

CODE OF MARYLAND REGULATIONS (COMAR) 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.

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!

Questions

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- 1. Which employees must receive a minimum of 8 hours of cognitive impairment and mental illness training?**
 - A. Employees who perform clerical duties
 - B. Any employees under the Health Occupations Article
 - C. Employees who assist with meal preparations
 - D. Any employees whose job duties include assisting residents with activities of daily living

- 2. What is the regulation for ventilation systems in a facility?**
 - A. All air supply systems can be manually operated
 - B. Exhaust fans must be located at the intake
 - C. Air-exhaust systems must be mechanically operated
 - D. Ventilation does not require outdoor air intake

- 3. What is one main feature of the nurses' call system regulations?**
 - A. A visible signal must be installed in staff offices.
 - B. Call stations should be accessible at all times.
 - C. There must be only one call station per room.
 - D. Audible signals are not required.

- 4. What entity is responsible for enforcing codes under COMAR?**
 - A. The Maryland Attorney General's Office
 - B. The Department of Health
 - C. The Maryland State Police
 - D. The Maryland Commission on Legislative Services

- 5. What does Subtitle 11 in Title 26 regulate?**
 - A. Hazardous waste management
 - B. Public Drinking Water
 - C. Air quality standards
 - D. Noise pollution control

- 6. What is the minimum room requirement for bathtubs and showers?**
- A. One for each 6 beds
 - B. One for each 8 beds
 - C. One for each 10 beds
 - D. One for each 12 beds
- 7. What is the maximum number of persons allowed in a multiple occupancy bedroom?**
- A. 4 persons
 - B. 6 persons
 - C. 8 persons
 - D. 10 persons
- 8. What is the role of the Maryland Register in relation to COMAR?**
- A. To implement regulations
 - B. To publish proposed and final regulations
 - C. To conduct public hearings
 - D. To enforce regulations
- 9. What is the minimum pressure required at the top floor fixtures during demand in a facility?**
- A. 10 psi
 - B. 15 psi
 - C. 20 psi
 - D. 25 psi
- 10. What must be ensured in boiler rooms in terms of temperature control?**
- A. Maintain temperature to 85 degrees
 - B. Limit temperatures in working stations to 97 degrees
 - C. Provide no ventilation
 - D. No maintenance is needed for combustion rates

Answers

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

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Explanations

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1. Which employees must receive a minimum of 8 hours of cognitive impairment and mental illness training?

- A. Employees who perform clerical duties
- B. Any employees under the Health Occupations Article
- C. Employees who assist with meal preparations
- D. Any employees whose job duties include assisting residents with activities of daily living**

The correct response identifies that employees whose job duties involve assisting residents with activities of daily living must receive a minimum of 8 hours of cognitive impairment and mental illness training. This requirement is grounded in the need to ensure that staff members are properly equipped with the knowledge and skills necessary to support individuals experiencing cognitive impairments or mental health challenges. These employees are often in direct contact with residents who may require assistance with basic personal care tasks, such as eating, bathing, or mobility. Adequate training in cognitive impairment and mental health is essential for providing appropriate care, fostering a supportive environment, and responding effectively to the unique needs of these individuals. While the other options mention roles such as clerical duties or meal preparation that do not directly involve care or interaction with residents facing these challenges, they do not necessitate specialized training on cognitive impairment and mental illness. This distinction highlights the importance of targeted training for those in care-giving positions to ensure quality care and safety for vulnerable populations.

2. What is the regulation for ventilation systems in a facility?

- A. All air supply systems can be manually operated
- B. Exhaust fans must be located at the intake
- C. Air-exhaust systems must be mechanically operated**
- D. Ventilation does not require outdoor air intake

The regulation concerning ventilation systems in a facility mandates that air-exhaust systems must be mechanically operated to ensure they function effectively and consistently. Mechanically operated air-exhaust systems are designed to actively remove air from a space, maintaining air quality and controlling indoor climate. This is vital for removing contaminants, excess moisture, and other airborne pollutants that can affect health and safety. The mechanical operation of exhaust systems allows for precise control over air circulation, enabling them to respond to varying conditions in a facility. This contrasts with other options that do not align with the standards typically set for effective ventilation, such as manual operation or the lack of outdoor air intake, which could compromise air quality and safety.

