

# New Jersey Asbestos Worker Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. How many hours must airborne asbestos levels be monitored during a period of normal activity in schools?**
  - A. 4 hours**
  - B. 6 hours**
  - C. 8 hours**
  - D. 10 hours**
- 2. Which type of leak-tight container is typically used for asbestos removal?**
  - A. A single 3 mil plastic bag**
  - B. 2 (double) 6 mil poly labeled bags**
  - C. A cardboard box**
  - D. A glass jar with a lid**
- 3. What does encapsulation of asbestos involve?**
  - A. Complete removal of the material**
  - B. Placing a sealant over the asbestos**
  - C. Covering it with new drywall**
  - D. Taping the edges with plastic sheeting**
- 4. Which factor is NOT included in the EPA's criteria for encapsulation sealants?**
  - A. Adhesive/cohesive strength**
  - B. Flame spread**
  - C. Color variety**
  - D. Toxic gas release during combustion**
- 5. What legal compliance is necessary for handling asbestos on site?**
  - A. Only state regulations**
  - B. Compliance with federal and state regulations**
  - C. Only company policies**
  - D. None, if done privately**

- 6. What is the consequence of not following proper asbestos handling procedures?**
- A. Increased productivity**
  - B. Higher risk of health issues for workers**
  - C. Cost savings for the employer**
  - D. Improved work environment**
- 7. What must contractors submit if an abatement project involves significant amounts of pipe insulation or covered materials?**
- A. Oral notification**
  - B. Written notification**
  - C. Visual documentation**
  - D. Emergency plan**
- 8. How often should respirators be inspected?**
- A. Once a year**
  - B. Before each use**
  - C. After six months**
  - D. Whenever convenient**
- 9. What kind of vibration is considered a risk factor for disturbing ACM in schools?**
- A. Foot traffic**
  - B. Construction-related vibrations**
  - C. Musical vibrations**
  - D. Environmental vibrations**
- 10. What is the main health risk associated with asbestos exposure for workers?**
- A. Lung cancer and asbestosis**
  - B. Heart disease and asthma**
  - C. Chronic obstructive pulmonary disease**
  - D. Silicosis and pneumonia**

## **Answers**

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

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## **Explanations**

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**1. How many hours must airborne asbestos levels be monitored during a period of normal activity in schools?**

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

The regulation requires that airborne asbestos levels in schools be monitored for a duration of 8 hours during a period of normal activity. This time frame is established to ensure that any potential exposure to airborne asbestos fibers is accurately measured throughout the school day when students and staff are present. Monitoring for 8 hours provides a comprehensive assessment of the air quality, allowing for the identification of any variations in asbestos levels that may occur during typical school operations. By using this standard time frame, schools can ensure they are in compliance with safety regulations designed to protect the health of students and staff from the potential hazards of asbestos exposure.

**2. Which type of leak-tight container is typically used for asbestos removal?**

- A. A single 3 mil plastic bag**
- B. 2 (double) 6 mil poly labeled bags**
- C. A cardboard box**
- D. A glass jar with a lid**

The use of double 6 mil poly labeled bags for asbestos removal is considered the most effective method for several reasons. These bags are specifically designed to contain hazardous materials such as asbestos while minimizing the risk of exposure or accidental release into the environment. The 6 mil thickness provides a robust barrier that is less likely to puncture or tear, even under the stress of handling and transportation. Labeling these bags ensures that anyone handling them is aware of the hazardous nature of the contents, which promotes safety protocols and proper handling procedures. It's crucial for workers and emergency responders to recognize these bags as containing asbestos to take the necessary precautions. In contrast, a single 3 mil plastic bag lacks the additional layer of safety that a double bag provides. Cardboard boxes may allow for potential leakage, as they are not designed to be leak-tight and can absorb moisture, which can subsequently lead to asbestos fibers escaping. A glass jar with a lid is not practical for asbestos removal, as it can break or shatter, posing additional risks in terms of contamination and injury. Overall, the choice of double 6 mil poly labeled bags aligns closely with safety regulations and best practices for hazardous material containment in asbestos removal scenarios.

