



# CIH Exam Secrets Study Guide: CIH Test Review for the Certified Industrial Hygienist Exam

*CIH Exam Secrets Test Prep Team*

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**\*\*\*Includes Practice Test Questions\*\*\***

**Get the test prep help you need to be successful on the CIH test.**

The CIH Exam is extremely challenging and thorough test preparation is essential for success. *CIH Exam Secrets Study Guide* is the ideal prep solution for anyone who wants to pass the CIH Exam.

Not only does it provide a comprehensive guide to the CIH Exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

*CIH Exam Secrets Study Guide* includes:

- A detailed overview of the Certified Industrial Hygienist Exam
- An extensive review of the hygienist
- An in-depth look at regulations
- A guide to airborne contaminants
- An analysis of energy health hazards
- An examination of radiation hazards
- A breakdown of biological hazards
- An in-depth look at toxin and contaminants
- A thorough review of ergonomics
- An analysis of monitoring and sampling work environment
- A guide to consultants
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the American Board of Industrial Hygiene (ABIH) expects you to have mastered before sitting for the exam.

**The Hygienist section covers:**

- Role of an industrial hygienist
- Human body

**The Regulations section covers:**

- OSHA
- Hazard recognition
- Program audit process
- TSCA

**The Airborne Contaminants section covers:**

- Six common pollutants
- Detecting gases and vapors
- Respiratory protection program

**The Energy Health Hazards section covers:**

- Heat-induced illnesses
- Sound and vibration

**The Radiation Hazards section covers:**

- Radioactive sources and effects
- Non-ionizing radiation

**The Biological Hazards section covers:**

- Significance
- Transmitting by blood
- Exposure control plan

**The Toxins and Contaminants section covers:**

- Contaminant vs. toxin
- Toxicity
- PELs and CELs

**The Ergonomics section covers:**

- Basic principles
- Ergonomic programs

**The Monitoring and Sampling Work Environment section covers:**

- Air monitoring
- Constant flow sampling pumps
- Analysis reports

**The Consultants section covers:**

- Technical expertise
- Potential disadvantages

These sections are full of specific and detailed information that will be key to passing the CIH Exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual CIH Exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for our test preparation guides, and our *CIH Exam Secrets Study*

**Guide** is no exception. It's an excellent investment in your future.

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