PMT 116N ENVIRONMENTAL HEALTH AND SAFETY (EHS) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. What is the purpose of exposure monitoring and how is it typically conducted for workplace chemical hazards?

A. To determine worker exposures; conducted via personal sampling, area sampling, and comparison to occupational exposure limits.

B. To enforce PPE usage; via visual observations.

C. To measure noise levels; via dosimeters.

D. To track chemical purchases; via inventory audits.

2. What is the difference between PELs and TLVs?

A. PEL: legally enforceable exposure limits set by OSHA; TLVs are recommended exposure limits published by ACGIH

B. PEL: recommended exposure limits published by ACGIH; TLVs are legally enforceable exposure limits set by OSHA

C. PEL and TLV: both legally enforceable exposure limits

D. TLVs are published by EPA; PELs are published by OSHA

3. What is the primary purpose of a Safety Data Sheet (SDS)?

A. To advertise a supplier's products

B. To provide shipping information

C. To document procurement costs

D. To communicate hazards and safety information for a chemical

4. What area in the barracks cannot be used to cook?

A. Sleeping Quarters

B. Administrative Areas

C. Recreation Areas

D. Training Grounds

5. What is the purpose of GHS pictograms on chemical labels and Safety Data Sheets (SDS)?

A. A set of visual signals on labels that indicate the chemical's hazard categories and required precautions.

B. A new labeling system used only for waste disposal.

C. A method for measuring chemical concentration.

D. A checklist for PPE procurement.

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6. Which action is a step in basic chemical spill cleanup in a laboratory?

A. Contain spill

B. Ignore spill and carry on

C. Report after transferring materials

D. Increase ventilation only without containment

7. What is a permanent dwelling with kitchen facilities, flushing toilets, and baths or showers?

A. Recreational Vehicle

B. Studio Apartment

C. Cabin

D. Mobile Home

8. How many CYP staff must be trained to give medications?

A. At least 3

B. At least 4

C. At least 2

D. At least 1

9. Which statement best describes reactive versus proactive EHS management?

A. Reactive responds after incidents occur; proactive prevents incidents through risk assessment, training, and preventive controls

B. Reactive is proactive by default

C. Proactive ignores incidents

D. Reactive means no controls are implemented

10. What does the RCRA framework require for hazardous waste management in facilities?

A. Hazardous waste identification, labeling and accumulation, secure storage, and disposal at an unpermitted facility.

B. Hazardous waste identification, proper labeling and accumulation, secure storage, manifest tracking, and disposal at a permitted facility.

C. Hazardous waste identification only, with no labeling or accumulation requirements.

D. Disposal at a permitted facility without prior labeling or tracking.

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Answers

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1. A
2. A
3. D
4. B
5. A
6. A
7. D
8. C
9. A
10. B

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Explanations

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1. What is the purpose of exposure monitoring and how is it typically conducted for workplace chemical hazards?

A. To determine worker exposures; conducted via personal sampling, area sampling, and comparison to occupational exposure limits.

B. To enforce PPE usage; via visual observations.

C. To measure noise levels; via dosimeters.

D. To track chemical purchases; via inventory audits.

Exposure monitoring is about quantifying how much of a chemical workers are actually inhaling so we can determine if those exposures are within safe limits and decide what controls are needed. It's usually done by collecting air samples in two ways: personal sampling, where a pump and sampler are worn in the worker's breathing zone to capture what they're exposed to, and area sampling, where samplers are placed in specific spots in the work environment to characterize ambient concentrations. The samples are analyzed to determine airborne concentrations, which are then compared to occupational exposure limits (OELs) such as PELs or TLVs. This comparison shows whether exposures meet safety standards and informs decisions about engineering controls, administrative controls, or personal protective equipment. The other options describe PPE enforcement by observation, measuring noise with dosimeters, or tracking purchases, none of which directly quantify chemical exposure or its compliance with exposure limits.

