

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. What is the purpose of a permit for hot work, and what are typical controls?**
 - A. To control ignition risks; controls include fire watch, fire clearance, removing flammable materials, and monitoring for sparks.
 - B. To document daily attendance; controls include coffee breaks and scheduling.
 - C. To authorize only administrative work; controls include annual reviews.
 - D. To classify waste; controls include labeling and storage containers.
- 2. Which are essential components of an environmental compliance program?**
 - A. Employee entertainment, marketing, and branding
 - B. Waste management, emissions control, spill prevention, and regulatory reporting
 - C. Product design and aesthetics
 - D. Customer service and sales tracking
- 3. What is the difference between a hazard assessment and a risk assessment in EHS practice?**
 - A. Hazard assessment identifies inherent hazards.
 - B. Hazard assessment estimates likelihood and consequences to determine controls.
 - C. Hazard assessment identifies inherent hazards; risk assessment estimates likelihood and consequence to determine controls.
 - D. Hazard assessment is optional and redundant.
- 4. Why is chemical incompatibility important in storage?**
 - A. Incompatible chemicals can react violently, generate heat, or release toxic gases; store by compatibility groups and use secondary containment
 - B. Incompatibility means chemicals do not mix and thus storage is not a concern
 - C. Incompatibility is only about color codes
 - D. Incompatible chemicals should be mixed to neutralize
- 5. Which combination is most effective for improving indoor air quality?**
 - A. VOCs, humidity, temperature, and pollutants
 - B. Adequate ventilation, source control, and filtration
 - C. Only humidity control
 - D. Reducing sunlight exposure

- 6. List common indoor air quality problems and practical controls in offices/labs.**
- A. Poor ventilation, moisture/mold, off-gassing from materials; controls include increasing ventilation, improving filtration, humidity control, source elimination, and housekeeping.
 - B. High noise levels and employee laziness; controls include playing music.
 - C. Food odors only; controls include opening windows.
 - D. Light flicker and color temperature; controls include changing light bulbs.
- 7. What measure helps separate pedestrians from vehicles to reduce collisions?**
- A. Driving through crowds.
 - B. Pedestrian separation.
 - C. Using noisy alarms only.
 - D. Parking near work areas.
- 8. What are the common steps in an incident investigation after an EHS event?**
- A. Immediate response, data collection
 - B. Root cause analysis, development and implementation of corrective actions
 - C. Verification, and reporting
 - D. Immediate response, data collection, root cause analysis, development and implementation of corrective actions, verification, and reporting
- 9. Which of the following is NOT a recommended prevention strategy for heat stress?**
- A. Hydration
 - B. Acclimatization
 - C. Excessive exposure without breaks
 - D. Shade and rest breaks
- 10. 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

Answers

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

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Explanations

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1. What is the purpose of a permit for hot work, and what are typical controls?

- A. To control ignition risks; controls include fire watch, fire clearance, removing flammable materials, and monitoring for sparks.
- B. To document daily attendance; controls include coffee breaks and scheduling.
- C. To authorize only administrative work; controls include annual reviews.
- D. To classify waste; controls include labeling and storage containers.

A hot work permit is a formal authorization used before performing operations that can generate heat, sparks, or flames. Its main purpose is to prevent ignition by making sure the area and conditions are prepared and that appropriate controls are in place and understood by everyone involved. The controls described—having a fire watch, ensuring fire clearance, removing flammable materials from the area, and monitoring for sparks—are classic, effective ways to reduce the ignition risk. A fire watch provides immediate response if a fire starts; fire clearance ensures nothing nearby can catch fire and that the area is properly prepared; removing combustibles minimizes fuel available for a fire; and watching for sparks keeps a continuous check on potential ignition sources during the work. These measures reflect the core goal of the permit: to control ignition risks and enable a rapid response if something goes wrong. The other options focus on administrative tasks or waste management, which do not address ignition risk and thus don't fit the purpose of a hot work permit.

