors told Diana that her acute symptoms were likely due to bacterial contamination of the canned corn she had consumed. Which of the following organisms is the most likely culprit for Diana's illness?

- a) Salmonella
- b) Cryptosporidium parvum
- c) Campylobacter jejuni
- d) Clostridium botulinum

533. What is a food borne illness caused by pathogens:

- a) gastrointestinal
- b) parasites
- c) infections
- d) poisonings

534. Once infected with Escherichia coli O157:H7, how does one prevent its spread:

- a) Good hygiene
- b) A hospital stay, ingesting clean, clear fluids
- c) Boiling water for at least 10 minutes
- d) Keep food away from animals

535. Why do many food borne illness go unreported:

- a) The state does not monitor that particular illness.
- b) Proper diagnostic tests may not be performed.
- c) Some ill people do not seek medical attention.
- d) All of the above.

536. Silicosis is a disabling non-reversible and sometimes fatal lung disease caused by overexposure to:

- a) Respirable dust containing non-crystalline (amorphous) silica
- b) Respirable dust containing asbestos
- c) Respirable dust containing crystalline silica
- d) Respirable dust containing fiberglass

537. The more crystalline silica there is in dust, the less of the dust you should breathe:

- a) True
- b) False

538. Which of the following is NOT considered an acceptable engineering control to reduce exposure to crystalline silica:

- a) Using local exhaust ventilation
- b) Using dust collecting systems
- c) Using wet methods to control dust
- d) Using a bandana to cover your nose and mouth

539. Only very thin fibers with diameters of less than ___ are able to be carried into the lower respiratory tract of humans:

- a) 10 micrometer
- b) 5 micrometer
- c) 3 micrometer
- d) 15 micrometer

540. Which one of the following health effects may be manifested by chronic overexposure to benzene:

- a) Bladder tumors
- b) Cholinesterase depression
- c) Abdominal colic
- d) cancer

541. Theoretically, what is the minimum number of sound pressure level measurements needed to determine the sound power output from a non-directional noise source in a free field:

- a) one
- b) two
- c) four
- d) eight

542. What is Preventive health:

- a) which prevent us from become ill
- b) makes us well when we become ill
- c) which makes us walk
- d) makes us talk

543. Identify ways in which persons practice bad health practice?:

- a) eating right
- b) sleeping
- c) smoking
- d) talking on the phone

544. It is common in high noise environments to use:

- a) Earmuffs.
- b) Earplug
- c) Earwax

545. Occupational Hygiene is often referred to as the 'Art' of Occupational Hygiene and is used in a similar sense to the 'art' of :

- a) Specialty (medicine)
- b) Medicine
- c) Physician
- d) Surgery

546. The main elements of the risk factor analysis:

- a) evaluate the level of the risk in: relation to the health ,
- b) management of the risk and Control the situation ,
- c) full information about risk.

547. Evaluation of the risk for the health

- a) It's the quantity and/or the quality (Character) of the harmful external factors in the surrounding
- b) It's the quantity of the harmful external factors in the surrounding

548. Safety concentration

- a) Daily effect of any chemical element on the body In course of life of any person , and probably not cause any risk to the health
- b) Daily effect of any chemical element on the body of any person , taking in consideration all scientific facts (Data) and probably not cause any risk to the health

549. The main criteria of the risk analyses is: The probability of potential mortality among the population , because of the risk factors.

- a) Yes
- b) No

550. The main elements of the management of the risk:

- a) Protective measures
- b) Information about the risk
- c) Find out the most important elements which being first pollutants in the surrounding.

551. Where should be admission for infectious patients:

- a) in the General observation of the reception Department
- b) in a specialized admission cabinet, consisting of a system which content boxes

552. Recommended placement of the infectious diseases Department:

- a) on a separate floor of the medical building
- b) on the first floor of the medical building
- c) in a separate building

553. The advantages of the department of infectious diseases with boxes in comparison with department with ordinary wards:

- a) possibility of isolation of patients with various infections
- b) possibility of isolation of patients regardless of age and sex
- c) cost-effective construction
- d) less downtime beds
- e) reduction in the number of nosocomial infections

554. Can I be hospitalized to the infectious Department, consisting of boxes, patients with different infectious diseases?

- a) Yes
- b) No

555. Department of the hospital, with which the operating unit must have a short communication:

- a) reception Department
- b) physiotherapy Department
- c) surgery Department
- d) radiology Department

556. Whether in a single operating unit host operating for clean and septic patients:

- a) allowed
- b) not allowed

557. Where should we place an operational unit in the building of the hospital:

- a) in a separate wing of the building
- b) in a deadlock ledge
- c) on a separate floor
- d) next to the chambers of the surgical Department