

# 2026 RIH Oral Interview & RAIH MCQ Examination Briefing

Presented by the RIH Board  
Occupational & Environmental Health Society (OEHS)

Date: 10<sup>th</sup> Jul 2026

Presented by: Er Chong Lee Mei & Mr Saurabh Saini



# Agenda

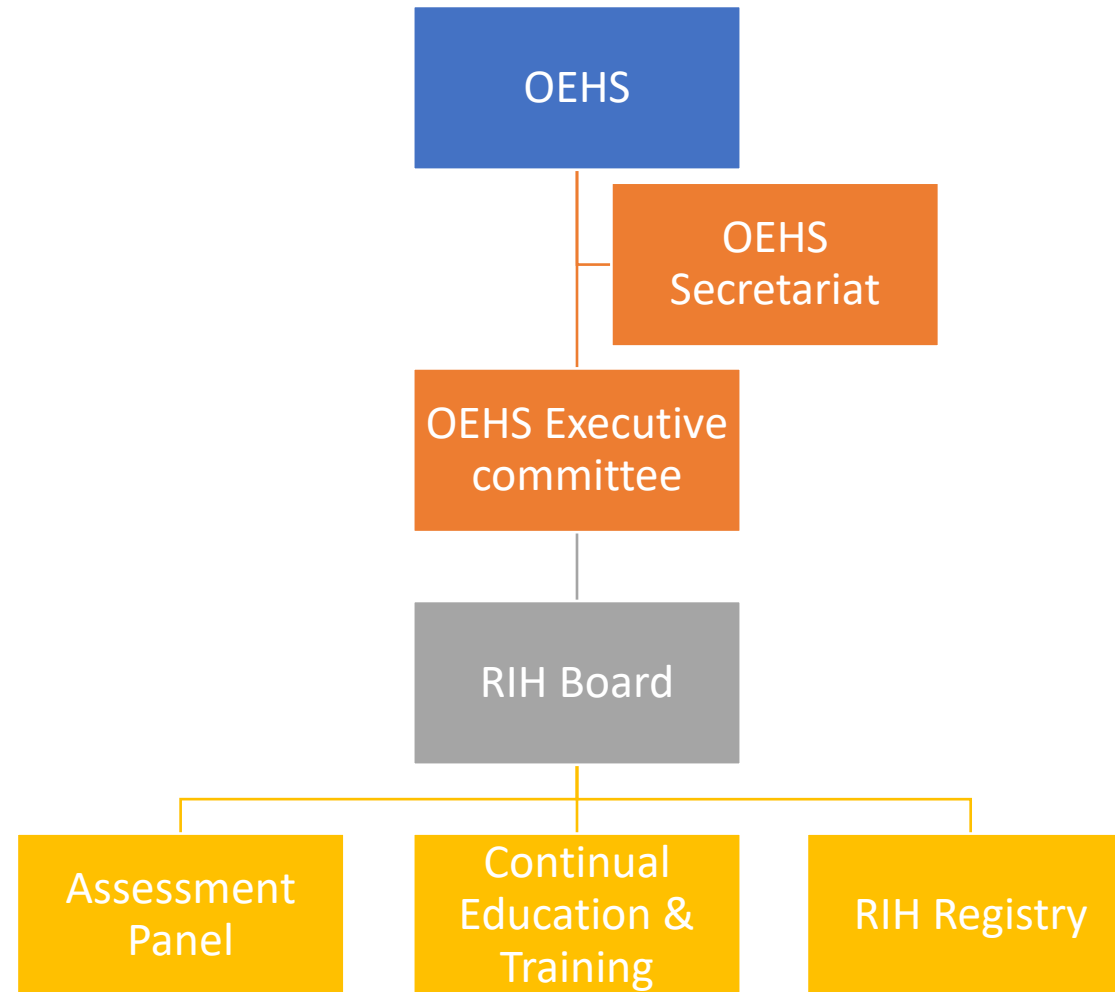
1. Introduction
2. RIH Oral Interview
3. RAIH Written Examination



# Introduction



# RIH Certification Board – Structure



# RIH Certification Scheme

- A professional certification scheme that recognizes and upholds excellence in industrial hygiene (IH) practices.
- Administered by the RIH Board under the auspices of the Occupational and Environmental Health Society (OEHS).
- Established in 2015, this scheme helps to advance & maintain a high level of professional competence of IH professionals in Singapore.
- In 2020, the RIH(SG) certification was recognized by the International Occupational Hygiene Association (IOHA) & accredited under the NAR (National Accredited Recognition).