### 3. What does encapsulation of asbestos involve?

- A. Complete removal of the material
- B. Placing a sealant over the asbestos**
- C. Covering it with new drywall
- D. Taping the edges with plastic sheeting

Encapsulation of asbestos involves placing a sealant over the asbestos material. This process is designed to immobilize asbestos fibers, thus preventing them from becoming airborne and reducing the risk of exposure. The sealant is typically a type of coating that adheres to the surface of the asbestos material, forming a protective barrier. This method is often preferred when removal of the asbestos is not feasible due to structural or safety concerns, and it allows for the asbestos to remain in place while minimizing health risks. In contrast, complete removal of the material, covering it with new drywall, or taping the edges with plastic sheeting do not accurately represent the encapsulation process. Removal involves dismantling the asbestos material altogether, while covering it with drywall or sealing the edges with plastic sheeting may not adequately prevent fiber release or provide the same stabilization effect as a specialized encapsulating sealant. Encapsulation aims to keep the existing asbestos in a safe condition rather than altering or removing it entirely.

### 4. Which factor is NOT included in the EPA's criteria for encapsulation sealants?

- A. Adhesive/cohesive strength
- B. Flame spread
- C. Color variety**
- D. Toxic gas release during combustion

Color variety is not included in the EPA's criteria for encapsulation sealants because the effectiveness and safety of encapsulation materials focus on performance qualities rather than aesthetic factors. The primary criteria established by the EPA emphasize how well the sealant adheres to the asbestos-containing material and its ability to prevent fibers from being released into the air. This includes evaluation of adhesive/cohesive strength, flame spread characteristics, and the potential toxic gas release during combustion. While color might be a consideration for aesthetic reasons, it does not play a role in assessing the functional integrity or safety of an encapsulation sealant in preventing asbestos exposure.

**5. What legal compliance is necessary for handling asbestos on site?**

**A. Only state regulations**

**B. Compliance with federal and state regulations**

**C. Only company policies**

**D. None, if done privately**

The correct response emphasizes the importance of adhering to both federal and state regulations when handling asbestos on site. Asbestos is a hazardous material governed by stringent regulations to protect workers' health and safety, as well as the environment. Federal regulations, primarily enforced by the Occupational Safety and Health Administration (OSHA), set safety standards and procedures for asbestos handling, including permissible exposure limits and required protective equipment. Simultaneously, state regulations may have additional requirements that can vary from state to state, including specific licensing for contractors who handle asbestos or requirements for disposal practices. This dual-layer of regulation ensures robust protection against the risks associated with asbestos exposure and reflects the seriousness with which both federal and state authorities approach asbestos management. Other options overlook the comprehensive nature of asbestos regulations. Sole adherence to state regulations fails to acknowledge federal requirements that must also be followed. Compliance with only company policies disregards the legal obligations imposed by external regulatory bodies. Lastly, the notion that no compliance is needed if work is done privately completely contradicts the critical need for safety precautions and legal adherence, placing workers and communities at risk. Thus, compliance with both federal and state regulations is essential for safe and legal asbestos handling.

**6. What is the consequence of not following proper asbestos handling procedures?**

**A. Increased productivity**

**B. Higher risk of health issues for workers**

**C. Cost savings for the employer**

**D. Improved work environment**

Not following proper asbestos handling procedures significantly elevates the risk of health issues for workers. Asbestos exposure is known to cause serious respiratory conditions, including asbestosis, lung cancer, and mesothelioma. These diseases can develop over many years following exposure and often have severe and life-threatening consequences. When safety protocols are not adhered to, the likelihood of releasing airborne asbestos fibers increases, putting workers and potentially nearby individuals at risk. Proper procedures are designed to minimize exposure, including the use of personal protective equipment (PPE), adequate ventilation, and thorough decontamination processes. Failing to implement these measures not only threatens health but can also lead to long-term legal and financial repercussions for employers that compromise worker safety. The other options suggest either improvements or benefits that are not achievable when disregarding safety protocols. Increased productivity and cost savings may be short-term outcomes of bypassing safe practices but are overshadowed by the long-term health risks posed to workers and the detrimental impact on their well-being. An improved work environment is fundamentally rooted in safety and adherence to established protocols, making it impossible to claim any benefit in a context where asbestos handling is mishandled.

