This self-assessment is a simple check list of eligibility requirements for people interested in pursuing the CIH® credential. Please complete this form before contacting ABIH®, so that we can better assist you.

If you are unable to check all of the boxes below, it may mean that you have an eligibility gap that must be closed.

### Academic Degree

- **A.** I have at least a 4-year Bachelor's degree from a U.S. college or university that is accredited by a U.S. Department of Education (USDE) recognized regional or national accreditation agency, or a degree from an appropriately-accredited foreign institution that is academically equivalent to a U.S Bachelor's degree.

- **B.** I have had at least 60 U.S. Academic Semester Credits/900 contact hours of college or university coursework in science, science-based technology, engineering or math (STEM).

- **C.** At least 25% of my STEM coursework hours shown above (15 U.S. Academic Semester Credits/225 contact hours) are at the 3rd-year (Junior), 4th-year (Senior), or Graduate level.

### IH Specific Coursework (Academic or Continuing-Education)

- **D.** I have had at least 12 U.S. Academic Semester Credits/180 contact hours of Industrial Hygiene (IH) coursework from a college or university, or 240 contact hours from a continuing-education provider.

- **E.** At least 50% of my IH coursework hours (6 U.S. Academic Semester Credits/90 Contact Hours from a college or university, or 120 Contact Hours from a continuing-education provider) are in Fundamentals of IH, Toxicology, Measurements and Controls.

- **F.** I have had at least 2 contact hours of ethics training from a college, university or continuing-education provider.

### Professional Practice Experience

- **G.** I have at least 4 years of professional level comprehensive industrial hygiene practice.
  - Bachelors graduates from an ABET-accredited IH program may receive 6 months of experience credit.
  - Masters graduates from an ABET-accredited IH program or Doctoral graduates from an IH program may receive 1 year of experience credit.

- **H.** I have broad-scope, professional-level IH experience in at least two of the following occupational health stressor categories: Chemical, Physical, Biological or Ergonomics.

- **I.** I am currently practicing industrial hygiene at the professional level.

### Next Steps:

1. If you have checked all of the boxes above, you probably meet the ABIH® eligibility requirements to sit for the CIH® exam. Please continue to review your qualifications on the Eligibility portion of the ABIH® web site.

2. If you have questions about the information on this form:
   - a. Additional detail is available on the ABIH® web site ([www.abih.org](http://www.abih.org)) and in the Candidate Handbook.
   - b. If you would like to email us ([abihr@abih.org](mailto:abihr@abih.org)) a completed copy of your self-assessment with your contact information, we would be happy to suggest ways to close gaps that you have identified.
   - c. Also, feel free to call us (517-321-2638 Ext.5765) if you have questions. We will be glad to clarify any items on the checklist and discuss the options to increase your eligibility.

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*1 U.S. Academic Semester Credit = 15 contact hours from a U.S. college or university*