

PMT 103A Industrial Hygiene Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. How often should portable eyewash stations be inspected?**
 - A. Monthly**
 - B. Weekly**
 - C. Quarterly**
 - D. Annually**

- 2. A portable eyewash station delivers 0.4 gpm. How long should it run?**
 - A. 5 minutes**
 - B. 15 minutes**
 - C. 10 minutes**
 - D. 25 minutes**

- 3. What is the Action Level?**
 - A. The short-term exposure limit.**
 - B. The concentration at which some specific action should be taken.**
 - C. The 8-hour TWA.**
 - D. The maximum permissible concentration.**

- 4. Which item is NOT typically included in a respiratory protection program?**
 - A. Hazard assessment**
 - B. Medical clearance**
 - C. Fit testing**
 - D. Annual vaccination**

- 5. Which statement accurately describes radiation safety controls for ionizing versus non-ionizing radiation?**
 - A. Ionizing radiation safety uses shielding, dosimetry, and ALARA; non-ionizing uses shielding, exposure limits, and administrative controls**
 - B. Ionizing radiation requires no shielding**
 - C. Non-ionizing radiation uses dosimetry**
 - D. Both types use identical controls**

- 6. Which of the following is NOT typically considered an Engineering Control?**
- A. Inspection of PPE**
 - B. Ventilation systems**
 - C. Machine guarding**
 - D. Sound enclosures**
- 7. Which statement best describes A-weighting in sound measurement?**
- A. It measures impulse noise exclusively**
 - B. It exactly matches the human ear at all frequencies**
 - C. It approximates the equal loudness curve and the ear's response to different frequencies**
 - D. It applies only to low-frequency sounds**
- 8. For how long must a portable eyewash station run to meet the standard?**
- A. 5 minutes**
 - B. 15 minutes**
 - C. 20 minutes**
 - D. 10 minutes**
- 9. What are the two main outcomes of an exposure assessment in industrial hygiene?**
- A. Employee training and shift scheduling.**
 - B. Waste disposal and energy use.**
 - C. Risk characterization and selection of appropriate controls.**
 - D. Equipment maintenance and downtime planning.**
- 10. Which of the following are common principles of good IH data management and documentation?**
- A. Clear data records**
 - B. Proper labeling**
 - C. Chain-of-custody**
 - D. All of the above**

Answers

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

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Explanations

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1. How often should portable eyewash stations be inspected?

- A. Monthly**
- B. Weekly
- C. Quarterly
- D. Annually

Regularly checking eyewash stations is essential to ensure they're ready to use in an emergency. For portable eyewash units, a monthly visual inspection is typically performed to confirm the unit is present, accessible, unobstructed, clearly labeled, and undamaged, and to verify the water supply (for self-contained units) is adequate and clean. This monthly cadence strikes a balance between catching issues early and not overburdening maintenance; waiting longer could let problems go unnoticed, while quarterly or annual checks might miss small but critical faults. Some programs also perform brief weekly function checks to verify water flow, but the inspection frequency being asked about is monthly.

2. A portable eyewash station delivers 0.4 gpm. How long should it run?

- A. 5 minutes
- B. 15 minutes**
- C. 10 minutes
- D. 25 minutes

Eyewash duration is determined by safety standards, not by varying the flow rate. The standard requires a continuous flush of at least 15 minutes to ensure thorough irrigation and removal of irritants from the eyes. A flow rate of 0.4 gpm meets the minimum, but the amount of time the unit should run is fixed at 15 minutes to meet that requirement. At 0.4 gpm, running for 15 minutes would use about 6 gallons of water (0.4×15), so you'd want a portable eyewash with sufficient water supply to sustain that full 15-minute flush.

3. What is the Action Level?

- A. The short-term exposure limit.
- B. The concentration at which some specific action should be taken.**
- C. The 8-hour TWA.
- D. The maximum permissible concentration.

The Action Level is the concentration at which some specific actions must be taken to protect workers. In exposure control, you have a limitables framework where the permissible exposure limit (PEL) represents what's allowed, but the action level sits below that and serves as a trigger to start protective measures. When exposures reach this threshold, the employer must implement or ensure ongoing programs such as exposure monitoring, medical surveillance if required, training, engineering controls, and record-keeping to prevent reaching the PEL. It's not the short-term exposure limit, which governs brief spikes; nor the 8-hour TWA itself, which is the long-term average allowed; nor the maximum permissible concentration, which is tied to the actual upper limit. The action level is specifically about when to initiate actions to keep exposures on a safer track.

4. Which item is NOT typically included in a respiratory protection program?

- A. Hazard assessment**
- B. Medical clearance**
- C. Fit testing**
- D. Annual vaccination**

A respiratory protection program is built around ensuring safe and effective use of respirators when airborne hazards are present. It centers on identifying when and what type of respirator is needed (hazard assessment), confirming the worker can safely wear a respirator (medical clearance), and making sure the respirator fits properly to create an effective seal (fit testing). Training on proper donning, use, limitations, and maintenance, along with regular inspection, cleaning, storage, and program evaluation, are all part of the system. Annual vaccination, while important for protecting health against infectious diseases, doesn't affect how a respirator seals, fits, or is medically approved, nor does it address the operational aspects of wearing and maintaining respirators. Vaccination belongs to broader occupational health or immunization efforts and is not a standard component of the respiratory protection program itself.