# RIH Board 2026

- Chairperson : Er Chong Lee Mei
- Deputy Chair: Er Veronica Chow
- Members:
  - Mr Ang Boon Tian
  - Dr Lee Lay Tin
  - Dr Lim Dwee Wee
  - Mr Saurabh Saini
  - Ms Soh Guat Hiong
  - Mr Tan Kia Tang
  - Mr Zephan Chan



# RIH Oral Interview

1. Oral Interview Details
2. Report Submission
3. Instructions



# RIH Oral Interview Details

- Date: 15 August 2026 (Saturday)
- Time: 10:30 am – 1:30 pm
- Venue: Beacon Activity Room 5, Buangkok Community Club, Sengkang Grand Mall (linked to Buangkok MRT)
- Interview/Assessment Panel (IAP): A minimum of three interviewers



# Report Submission | Applicant Competency Presentation Requirements

- Submission Format
  - Written report (1,000 – 2,000 words) or PowerPoint slides
- Submission Due Date
  - 08-Aug-2026
- Content Focus
  - Highlight up to 4 significant projects or programmes
  - Each project must reflect your professional development in OH/IH
- Mandatory Project Requirement
  - At least 1 project must cover risk management of workplace health hazards, including: Hazard identification, Risk analysis (exposure assessment & risk evaluation), Risk control and Risk communication.
- What You Must Demonstrate
  - Clear evidence of competence as a professional occupational / industrial hygienist
  - Detailed personal involvement in each project — not just an overview



# Report Submission | Expectations

For Each Project, Cover:

- Your Role & Contributions
  - Personal involvement, responsibilities and contributions
  - Address both technical and managerial aspects
- Key Areas to Address
  - Contractual considerations
  - Regulatory requirements
  - Other relevant OH-related aspects
- Problem-Solving & Judgment
  - Challenges encountered
  - Solutions devised
  - Judgments made
- Outcomes & Impact
  - Impact of your solutions
  - Impact of your judgments



# Instructions to RIH Applicant (1/2)

1. Please confirm the interview date at least one week prior to the scheduled interview. Notify the OEHS Secretariat of any special needs or requirements that may affect your performance during the interview.
2. If you are unable to attend the interview, please inform the OEHS Secretariat as soon as possible.
3. Arrive at the interview venue at least 5 minutes before the scheduled time on the day of the interview.
4. Remember to bring your identification card or any document with your name, photo and identity card number.
5. You are not permitted to bring any resource or reference materials to the interview.



# Instructions to RIH Applicant (2/2)

6. In case of illness on the day of assessment, please promptly inform the OEHS Secretariat or the interviewer.
7. The interview is expected to take approximately one hour. Ensure that your mobile phone and any other electronic devices are turned off or set to silent mode during the interview.
8. The interviewer will brief you on the interviewing procedures at the start of interview. You should clarify if you have any questions or do not understand any instructions.
9. Throughout the interview, feel free to ask the interviewer for clarification if you have difficulty understanding any oral questions.