2. What is the difference between PELs and TLVs?

A. PEL: legally enforceable exposure limits set by OSHA; TLVs are recommended exposure limits published by ACGIH

B. PEL: recommended exposure limits published by ACGIH; TLVs are legally enforceable exposure limits set by OSHA

C. PEL and TLV: both legally enforceable exposure limits

D. TLVs are published by EPA; PELs are published by OSHA

PEL stands for Permissible Exposure Limit and is a legally enforceable limit set by OSHA. This means employers must keep workers' exposures at or below that level, and failing to do so can lead to penalties or required corrective actions. TLV stands for Threshold Limit Value and are recommended exposure limits published by ACGIH. They're guidance used by industrial hygienists to assess and control exposures, but they're not lawfully binding unless a regulator adopts them as a standard. So the key difference is enforceability and origin: PELs are mandatory OSHA limits, TLVs are non-binding recommendations from ACGIH.

3. What is the primary purpose of a Safety Data Sheet (SDS)?

A. To advertise a supplier's products

B. To provide shipping information

C. To document procurement costs

D. To communicate hazards and safety information for a chemical

Safety Data Sheets are meant to convey hazards and safety information for a chemical to anyone who handles or is exposed to it. The core purpose is to outline the chemical's health and physical hazards, plus practical guidance on how to use, store, and dispose of it safely. A well-structured SDS also provides first-aid measures, instructions for dealing with spills or exposures, recommended personal protective equipment, and emergency response information. This standardized document helps workers reduce risk, respond effectively to incidents, and meet regulatory hazard communication requirements. Advertising products or providing procurement costs isn't about safety, and shipping details, while possibly included, aren't the primary focus of an SDS.

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4. What area in the barracks cannot be used to cook?

A. Sleeping Quarters

B. Administrative Areas

C. Recreation Areas

D. Training Grounds

Cooking should only happen in designated kitchen or mess areas to keep barracks safe and clean. Administrative areas are not appropriate for cooking because they are workspaces with papers, records, computers, and other equipment. Introducing heat, steam, or cooking odors there can damage important documents and electronics, create fire hazards, and disrupt duties. Since this space is meant for administrative work and does not have proper ventilation or fire suppression for cooking, it cannot be used to cook. The other areas are not intended as kitchens either, but the administerial space is specifically inappropriate due to its purpose and contents.

5. What is the purpose of GHS pictograms on chemical labels and Safety Data Sheets (SDS)?

A. A set of visual signals on labels that indicate the chemical's hazard categories and required precautions.

B. A new labeling system used only for waste disposal.

C. A method for measuring chemical concentration.

D. A checklist for PPE procurement.

GHS pictograms are standardized symbols that appear on chemical labels and Safety Data Sheets to convey the kinds of hazards a substance presents and the precautions needed to handle it safely. They provide a quick, visible cue about physical or health hazards (like flammability, toxicity, corrosion) and point to the appropriate protective measures and safe practices. That's why the best answer describes them as visual signals on labels indicating hazard categories and required precautions. The other choices don't fit because pictograms aren't about waste disposal, measuring concentration, or serving as a PPE procurement checklist by themselves—the symbols inform hazards and guide precautions, while PPE decisions are part of the broader safety guidance.

6. Which action is a step in basic chemical spill cleanup in a laboratory?

A. Contain spill

B. Ignore spill and carry on

C. Report after transferring materials

D. Increase ventilation only without containment

Containment is the first and most important action in a basic lab spill. By surrounding and isolating the spill, you prevent the chemical from spreading to other surfaces, equipment, drains, or people. This keeps exposure levels down and buys time to clean it up safely with the proper spill kit materials and procedures. Ignoring the spill creates immediate danger and can lead to exposure, contamination, or reactions. Simply increasing ventilation without containing the spill does not stop the chemical from spreading and can even push vapors into other areas. Reporting after transferring materials delays protection and cleanup. So, containing the spill right away is the most effective initial step to control the hazard and protect people and the environment.

