

Select Topics for CIH Preparation

presented by

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Introduction of Instructors

- OIC Portsmouth Detachment of Naval Inspector General
- Health Assessments Team, OSHA
- Program Director for Environmental Health Sciences, USUHS

General Format

- 50 minute sessions with a 10 minute break
- Lunch is from 1200 – 1300
- We will adjust our schedule as necessary
 - Cover as much material as our time will allow
- Do not take your books home on the first day
- Feel free to ask questions during presentations
- Do you have any questions?

Outline of Course Topics

Day 1

- 50 mins Introduction, Preparation for CIH
- 50 mins Toxicology
- 50 mins Analytical Methods
- 50 mins IH Chemistry
- 1 hr lunch
- 50 mins Analytical Methods/IH Chemistry Calculations
- 50 mins Toxicology
- 50 mins General Science
- 50 mins General Science Calculations

Day 2

- 50 mins Noise
- 50 mins Noise Calculations
- 50 mins Thermal Stress
- 50 mins Thermal Stress Calculations
- 1 hr lunch
- 50 mins Ventilation
- 50 mins Ventilation Calculations
- 50 mins Air Sampling
- 50 mins Air Sampling Calculations

Preparation for the CIH Examination

- I will present “a way” to prepare; there are many different methods to prepare for the exam that have been successful
- Knowledge based preparation is key to success on the exam
 - You do not have to master every subject/rubric
 - **Know what you know**
- Misconception about exam preparation:
 - Math calculation preparation = preparation for the exam
 - Enrolling in a review course = successfully passing the exam

What references should I use?

- As a minimum:
 - Internet, Internet, Internet
 - Datachem software
 - Systematically track your progress on each section
 - **Make sure you know what you know**
 - Don't try to master more than three sections as a time
 - Industrial Hygiene Reference and Study Guide
 - Many good “one liners”
 - Some different information than Datachem software
 - TLV book
 - Datachem software does not cover TLV appendices
 - **ESSENTIAL that you are familiar with TLV appendices!!**

Math Preparation

- May be beneficial to focus on knowledge based material in Datachem separately from sessions that you focus on mathematical knowledge
 - Ventilation section as an example
- Track Datachem progress concurrently with knowing which formulas you are utilizing from the AIHA formula sheet.
 - Formula sheet is provided during the exam; you should have a working knowledge of where the formulas are to efficiently utilize the formula sheet (s).

Regardless of the resources you
use...or how you prepare....

- **MAKE SURE YOU KNOW WHAT YOU KNOW!!!**