**7. What must contractors submit if an abatement project involves significant amounts of pipe insulation or covered materials?**

- A. Oral notification**
- B. Written notification**
- C. Visual documentation**
- D. Emergency plan**

For an abatement project that involves significant amounts of pipe insulation or other covered materials, it is essential for contractors to submit written notification. This requirement ensures that the relevant authorities are informed of the project in a formal and documented manner. Written notifications provide a clear record of the planned abatement work, including details such as the scope of the project, the location, and the materials involved. Moreover, this formal communication helps facilitate necessary inspections and ensures compliance with safety regulations designed to protect both workers and the public. While oral notifications may communicate intent quickly, they do not provide the same level of accountability or detailed information that written notification offers. Visual documentation is typically associated with post-abatement assessments and monitoring, rather than prior notification. An emergency plan, while crucial for addressing potential incidents that may arise during abatement work, is not specifically required as a notification of the project itself. Thus, written notification is the appropriate and necessary action for contractors in this context.

**8. How often should respirators be inspected?**

- A. Once a year**
- B. Before each use**
- C. After six months**
- D. Whenever convenient**

Respirators are critical pieces of personal protective equipment (PPE) used to protect workers from inhaling harmful substances in the air. The correct frequency for inspecting respirators is before each use. Regular inspections help ensure that the respirator is functioning properly and is free from damage or wear that could compromise its ability to provide adequate protection. This practice is essential for maintaining a safe working environment, especially in industries where hazardous materials, such as asbestos, are present. By inspecting respirators prior to each use, workers can identify any issues such as cracked facepieces, malfunctioning valves, or degraded materials that could affect the respirator's performance. This proactive approach helps to minimize exposure risks and safeguard the health of workers who depend on such equipment. Ensuring that respirators are in good working condition before each use aligns with regulatory requirements and best practices in occupational safety.

**9. What kind of vibration is considered a risk factor for disturbing ACM in schools?**

- A. Foot traffic**
- B. Construction-related vibrations**
- C. Musical vibrations**
- D. Environmental vibrations**

Construction-related vibrations are considered a significant risk factor for disturbing asbestos-containing materials (ACM) in schools because the activities associated with construction can generate strong vibrations that may jar or break the integrity of materials containing asbestos. When these materials are disturbed, they can release harmful asbestos fibers into the air, leading to exposure and potential health risks for students and staff. Foot traffic typically does not produce vibrations strong enough to disturb ACM, although it can contribute to wear and tear on materials over time. Musical vibrations are generally not impactful in the context of damaging ACM, as they tend to be less forceful and more rhythmic. Environmental vibrations, such as those from traffic or natural events, are less likely to specifically lead to the disturbance of asbestos-containing materials compared to the targeted and often intense vibrations from construction activities. Therefore, construction-related vibrations pose a more immediate and substantial risk for disturbing ACM in a school environment.

**10. What is the main health risk associated with asbestos exposure for workers?**

- A. Lung cancer and asbestosis**
- B. Heart disease and asthma**
- C. Chronic obstructive pulmonary disease**
- D. Silicosis and pneumonia**

The primary health risks associated with asbestos exposure for workers are lung cancer and asbestosis. When asbestos fibers are inhaled, they can become lodged in the lungs, leading to serious respiratory issues. Lung cancer is a well-documented risk, especially among those with prolonged exposure to asbestos, as the fibers can cause cellular damage that may lead to cancerous growths. Furthermore, asbestosis is a chronic lung disease caused by the accumulation of asbestos fibers in lung tissue, resulting in scarring and inflammation which can lead to significant respiratory distress and decreased lung function over time. The association of these two severe conditions with asbestos exposure underscores the importance of proper safety practices for workers in industries where asbestos is present. Proper training and protective measures are crucial in preventing these health complications, affirming that awareness and education about asbestos hazards play a key role in worker safety.