3. What is one main feature of the nurses' call system regulations?

- A. A visible signal must be installed in staff offices.
- B. Call stations should be accessible at all times.**
- C. There must be only one call station per room.
- D. Audible signals are not required.

The regulation regarding the nurses' call system emphasizes that call stations should be accessible at all times, ensuring that patients can easily reach nursing staff whenever they require assistance. This accessibility is crucial for patient safety and quick response times, as it enables patients to request help without barriers, facilitating a timely and efficient care environment. In the context of healthcare facilities, consistent access to call stations allows for a responsive care structure, which is essential for meeting the needs of patients promptly. This is particularly important in settings where patients may be vulnerable or require immediate attention. The other aspects of the question hint at features that could potentially misinterpret the guidelines. For instance, a visible signal being installed in staff offices may not be a key requirement, as the primary focus is on the patient's ability to call for help. Similarly, while multiple call stations per room might be useful, the specific regulation emphasizes accessibility rather than limiting the number to one. Lastly, the regulation underscores the importance of audible signals, as these serve to alert staff effectively, contradicting the idea that such signals might not be required.

4. What entity is responsible for enforcing codes under COMAR?

- A. The Maryland Attorney General's Office
- B. The Department of Health**
- C. The Maryland State Police
- D. The Maryland Commission on Legislative Services

The Department of Health is responsible for enforcing specific codes under the Code of Maryland Regulations (COMAR), particularly those related to health and safety standards. This department plays a vital role in setting and enforcing regulations that govern public health, environmental health, and the safety of healthcare facilities and services. As the primary regulatory body for health-related matters, the Department of Health ensures compliance with health codes, conducts inspections, and takes necessary actions to enforce regulations that protect public health. Its comprehensive authority allows it to create a safe environment for residents by overseeing various health programs and initiatives outlined in COMAR. In contrast, other entities such as the Attorney General's Office focus more on legal matters and providing legal counsel to state agencies, while the Maryland State Police primarily handle law enforcement and public safety issues, and the Maryland Commission on Legislative Services supports legislative functions but does not enforce regulatory codes.

5. What does Subtitle 11 in Title 26 regulate?

- A. Hazardous waste management
- B. Public Drinking Water**
- C. Air quality standards
- D. Noise pollution control

Subtitle 11 in Title 26 of the Code of Maryland Regulations (COMAR) specifically focuses on the regulation of public drinking water. This set of regulations is designed to ensure that public water supplies are safe, reliable, and meet health-related standards. It encompasses various aspects including water quality testing, treatment standards, and the monitoring of contaminants in drinking water sources. Regulating public drinking water is crucial for safeguarding public health and preventing waterborne diseases. This subtitle lays out the legal framework for water suppliers to follow in ensuring that the water provided to consumers is free from harmful substances and meets established quality standards. The other topics mentioned in the question, such as hazardous waste management, air quality standards, and noise pollution control, fall under different subtitles within Title 26 or other titles in the COMAR framework and are governed by separate regulations. Each of these areas requires specific attention and regulatory measures tailored to their unique environmental and health impact concerns.

6. What is the minimum room requirement for bathtubs and showers?

- A. One for each 6 beds
- B. One for each 8 beds
- C. One for each 10 beds
- D. One for each 12 beds**

The minimum room requirement for bathtubs and showers is determined by regulations to ensure adequate sanitation and hygiene in facilities where multiple individuals reside, such as hospitals or nursing homes. The correct choice indicates that there should be one bathtub or shower for every 12 beds. This standard is based on promoting efficient access to bathing facilities while managing the resources within the facility effectively. By allowing one bathroom facility for every 12 beds, it strikes a balance between sufficient access for residents and the operational capacity of the facility. The choice reflects considerations of privacy, convenience, and the maintenance of a healthy living environment for all residents. In contrast, the other options, which suggest fewer beds per bathtub or shower, would likely result in unnecessary overcapacity or redundant facilities, which could increase maintenance costs and operational complexity without significantly improving living conditions.