# RAIH Written Examination

1. Administrative Matters
2. IH Core-competencies & Rubrics
3. IH Formulas
4. Sample MCQ Questions



# RAIH Written Examination Details

- Date: 02 October 2026 (Tentative)
- Time: 10:30 am – 3:00 pm
- Venue: TBD
- Examination Format: MCQ



# MCQ Examinations

- 20 examination rubrics based on the core competencies
- 180 multiple-choice questions
- Hard-copy examination paper
- Duration: 4 hours (30 min break in between)
- Closed-book examination
- IH formula sheets provided
- Pass mark: 50%



# Instructions - On the Day of the Examination

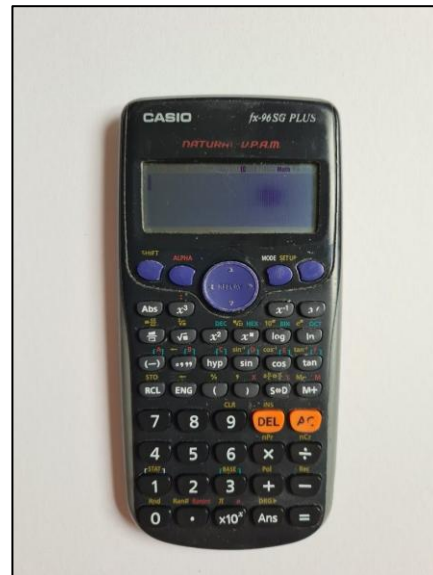
- Bring your NRIC, passport, or other valid photo identification for identity verification.
- Bring a non-programmable scientific calculator.
- Use only black or blue ballpoint pens to complete the examination papers.
- Arrive at the examination venue at least 10 minutes before the scheduled start time.
- If the fire alarm sounds during the examination:
  - Leave all examination papers and materials on your desk.
  - Evacuate the room immediately and proceed to the designated fire assembly area.
  - Follow the instructions of the invigilators at all times.
  - The examination will resume only after the "All Clear" announcement has been made.



# Remember to Bring These



Or



And



# Instructions - Mobile Phones & Electronic Devices

- Switch off your mobile phone and place it in your bag. Leave your bag at the designated area at the front or rear of the examination room.
- Smartwatches and other wearable electronic devices are not permitted.
- Electronic devices capable of storing, transmitting, receiving, or retrieving information are prohibited. This includes, but is not limited to, mobile phones, tablets, smart glasses, wireless earbuds, and programmable calculators.
- Spy pens, hidden cameras, or any other unauthorised recording devices are strictly prohibited.



# Instructions – Stationery and Examination Materials

- No books, notes, papers, documents, photographs, or other reference materials.
- No correction fluid or correction tape.
- No borrowing or lending of stationery or examination materials.
- Use only the rough paper provided for rough work.
- Correct mistakes by neatly crossing them out with your pen.



# Instructions - During the Examination

- Maintain silence at all times.
- No communication with other candidates.
- Do not copy another candidate's answers.
- Do not provide answers or assistance to other candidates.
- Any form of cheating or academic misconduct will result in disqualification from the RAIH Certification Examination.



# IH Core Competencies

- Define what an Industrial Hygienist is expected to know and be able to do



# IH Rubrics (Subject Areas)

1. Air sampling & Instrumentation
2. Analytical Chemistry
3. Basic Science
4. Biohazards
5. Biostatistics & Epidemiology
6. Community Exposure
7. Compliance Statistics
8. Engineering Controls and Ventilation
9. Ergonomics
10. Health Risk Assessment and Hazard Communication
11. Indoor Air Quality
12. Lighting
13. Management and Ethics
14. Noise & Vibration
15. Non-engineering Control
16. Ionizing Radiation
17. Non-ionizing Radiation
18. Thermal Stressors
19. Toxicology
20. Work Environment

