

Respiratory Protection Program 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. Which regulation number governs Respiratory Protection in OSHA?**
 - A. OSHA 1910.143**
 - B. OSHA 1910.134**
 - C. OSHA 1910.132**
 - D. OSHA 1900.134**

- 2. Which bureau is responsible for preparing and maintaining the Respiratory Protection Program?**
 - A. Safety and Wellness Bureau**
 - B. Public Safety Bureau**
 - C. Environmental Health Bureau**
 - D. Training Bureau**

- 3. OSHA permissible exposure limit for carbon monoxide over an eight hour period is:**
 - A. 10 ppm**
 - B. 25 ppm**
 - C. 50 ppm**
 - D. 100 ppm**

- 4. Respirator repair is handled by which facility?**
 - A. SCBA Repair Shop**
 - B. In-House Maintenance**
 - C. Equipment Vendor Technician**
 - D. Safety Officer**

- 5. Compressors in OCFRD have automatic drains that activate how often?**
 - A. Every 1-2 minutes**
 - B. Every 10-15 minutes and when the compressor shuts down**
 - C. Every 20-25 minutes**
 - D. Only when the compressor shuts down**

- 6. Stress EKG will be provided to which group and how often?**
- A. All personnel; every 2 years**
 - B. Personnel over 40; every 2 years**
 - C. Personnel under 40; every year**
 - D. All personnel; annually**
- 7. Medical examinations should be done how often?**
- A. Weekly**
 - B. Monthly**
 - C. Annually**
 - D. Every Two Years**
- 8. What does a quantitative fit test assess?**
- A. The amount of leakage into the respirator**
 - B. The color of the respirator**
 - C. The cost of the respirator**
 - D. The durability of the respirator**
- 9. Cylinders should be filled at a rate of how many pounds per minute?**
- A. 200-400 pounds per minute**
 - B. 400-600 pounds per minute**
 - C. 600-800 pounds per minute**
 - D. 800-1000 pounds per minute**
- 10. Which cylinder size is delivered to EMS hubs by the SCBA shop?**
- A. L cylinders**
 - B. M cylinders**
 - C. N cylinders**
 - D. P cylinders**

Answers

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

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Explanations

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1. Which regulation number governs Respiratory Protection in OSHA?

- A. OSHA 1910.143
- B. OSHA 1910.134**
- C. OSHA 1910.132
- D. OSHA 1900.134

Respiratory protection is governed by OSHA's dedicated Respiratory Protection Standard, 29 CFR 1910.134. This regulation establishes a comprehensive program for respirator use, including selecting the appropriate respirators, medical evaluations, fit testing, training, proper use, maintenance and cleaning, storage, and program administration. It sets the requirements for when respirators are needed, how to implement them safely, and how to ensure ongoing oversight of the program. In general industry, this is the primary standard for respirators (construction has a closely related, site-specific standard). The other regulation numbers refer to different topics or PPE requirements and are not the respirator standard.

2. Which bureau is responsible for preparing and maintaining the Respiratory Protection Program?

- A. Safety and Wellness Bureau**
- B. Public Safety Bureau
- C. Environmental Health Bureau
- D. Training Bureau

The responsibility for preparing and maintaining the Respiratory Protection Program lies with the Safety and Wellness Bureau because this area governs all safety policies and the management of personal protective equipment programs. They oversee the written plan, hazard assessment, selection of appropriate respirators, medical evaluations, fit testing, training, inspection and maintenance of equipment, recordkeeping, and ongoing program reviews. Keeping this program under one safety-focused bureau ensures coherence, regulatory compliance (such as OSHA's respirator standard), and clear accountability across the organization. Other bureaus may support specific aspects—training delivery, addressing health concerns, or handling public safety operations—but they do not own the entire program.

3. OSHA permissible exposure limit for carbon monoxide over an eight hour period is:

- A. 10 ppm**
- B. 25 ppm**
- C. 50 ppm**
- D. 100 ppm**

OSHA controls carbon monoxide exposure using an eight-hour time-weighted average, and the value for CO is 50 parts per million. This means the average concentration workers can be exposed to over a full 8-hour shift should not exceed 50 ppm; if exposure averages higher, protective measures are needed to bring it down. Carbon monoxide is dangerous because it binds to hemoglobin, reducing oxygen delivery to tissues, so keeping exposures at or below this level helps prevent symptoms like headaches, dizziness, and fatigue. There is also a separate short-term limit (a higher concentration allowed for a brief period), but the eight-hour standard is the one applied to normal work shifts. The other numbers listed aren't the eight-hour OSHA limit: 10 ppm and 25 ppm are well below the limit, and 100 ppm would exceed it.

4. Respirator repair is handled by which facility?

- A. SCBA Repair Shop**
- B. In-House Maintenance**
- C. Equipment Vendor Technician**
- D. Safety Officer**

Respirator repair must be done in a facility that can safely restore performance and provide documented verification. Self-contained breathing apparatus are high-risk, with pressurized components, regulators, and seals that require specialized tools, approved parts, and precise testing. An SCBA repair shop has the equipment for disassembly, replacement with manufacturer-approved parts, and full testing (leak, flow, and functionality), plus records of service and test results to prove the unit meets standards. In-house maintenance is typically limited to cleaning and basic inspection, not full repairs or certification. A vendor technician might handle some repairs under warranty, but comprehensive repair and verification are usually centralized in the SCBA repair shop. A Safety Officer oversees the program, not the hands-on repair work.