7. What is the maximum number of persons allowed in a multiple occupancy bedroom?

- A. 4 persons
- B. 6 persons**
- C. 8 persons
- D. 10 persons

The correct answer of six persons aligns with the regulations set forth in the Code of Maryland Regulations (COMAR), which stipulates occupancy limits for multiple occupancy bedrooms. This requirement is based on safety, standards of comfort, and the ability to manage the space effectively. In this context, limiting the number of occupants to six allows for adequate room for movement, compliance with safety protocols, and access to emergency exits, if necessary. It also ensures that the living conditions are not overcrowded, which can lead to health and safety concerns. By adhering to this guideline, facilities can maintain a standard of livability that is designed to promote a safe and comfortable environment for all residents.

8. What is the role of the Maryland Register in relation to COMAR?

- A. To implement regulations
- B. To publish proposed and final regulations**
- C. To conduct public hearings
- D. To enforce regulations

The Maryland Register plays a crucial role in the governmental regulatory process by publishing proposed and final regulations. This function is essential for transparency and public awareness, as it allows citizens to stay informed about changes to regulations and policies that may affect them. Through the Maryland Register, proposed regulations are made accessible for public comment before they are finalized, providing an opportunity for stakeholders to express their views and concerns. Moreover, the final regulations are also published in the Maryland Register after they've completed the necessary review process, making them official and available for enforcement. This ensures that the regulatory process remains open and subject to public scrutiny, aligning with principles of good governance. Thus, the Maryland Register acts as a key informational resource that helps facilitate the implementation of regulations by documenting and sharing essential governmental activities with the public.

9. What is the minimum pressure required at the top floor fixtures during demand in a facility?

- A. 10 psi
- B. 15 psi**
- C. 20 psi
- D. 25 psi

The minimum pressure required at the top floor fixtures during demand in a facility is set at 15 psi. This level is crucial because it ensures that water can adequately flow to the highest points of the plumbing system, allowing fixtures to operate effectively. Having at least 15 psi ensures that water delivery is consistent and that fixtures have enough pressure to provide necessary services, such as flushing toilets or using showers. Inadequate pressure could lead to insufficient water flow or complete loss of service at higher elevations, which would significantly impact the usability of plumbing fixtures. This standard is established in plumbing codes to guarantee safe and reliable water supply throughout all building levels, supporting both health and operational functionality. The choices provided may represent various standards or preferences, but the specific requirement for minimum pressure during demand in many regulations aligns with 15 psi as a critical threshold for effective operational capacity.

10. What must be ensured in boiler rooms in terms of temperature control?

- A. Maintain temperature to 85 degrees
- B. Limit temperatures in working stations to 97 degrees**
- C. Provide no ventilation
- D. No maintenance is needed for combustion rates

The requirement to limit temperatures in working stations to 97 degrees is essential for maintaining a safe and comfortable working environment in boiler rooms. High temperatures can lead to heat stress and decreased productivity for workers, as well as potential safety hazards. Regulations often set specific maximum temperature thresholds to prevent such risks. Boiler rooms are typically associated with high heat generation due to the operation of boilers and other equipment. Therefore, keeping temperatures at a regulated level is critical for protecting workers' health and ensuring they can operate machinery effectively without the adverse effects of excessive heat. Maintaining this temperature standard is also crucial for the operational efficiency of the equipment itself. If workers are overheated, they may not be able to perform their tasks properly, which can lead to mistakes or accidents, underscoring the importance of this regulation in workplace safety protocols.

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:

<https://comar.examzify.com>

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

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