

# EXAMINATION PREPARATION IASHEP – CIHP Certified Industrial Hygiene Practitoner

# **Examination Structure**

- Total Questions: 150 (4-option multiple choice)
- Scoring Weight: Equal weight per question

# **Domain Distribution**

Domain	Percentage N	umber of Questions
<b>Fundamental Principles</b>	15%	22
Chemical Hazards	20%	30
Physical Hazards	15%	22
Biological Hazards	10%	15
Controls and Ventilation	15%	22
Ergonomics	10%	15
Environmental Health	10%	15
Program Management	5%	9
Chemical Hazards Physical Hazards Biological Hazards Controls and Ventilation Ergonomics Environmental Health Program Management	20% 15% 10% 15% 10% 5%	30 22 15 22 15 15 9

# **Domain-Specific Preparation**

# Domain 1: Foundations of Industrial Hygiene (10%)

# Knowledge of:

- 1. Concepts of exposure assessment and control.
- 2. Recognition, evaluation, and control of occupational hazards.
- 3. Industrial hygiene terminology and principles.

# Skills:

- 1. Identifying workplace hazards through walkthrough surveys.
- 2. Communicating industrial hygiene concepts effectively to stakeholders.
- 3. Given a scenario, identify actions to improve Industrial Hygiene performance in the Hierarchy of Controls.



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- 4. Given a scenario, identify behaviors that impact worker safety regarding PPE use.
- 5. Identify supervisory actions supporting management policies and programs in industrial hygiene processes.

# **Domain 2: Chemical Hazards and Exposure Assessment (20%)**

## Knowledge of:

- 1. Toxicology fundamentals.
- 2. Sampling strategies for airborne contaminants (e.g., gases, vapors, particulates).
- 3. Exposure limits and regulatory standards (OSHA PELs, ACGIH TLVs).

#### Skills:

- 1. Selecting and calibrating appropriate sampling equipment.
- 2. Interpreting laboratory data and making control recommendations.

# Domain 3: Regulatory (15%)

### Knowledge of:

- 1. Noise exposure assessment and control.
- 2. Thermal stress (heat and cold).
- 3. Ionizing and non-ionizing radiation hazards.
- 4. Principles of environmental sampling and analysis.
- 5. Basics of environmental regulations (e.g., RCRA, CERCLA).
- 6. Techniques for risk communication.

#### Skills:

1. Conducting noise surveys and dosimetry.



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- 2. Recommending engineering and administrative controls for physical hazards.
- 3. Preparing risk communication plans for affected stakeholders.
- 4. Developing control specifications.
- 5. Interpreting and applying environmental data in industrial hygiene practices.

# Domain 4: Biological Hazards (20%)

## Knowledge of:

- 1. Recognition of biological agents (e.g., bacteria, fungi, viruses).
- 2. Understanding of bloodborne pathogens and zoonotic diseases.
  - Standards and guidelines (OSHA Bloodborne Pathogens Standard, CDC recommendations).

## Skills:

- 1. Developing and implementing workplace biosafety programs.
- 2. Managing biohazard incidents.

# Domain 5: Engineering Controls, Ventilation, PPE, Ergonomics, and Human Factors (35%)

# Knowledge of:

- 1. Principles of engineering controls (e.g., substitution, isolation).
- 2. Ventilation systems design and effectiveness.
- 3. PPE selection, limitations, and maintenance.
- 4. Fundamentals of ergonomics and workstation design.
- 5. Risk factors for musculoskeletal disorders.
- 6. Guidelines and tools for ergonomic assessments.

# Skills:



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- 1. Conducting ventilation surveys and balancing systems.
- 2. Providing fit testing and training for respiratory protection.

### **Preparation Recommendations**

- 1. **Study Industrial Hygiene Principles**: Review foundational concepts, focusing on exposure assessment, hazard control, and relevant terminology.
- 2. **Practice Scenario-Based Questions**: Develop proficiency in applying knowledge to scenarios, particularly for hazard recognition, control strategies, and regulatory compliance.
- 3. **Hands-On Equipment Use**: Familiarize yourself with sampling devices, calibration techniques, and PPE fit testing procedures.
- 4. **Regulatory Knowledge**: Study OSHA standards, ACGIH TLVs, and environmental regulations to understand compliance and risk communication.
- 5. **Ergonomics and Human Factors**: Explore workstation design principles and musculoskeletal risk mitigation techniques.
- 6. **Review Biological Hazards**: Focus on recognizing, controlling, and responding to biological risks, including bloodborne pathogens.
- 7. **Test Simulation**: Practice with mock exams simulating the distribution of questions across domains.