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7. What is a permanent dwelling with kitchen facilities, flushing toilets, and baths or showers?

A. Recreational Vehicle

B. Studio Apartment

C. Cabin

D. Mobile Home

This item tests housing classifications and the idea of a home that is built to be moved but used as a permanent residence with all the basic amenities. A mobile home is a manufactured dwelling designed to be transported to a site and set up there, and it includes essential features like a kitchen, a flushing toilet, and a bath or shower. Because it's built to be portable yet intended for long-term occupancy once placed on a foundation or on its site, it fits the description of a permanent dwelling with those facilities. In contrast, a recreational vehicle is designed primarily for travel and temporary use, often lacking the permanence expected of a dwelling. A studio apartment is a permanent residence but not portable, and a cabin is a traditional fixed structure rather than a manufactured, moveable home.

8. How many CYP staff must be trained to give medications?

A. At least 3

B. At least 4

C. At least 2

D. At least 1

Administering medications safely relies on a two-person check. Having at least two CYP staff trained to give medications creates a built-in safety net: one person does the actual administration while the other verifies the correct child, the right medication, the correct dose, and the scheduled time. The second person can also observe for any adverse reactions, ensure proper documentation, and step in if the first helper becomes unsure or encounters a problem. This double-check reduces the chance of errors like giving the wrong dose or to the wrong child and provides immediate backup in case a concern arises. Two trained staff is the minimum to establish this safety net, and while more than two may be used in certain circumstances, the question focuses on the required minimum. Options suggesting a single staff member or higher minimums don't reflect the standard practice of requiring a second trained person for safe medication administration.

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9. Which statement best describes reactive versus proactive EHS management?

A. Reactive responds after incidents occur; proactive prevents incidents through risk assessment, training, and preventive controls

B. Reactive is proactive by default

C. Proactive ignores incidents

D. Reactive means no controls are implemented

The main idea here is the difference between reacting to problems after they occur and actively preventing problems before they happen. In EHS terms, a proactive approach uses hazard identification and risk assessment to anticipate what could cause harm, then puts in place preventive controls, training, and ongoing improvements to reduce the chance of incidents and their severity. A reactive approach, by contrast, focuses on what happens after an incident: investigating, correcting, and restoring, with actions taken after the fact rather than to prevent it from happening again. So the best way to describe the distinction is that reactive management responds after incidents occur, while proactive management prevents incidents through risk assessment, training, and preventive controls. This explains why concepts like hazard identification, ongoing safety programs, and preventive maintenance are central to a proactive EHS strategy, whereas reactive emphasizes investigation and corrective actions after events. The other statements misrepresent the relationship—for example, that reactive is proactive by default, or that proactive ignores incidents, or that reactive means no controls are implemented—none of which accurately capture how these approaches work together, with proactive aiming to stop problems before they start.

10. What does the RCRA framework require for hazardous waste management in facilities?

A. Hazardous waste identification, labeling and accumulation, secure storage, and disposal at an unpermitted facility.

B. Hazardous waste identification, proper labeling and accumulation, secure storage, manifest tracking, and disposal at a permitted facility.

C. Hazardous waste identification only, with no labeling or accumulation requirements.

D. Disposal at a permitted facility without prior labeling or tracking.

RCRA requires hazardous waste to be managed from cradle to grave with active controls at every step. That means first determining if a waste is hazardous, then labeling the containers and accumulating the waste properly so it's clearly identified and kept under control. Secure storage is needed to prevent leaks, spills, or exposure. Tracking the waste with a manifest ensures there is a documented handoff as it moves from generator to transporter to a treatment, storage, or disposal facility. Finally, disposal must occur at a facility that is properly permitted to handle hazardous waste. This combination ensures accountability, proper treatment, and protection of people and the environment. The other options omit one or more of these crucial elements—for example, allowing disposal at an unpermitted site, or skipping labeling, accumulation, or tracking—so they don't reflect the complete, compliant process.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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