2. Which are essential components of an environmental compliance program?

- A. Employee entertainment, marketing, and branding
- B. Waste management, emissions control, spill prevention, and regulatory reporting
- C. Product design and aesthetics
- D. Customer service and sales tracking

Environmental compliance programs are built to meet environmental laws and manage risk by putting in place concrete controls for how materials are handled, pollutants are controlled, spills are prevented, and regulatory obligations are tracked. Waste management covers the proper handling, storage, treatment, and disposal of waste streams in line with permits and hazardous waste rules. Emissions control ensures processes and technologies limit releases to air, meeting permit limits and requiring monitoring and reporting. Spill prevention focuses on planning, containment, and response to prevent environmental damage and comply with spill-related regulations. Regulatory reporting keeps records accurate and reports timely, demonstrating compliance to authorities and enabling oversight. Other options focus on areas like marketing, product design, or customer service, which do not address environmental regulatory obligations.

3. What is the difference between a hazard assessment and a risk assessment in EHS practice?

- A. Hazard assessment identifies inherent hazards.
- B. Hazard assessment estimates likelihood and consequences to determine controls.
- C. Hazard assessment identifies inherent hazards; risk assessment estimates likelihood and consequence to determine controls.**
- D. Hazard assessment is optional and redundant.

The key idea is that a hazard assessment looks at what could cause harm, independent of how it might be used or encountered. It identifies inherent hazards—toxicity, flammability, reactivity, physical injury potential, or other dangerous properties—without considering whether people will be exposed or how often. A risk assessment adds the exposure part: it estimates how likely people are to encounter the hazard, under specific conditions, and what the consequences could be if exposure occurs. It combines the hazard with factors like exposure frequency, duration, concentration or dose, routes of entry, and existing controls to determine risk and to decide what controls are needed. In practice you identify the hazards first, then evaluate the exposure scenarios and consequences to prioritize actions and select appropriate controls based on risk. For example, a chemical might be hazardous by inhalation (hazard), but if exposure is negligible and well-controlled by ventilation and PPE, the risk is low; if exposure is frequent and high, risk is high and stronger controls are warranted.

4. Why is chemical incompatibility important in storage?

- A. Incompatible chemicals can react violently, generate heat, or release toxic gases; store by compatibility groups and use secondary containment**
- B. Incompatibility means chemicals do not mix and thus storage is not a concern
- C. Incompatibility is only about color codes
- D. Incompatible chemicals should be mixed to neutralize

Understanding why chemical incompatibility matters in storage starts with recognizing that certain substances can react badly if they come into contact or if conditions change. When incompatible chemicals are stored together, they can react violently, release heat, produce toxic gases, or even cause fires or explosions. That's why using compatibility groups and secondary containment helps keep reactive materials apart and provides a safety buffer in case leaks occur. The other ideas are misleading: incompatibility isn't about colors or whether chemicals "mix"; it's about the real risk of dangerous reactions, and deliberately mixing to neutralize chemicals is unsafe and not a proper solution.

5. Which combination is most effective for improving indoor air quality?

- A. VOCs, humidity, temperature, and pollutants
- B. Adequate ventilation, source control, and filtration**
- C. Only humidity control
- D. Reducing sunlight exposure

Improving indoor air quality works best when you tackle pollutants on three fronts: control their source, bring in fresh outdoor air to dilute what's inside, and remove particles with filtration. This combination—adequate ventilation, source control, and filtration—addresses where contaminants come from, how they accumulate, and how they are removed from the air. By reducing emissions at the source, you lower the total amount of pollutants entering the space. Adequate ventilation ensures a steady replacement of indoor air with outdoor air, diluting any contaminants that are present. Filtration then captures particles and some aerosols, further lowering what you breathe. The other options don't provide this comprehensive approach. Focusing on humidity or temperature alone doesn't reduce pollutant sources or ensure air exchange. Humidity control helps with mold risk but doesn't remove VOCs or other contaminants. Reducing sunlight exposure isn't a standard, reliable method for improving IAQ.

6. List common indoor air quality problems and practical controls in offices/labs.

- A. Poor ventilation, moisture/mold, off-gassing from materials; controls include increasing ventilation, improving filtration, humidity control, source elimination, and housekeeping.**
- B. High noise levels and employee laziness; controls include playing music.
- C. Food odors only; controls include opening windows.
- D. Light flicker and color temperature; controls include changing light bulbs.

