

*Asbestos Refresher: Contractor/Supervisor*  
**Examination Study Guide**

1. What is OSHA's definition of PEL?
2. Do you know the notification requirements of renovation under NESHAPS?
3. What are the OSHA requirements for signs approaching asbestos regulated areas?
4. Can you name the U.S. federal regulatory body which directs its focus on the abatement of regulated asbestos in schools, regulates industrial emission of asbestos fibers, and controls standards for the disposal of asbestos waste?
5. Would you be able to identify information missing from a list posted on a US EPA removal notice?
6. Could you choose a statement which best describes NESHAPS definition of asbestos-containing materials?
7. Identify the path asbestos fibers take to enter the body to create the risk of asbestosis
8. Name the asbestos disease that is described by the occurrence of cancer in the lining surrounding the lungs.
9. How much more likely are asbestos workers who are also smokers to develop lung cancer versus the non-smoking asbestos worker?
10. What is the typical length of time between exposure to asbestos and the development of lung cancer?
11. Asbestos fibers have the most damaging effects on what part of the body?
12. You should be able to identify the best statement that describes the concept of dose-response.
13. You should be able to choose the best statement that describes asbestos removal.
14. Could you identify the definition of Phase Contrast Microscopy (PCM)?
15. What two types of personal air monitoring does OSHA require?
16. When is a claim made by "claims made" insurance?

17. Where should workers put on suits and respirators?
18. Know the appropriate procedures for disposing of contaminated waste.
19. Understand the purpose of a pre-bid conference.
20. Do you know how often fit-testing for tight-fitting respirators must be performed, according to OSHA asbestos standard (29 CFR 1926.1101)?
21. Know the requirements for Type C air systems.
22. Name four qualitative fit test methods.
23. Know the appropriate protection for the outside team during waste load-out.
24. How often should poly barriers be inspected?
25. What is the minimum allowable efficiency level for a HEPA air filter in a negative pressure system?