Serial No.	Subject Area	Scope of Coverage
1	Air sampling & Instrumentation	Selection and use of direct-reading instruments and air-sampling equipment for gases, vapours, and aerosols, including instrument calibration, equipment set-up, airflow calibration, sampling strategies, and calculations related to air sampling. The measurement and monitoring of noise, ionizing radiation, non-ionizing radiation, and thermal stressors are covered under the respective subject areas.
2	Analytical Chemistry	Laboratory analytical procedures for workplace or environmental samples, together with the associated calculations. Topics include gas chromatography, liquid chromatography, mass spectrometry, wet chemical methods, visible, infrared, and ultraviolet spectrophotometry, atomic absorption and emission spectrophotometry, gravimetric methods, and microscopy. Laboratory quality assurance and quality control (QA/QC), as well as chain-of-custody procedures, are also included.
3	Basic Science	General scientific concepts include physics, chemistry, mathematics, biology, anatomy, and physiology. The syllabus also covers the properties of flammable, reactive, and incompatible chemicals, together with calculations related to the ideal gas law, airborne concentrations, units of measurement, and conditions of non-standard temperature and pressure. In addition, it includes the properties, behaviour, and measurement of airborne particles.
4	Biohazards	Recognition, evaluation, and control of biological agents, including microorganisms (viruses, bacteria, fungi), allergens, toxins, and bloodborne pathogens that have the potential to cause adverse health effects and infectious diseases. Topics include workplaces with biological hazards, work-related infections, and biological risk group classifications. Biohazard containment and bioactivity levels (BSL), safety equipment, laboratory practices, disinfection and sterilization, and biological waste management are also covered.
5	Biostatistics & Epidemiology	Basic biostatistics and the statistical interpretation of exposure data for the evaluation of occupational and environmental health risks, including normal and log-normal distributions. Principles of epidemiology, including the measurement of morbidity and mortality, are covered. Topics also include the major types of epidemiological studies, including prospective and retrospective cohort studies, cross-sectional studies, case-control studies, and experimental animal studies, together with the interpretation of epidemiological data and data distributions.
6	Community Exposure	Air pollution, air pollution control and air cleaning technologies, ambient air quality assessment, emission source sampling, atmospheric dispersion of pollutants, ambient air monitoring, the health and



Contents

1. Gases / vapours
2. Aerosols
3. Gas detection
4. Air sampling
5. Biostatistics
6. Epidemiology
7. Local exhaust ventilation (LEV)
8. Dilution ventilation
9. Indoor air quality (IAQ)
10. Noise
11. Vibration
12. Heat
13. Cold stress
14. Ergonomics
15. Ionizing radiation
16. Non-ionizing radiation
17. Visible lighting (Lighting)

1. Gases / Vapors

Idea Gas Law  
 $PV = nRT$   $T$  is in degree K  
 $P = pRT/MW$   $p$  is the density of air

Density correction factor (d)  
 $\rho_2 = \rho_1 \times \left( \frac{T_1/T_2} \right) \times \left( P_2/P_1 \right)$   $d = \rho_1 \times d$   
 $d = \left( T_1/T_2 \right) \times \left( P_2/P_1 \right)$

Volume and mass concentration  
 $\text{mg/m}^3 \times 24.5$   
 $\text{ppm} = \frac{\text{MW}}{\text{MW}} @ \text{STP (25}^\circ\text{C \& 1 atm)}$

Saturation concentration  
 $\text{VP mmHg}$   
 $\text{SC (\%vol)} = \frac{\text{VP mmHg}}{760 \text{ mmHg}} \times 100$

$\text{VP kPa}$   
 $\text{SC (\%vol)} = \frac{\text{VP kPa}}{101.3 \text{ kPa}} \times 100$

Dalton's Law  
Partial Pressure (PP) = % vol x total pressure of a mixture

Raoult's Law  
PP of A = molar fraction of A x VP of A  
PP of B = molar fraction of B x VP of B

Henry's Law  
The amount of a gas (in moles) dissolved in a liquid (C in mole/liter) is proportional to the partial pressure (PP in atm) of the gas in the gas phase above the liquid.

# IH Formulas

1. Gases / Vapours

2. Aerosols

3. Gas detection

4. Air sampling

5. Biostatistics

6. Epidemiology

7. Local exhaust ventilation (LEV)

8. Dilution ventilation

9. Indoor air quality (IAQ)

10. Noise

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12. Heat

13. Cold stress

14. Ergonomics

15. Ionizing radiation

16. Non-ionizing radiation

17. Lighting



# Sample MCQ Questions

- The following sample questions are intended to familiarise candidates with the format and style of the MCQ Examination.
- They are representative of the types of questions that may be included in the examination.
- The sample questions are not exhaustive and do not reflect the full breadth of the examination syllabus or the range of difficulty of the actual examination.