Indoor air quality problems in offices and labs come from airflow, moisture, and emissions from materials. The best answer identifies the main issues—poor ventilation, moisture or mold growth, and off-gassing from building materials and products—and pairs them with practical controls that both reduce contaminants and prevent them from occurring. Increasing ventilation dilutes indoor contaminants by bringing in outdoor air. Improving filtration captures more particles from the air before they're inhaled. Humidity control prevents mold growth and dust-related issues by keeping relative humidity in a healthy range. Source elimination or substitution reduces emissions at their origin, and good housekeeping minimizes accumulation of dust, residues, and mold-friendly environments. Together, these controls address both the sources of pollutants and the ways they spread. The other choices miss essential IAQ concerns or rely on ineffective or irrelevant measures—noise or "laziness" does not fix air quality, food odors alone are an incomplete and variable issue, and lighting problems are separate from air quality.

7. What measure helps separate pedestrians from vehicles to reduce collisions?

- A. Driving through crowds.
- B. Pedestrian separation.**
- C. Using noisy alarms only.
- D. Parking near work areas.

Separating pedestrians from vehicles by creating dedicated walkways, barriers, and clearly marked crossing points is the measure that reduces collisions. When pedestrians have their own safe paths away from vehicle lanes—such as sidewalks, fenced or bollarded walkways, raised crosswalks, and separate loading zones—the chances of a vehicle–pedestrian interaction drop because people and machinery operate in different spaces, with barriers guiding movement and reducing vehicle speeds near pedestrians. This approach also improves visibility and predictable behavior, especially around forklifts and delivery trucks, and is most effective when paired with appropriate signals, signage, lighting, and training. Driving through crowds is unsafe and does not prevent collisions; relying on alarms alone doesn't physically separate people from vehicles; parking near work areas typically increases vehicle traffic near pedestrians. So, creating physical separation is the most effective measure.

8. What are the common steps in an incident investigation after an EHS event?

- A. Immediate response, data collection
- B. Root cause analysis, development and implementation of corrective actions
- C. Verification, and reporting
- D. Immediate response, data collection, root cause analysis, development and implementation of corrective actions, verification, and reporting**

Investigations after an EHS event should follow a complete sequence from immediate containment to formal reporting. The best choice includes all the essential steps: immediate response to control and stop further harm, data collection to gather evidence and facts, root cause analysis to identify underlying reasons the event occurred, development and implementation of corrective actions to prevent recurrence, verification to confirm the actions work and sustain improvements, and reporting to document what happened and how it was addressed for stakeholders and regulatory needs. Immediate response ensures the scene is safe, injuries are addressed, and the risk is contained. Data collection preserves accurate information—witnesses, times, equipment involved, photos, logs—so the investigation is based on facts. Root cause analysis moves beyond symptoms to ask why the event happened, helping identify fundamental weaknesses rather than just treating the symptom. Developing and implementing corrective actions translates findings into concrete changes—process adjustments, training, engineering controls, or policy updates—and putting owners and timelines in place ensures accountability. Verification checks that the actions actually reduce risk and that improvements are functioning over time, not just a one-time fix. Finally, reporting communicates the results, actions taken, lessons learned, and any regulatory or internal requirements, supporting transparency and future prevention. If you only do part of this sequence—for example, just immediate response and data collection—you'd miss addressing underlying causes, arranging effective fixes, confirming their impact, and communicating lessons learned, which undermines prevention and compliance.

9. Which of the following is NOT a recommended prevention strategy for heat stress?

- A. Hydration
- B. Acclimatization
- C. Excessive exposure without breaks**
- D. Shade and rest breaks

When dealing with heat, the best ways to prevent problems are to stay hydrated, gradually acclimate to the heat, and provide shade with regular rest breaks. Hydration helps maintain fluid balance and supports the body's cooling process through sweating, which is essential for keeping core temperature down. Acclimatization allows the body to adapt to higher temperatures over time, improving sweating efficiency and cardiovascular stability so heat stress is less likely to overwhelm the system. Shade and scheduled rest breaks give the body a chance to cool down, lowering core temperature, heart rate, and perceived effort. Excessive exposure to heat without breaks, on the other hand, pushes the body harder and prevents cooling, increasing dehydration and the risk of heat-related illnesses such as heat cramps, heat exhaustion, and heat stroke. That is not a protective strategy; it removes the safety margins that hydration, acclimatization, and cooling through shade and breaks provide.

10. 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.

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://pmt116nehs.examzify.com>

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

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