

Diploma in Occupational Medicine and Diploma in Occupational Health Practice

Best Fit Questions – Examples

1. You work for a company that stores and transports food. They are recruiting staff to work in their freezer area. This involves working for periods of up to two hours in the walk-in freezers where temperatures are always less than 0°C. A 45-year-old man comes to you for a pre-employment assessment; he has a 13-year history of working in forestry and mentions that sometimes his fingers feel numb.

- a) If he has no signs on medical examination, he can be passed fit to work in this environment.
- b) It is likely that he has Hand Arm Vibration Syndrome.
- c) Anyone who may have worked with vibrating tools should be excluded from work in cold environments.
- d) A full history of his symptoms and previous employment is needed before any further decision can be made.
- e) Carpal tunnel syndrome is associated with work in cold environments and should be considered a contraindication to employment.

2. Ten managers from the company where you work have been away to a UK hotel for a business meeting that finished 2 days ago. One of the secretaries' rings to inform you that her boss and two of his colleagues have diarrhoea and vomiting. On further investigation you discover that 7 of the 10 have had variable severity gastrointestinal upset since the final meal at the hotel.

- a) You should visit the managers and collect stool samples for analysis.
- b) You should notify the hotel that they have caused an outbreak of food poisoning.

- c) You should notify the hotel and also the relevant environmental health department.
- d) Food poisoning in these circumstances is a reportable incident under the Reporting of Incidents, Diseases and Dangerous Occurrences Regulations (RIDDOR).
- e) A full history should be taken from all staff before deciding to notify any external body.

3. A 27-year-old electrician is referred to you by Human Resources (Personnel Department) because he has been absent from work for 8 months. On investigation you discover that he has been diagnosed with possible mild Type 1 Bipolar disorder but that he has not been compliant with taking his medication. He is still symptomatic and unable to return to work as a maintenance electrician in the factory.

- a) After following due process, and if the situation remains unchanged, the company is within its rights to discharge him from employment.
- b) As he is choosing not to take his medication the company is not obliged to help him further.
- c) He is likely to be considered disabled under the Equality Act and hence can't be dismissed.
- d) Even if he recovers it is not appropriate for someone with a history of his condition to work as an electrician.
- e) Manic depression is a recognised disease in those who work with electrical circuits.

4. A manager who is an international traveller comes to see you because she is 8 weeks pregnant. It is her first pregnancy and she is well with no significant medical or family history. She is an office worker who travels to Western Europe and the USA once a month for 1-2 weeks at a time. Her work requires that she carry a laptop computer and relevant papers.

- a) As an office worker there are no significant risks associated with her pregnancy and she can be reassured.
- b) Manual handling is a specific risk factor with this occupational history.
- c) She should always travel business class while pregnant to reduce the risk of developing deep vein thrombosis.
- d) Because of the risk of miscarriage she should refrain from travel while pregnant.

5. Regarding the law on unfair dismissal:

- a) At least 3 years of continuous employment is necessary before a claim can be brought by an employee to a tribunal.
- b) Lack of capability through ill health is a potential reason for fair dismissal.
- c) A fair dismissal procedure needs to include arranging insurance cover for the employee.
- d) Termination of employment cannot be unfair if the employee has resigned of their own accord.
- e) The Equality Act protects disabled employees from dismissal.

6. Vinyl chloride monomer:

- a) toxicity includes Raynaud's phenomenon.
- b) causes acromegaly.
- c) causes hepatic angiosarcoma.
- d) requires environmental monitoring every 3 months under the Control of Substances Hazardous to Health (COSHH) Regulations.

7. Regarding shift work:

- a) Alertness, performance and metabolism peak early in the morning.
- b) Early times of rising are not associated with increased sleepiness during the rest of the day.

- c) Evidence suggests that night work does not pose a significant increased safety risk.
- d) Gastrointestinal disorders are more common in night shift workers than day workers.
- e) Neurological disorders are more common in night shift workers than day workers.