

## Chapter 1 : Self-assessment exercises

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The following questions are for self-assessment and are at the same time examples of how the final assessment will look like. Multiple choice questions with four possible answers are provided: there is only ONE correct answer.

### Question 1 : Identify hazards in the workplace

Imagine what sort of exposures might exist for a nurse in an operating room. The picture below may help you.



#### Identify the occupational hazards the nurse may be exposed to

Answer a : the nurse has exposure to biological agents, chemicals and non-ergonomic posture.

Answer b : the nurse has exposure to biological agents, chemicals, non-ergonomic posture and physical hazards.

Answer c : the nurse has exposure to biological agents, chemicals, non-ergonomic posture, physical and psychological hazards.

Answer d : the nurse has no exposure to occupational hazards because she wears protective clothes, a surgery mask, gloves and safety goggles.

**Question 2** : Occupational accidents statistics

The [European Agency for Safety and Health at Work](#) estimates that every year about 5.500 people are killed in the workplace across the European Union (according to EUROSTAT figures), with another 4.5 million accidents resulting in more than three days absence from work (amounting to around 146 million working days lost). These accidents are estimated to cost the EU about 20 billion euro. The problem affects all sectors of the economy and is particularly acute in enterprises with less than 50 workers. Accidents can give rise to heavy costs to the company, particularly small companies. Preventing work accidents has more benefits than just reducing damages: it has also been shown to be a contributory factor in improving company performance.

How would you judge the estimates (statistical data) of accidents at work?

Answer a : the estimates of accidents at work are underestimates

Answer b : the estimates of accidents at work are overestimates

Answer c : the estimates of accidents at work are reliable

Answer d : we do not have any idea how to interpret these estimates

**Question 3** : Acute myocardial infarction

Lucy, a 47-year-old bank manager, is admitted to the hospital because of severe chest pain with nausea and vomiting. Earlier in the morning, she had been subjected to an unexpected external audit at work which made her very angry and upset. As responsible financial manager she was questioned several hours and she reported that it was the worst day of her life. She has a positive history for smoking and hypercholesterolemia. Physical examination : pulse rate of 78 bpm and blood pressure 170/90 mmHg. ECG (electrocardiogram) on admission showed acute changes and cardiac enzymes were abnormal. The patient was diagnosed acute myocardial infarction associated with extreme emotional distress.

How would you identify and manage this health problem?

Answer a : Lucy's' myocardial infarction is an occupational disease

Answer b : Lucy's' myocardial infarction is a work-related disease

Answer c : Lucy's' myocardial infarction has no association with work

Answer d : Lucy's myocardial infarction is an accident

**Question 4** : Absenteeism and presenteeism

Which statement concerning the economic impact is correct?

Answer a : The costs due to sickness absence are lower than the costs caused by presenteeism

Answer b : The costs due to sickness absence are higher than the costs caused by presenteeism

Answer c : The costs due to sickness absence are comparable to the costs caused by presenteeism

Answer d : This varies year per year : sometimes the costs due to absenteeism are higher, sometimes the costs caused by presenteeism are the highest

**Question 5 : WARP**

What means the acronym WARP?

Answer a : Work, Aggravation, Reintegration, Prevention

Answer b : Work, Aggravation, Reintegration, Promotion

Answer c : Work, Activities, Referral, Prevention

Answer d : Work, Activities, Reintegration, Promotion

**Question 6 : Key organisations**

Which international organisations are considered “key organisations” in the field of occupational health?

Answer a : ILO, WHO, GDP

Answer b : ILO, WHO, OSHA

Answer c : ILO, DALY, GDP

Answer d : ILO, DALY, OSHA