5. Which statement accurately describes radiation safety controls for ionizing versus non-ionizing radiation?

- A. Ionizing radiation safety uses shielding, dosimetry, and ALARA; non-ionizing uses shielding, exposure limits, and administrative controls**
- B. Ionizing radiation requires no shielding**
- C. Non-ionizing radiation uses dosimetry**
- D. Both types use identical controls**

Ionizing radiation has enough energy to remove electrons from atoms, which can damage tissue and increase cancer risk. Because of that, safety programs rely on measuring actual exposure with dosimetry, using shielding to attenuate the radiation before it reaches workers, and applying ALARA—keeping doses as low as reasonably achievable—along with administrative controls to manage who is exposed and for how long. Non-ionizing radiation, while it can cause harm mainly through heating or other specific biological effects, is managed with exposure limits, engineering controls including shielding when appropriate, and administrative controls to minimize exposure. Dosimetry isn't routinely used for non-ionizing exposure, so the combination of controls differs between the two types.

6. Which of the following is NOT typically considered an Engineering Control?

- A. Inspection of PPE**
- B. Ventilation systems**
- C. Machine guarding**
- D. Sound enclosures**

Engineering controls are physical changes to the work environment designed to remove or reduce exposure at the source. Ventilation systems dilute or remove contaminants, machine guarding physically blocks access to moving parts, and sound enclosures reduce noise where it's generated. Inspecting PPE, while essential for safety, is not an engineering control—it's a maintenance/administrative measure that ensures protective gear remains functional, but it doesn't alter the hazard in the environment. So, inspecting PPE is the piece that is not typically considered an engineering control.

7. Which statement best describes A-weighting in sound measurement?

- A. It measures impulse noise exclusively**
- B. It exactly matches the human ear at all frequencies**
- C. It approximates the equal loudness curve and the ear's response to different frequencies**
- D. It applies only to low-frequency sounds**

A-weighting is a frequency weighting applied to sound level measurements to reflect how humans perceive loudness. The curve adjusts measurements by giving more emphasis to mid frequencies where the ear is most sensitive and reducing the contribution from low and very high frequencies. This approach is designed to align with the ear's varying sensitivity across the audible range, which is captured by the equal-loudness contours developed for human hearing at typical listening levels. Because of this, a weighted value (dBA) correlates more closely with perceived loudness than a simple, unweighted SPL. It's not about measuring impulse noise exclusively, and it isn't an exact match to the ear across all frequencies. It's a practical approximation used for standardized noise measurements. It also isn't limited to low-frequency sounds; the weighting applies across the spectrum, with greater attenuation of frequencies outside the ear's peak sensitivity.

8. For how long must a portable eyewash station run to meet the standard?

- A. 5 minutes**
- B. 15 minutes**
- C. 20 minutes**
- D. 10 minutes**

The key idea is that eyewash equipment must provide a full 15 minutes of continuous flushing. This minimum duration is specified to ensure enough time is available to dilute and remove chemical exposure from the eyes, reducing potential injury. Portable eyewash stations are designed to meet that 15-minute requirement, using tepid water to keep comfort and safety in balance. Shorter durations, like 5 or 10 minutes, wouldn't meet the standard's minimum, while a longer 20-minute flush isn't the required minimum, though it could occur in some setups. So 15 minutes is the correct duration.

9. What are the two main outcomes of an exposure assessment in industrial hygiene?

- A. Employee training and shift scheduling.**
- B. Waste disposal and energy use.**
- C. Risk characterization and selection of appropriate controls.**
- D. Equipment maintenance and downtime planning.**

Exposure assessment aims to quantify how much and how long workers are exposed to a hazard and to interpret what those exposure levels mean for health risk. The two main outcomes are risk characterization and selecting appropriate controls. Risk characterization involves estimating the magnitude, duration, and frequency of exposure for workers, identifying who is most at risk, and considering variability and uncertainties. This helps determine whether the exposure poses a health risk and how serious that risk might be, forming the basis for deciding if actions are needed. Selecting appropriate controls follows from the risk characterization. It means choosing and implementing measures to reduce exposure to acceptable levels, typically starting with engineering controls (like ventilation or enclosure), followed by administrative controls (such as changes in work practices or scheduling), and, when necessary, personal protective equipment. The goal is to achieve exposure levels that are protective of health while balancing feasibility and effectiveness. Other options aren't the primary outcomes of an exposure assessment. Training and shift scheduling may be informed by exposure findings but aren't the core deliverables of the assessment itself. Waste disposal and energy use relate to environmental and sustainability concerns rather than directly to exposure risk. Equipment maintenance and downtime planning affect operations and reliability, and while good maintenance can reduce exposures, they are not the direct two outcomes produced by an exposure assessment.

10. Which of the following are common principles of good IH data management and documentation?

- A. Clear data records**
- B. Proper labeling**
- C. Chain-of-custody**
- D. All of the above**

Clear data records, proper labeling, and chain-of-custody work together to protect data integrity from collection through analysis. Clear data records mean the data are unambiguous and complete—every entry should have the context needed to understand and reproduce it, including sample IDs, methods used, units, detection limits, and timestamps. Proper labeling ensures each sample, container, and data file is uniquely identified and carries essential context (who collected it, when, where, and how). Chain-of-custody documents every handoff and handling step—who accessed the sample or data, when, and for what purpose—creating an auditable trail that supports accountability and regulatory or legal defensibility. When these practices are used together, errors from misidentification, lost information, or untraceable handling are greatly reduced, making it easier to validate results, reproduce analyses, and respond to inquiries or inspections. In daily practice, implement standardized forms and templates for data entry, strict labeling protocols, and a clear custody log to ensure a seamless, auditable data management process.

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://pmt103aindustrialhygiene.examzify.com>

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

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