5. Compressors in OCFRD have automatic drains that activate how often?

- A. Every 1-2 minutes**
- B. Every 10-15 minutes and when the compressor shuts down**
- C. Every 20-25 minutes**
- D. Only when the compressor shuts down**

Automatic drains are there to keep the breathing air dry by removing condensate that forms when compressed air is produced. Condensation can build up in the lines as the air cools, and if water isn't drained, it can contaminate PPE or affect the performance of the respirator system. The standard setup is to purge condensate at regular intervals—about every 10 to 15 minutes—plus a purge when the compressor shuts down. This combination prevents moisture from accumulating during operation and ensures the lines are dry when the system restarts. Draining more frequently would be unnecessary and could waste air, while draining only at shutdown would leave moisture in the lines during use.

6. Stress EKG will be provided to which group and how often?

- A. All personnel; every 2 years
- B. Personnel over 40; every 2 years**
- C. Personnel under 40; every year
- D. All personnel; annually

Regular medical surveillance uses age-related risk to guide how often a stress EKG is done. A stress EKG checks how the heart handles physical stress and helps catch cardiovascular issues that could be risky when wearing a respirator, which adds work and oxygen demand on the body. Providing it to personnel over 40 every two years targets those at higher cardiovascular risk while avoiding unnecessary testing for younger workers, and a two-year interval is a practical balance between early detection and resource use. Testing all personnel or testing younger workers more frequently isn't needed given the lower baseline risk in those groups, and annual testing would be excessive.

7. Medical examinations should be done how often?

- A. Weekly
- B. Monthly
- C. Annually**
- D. Every Two Years

Medical examinations are used to determine whether a person remains physically able to wear a respirator. After the initial evaluation before someone starts using a respirator, the minimum interval is every year. This yearly check helps catch health changes—such as new heart or lung issues, weight or medication changes, or other conditions—that could affect the ability to tolerate a respirator or the level of protection needed. If a clinician identifies risk factors or symptoms, more frequent evaluations may be required, but waiting two years could miss important changes. Weekly or monthly exams are not needed for routine surveillance, and a biennial schedule could allow issues to go undetected. Annual medical examinations thus provide a safe, effective, and practical ongoing clearance.

8. What does a quantitative fit test assess?

- A. The amount of leakage into the respirator**
- B. The color of the respirator
- C. The cost of the respirator
- D. The durability of the respirator

The test focuses on seal integrity by measuring how much leakage from the outside air gets into the respirator while you wear it and perform standard movements. It uses instrumentation to compare the outside particle concentration with the inside concentration, giving a numerical fit factor. A higher fit factor means less leakage and a better seal, indicating the respirator provides the expected protection for that person. It doesn't assess color, cost, or durability—those factors aren't related to how well the facepiece seals to the face.

9. Cylinders should be filled at a rate of how many pounds per minute?

- A. 200-400 pounds per minute**
- B. 400-600 pounds per minute**
- C. 600-800 pounds per minute**
- D. 800-1000 pounds per minute**

Controlling how fast a cylinder is filled is all about heat management and keeping the cylinder within its design limits. When gas is forced into a cylinder, it heats up because of compression and friction. If you push gas in too quickly, the heat isn't removed fast enough, and the cylinder can overheat. Excessive heat can weaken the material, affect valve seating, or cause the relief devices to vent, all of which are safety risks. The rate at which the gas mass is added—measured in pounds per minute—needs to be high enough to be efficient but low enough to give the cooling system and ambient air time to remove heat and allow even distribution inside the cylinder. The 400-600 pounds per minute range is chosen because it balances speed with safe cooling and temperature control. Rates outside this range tend to be either inefficient (too slow) or unsafe (too fast, increasing overheating risk). Always follow your program's specific guidelines and the equipment manufacturer's recommendations, since exact numbers can vary with cylinder size, gas type, and cooling capacity.

10. Which cylinder size is delivered to EMS hubs by the SCBA shop?

- A. L cylinders**
- B. M cylinders**
- C. N cylinders**
- D. P cylinders**

The key idea is why EMS hubs get a medium-sized cylinder from the SCBA shop. In EMS, you want a cylinder that offers enough air for typical calls without being so heavy or bulky that it slows responders down or makes storage and handling harder. The medium-sized cylinder hits that balance: it's large enough to provide a reasonable air duration across common EMS tasks and compatible with most EMS SCBA models, yet light enough to be practical for daily use and stocking at hubs. Larger cylinders are heavier and less convenient for rapid response, while smaller ones may not provide sufficient air for longer operations or more demanding scenes. So, delivering the medium-sized cylinders best meets the practical needs and interoperability goals of EMS programs.

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://respiratoryprotprogram.examzify.com>

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

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