

CONTINUING MEDICAL EDUCATION

ACOEM MRO Self-Assessment Activity

CME Program

Learning Objectives:

Upon completion of this educational activity, learners should be able to:

- Recognize correct urine collection procedures and breath alcohol testing procedures, and recognize flaws in these processes.
- ✓ Perform MRO duties and responsibilities, including interviews of individuals and interpretation of test results that are positive, adulterated, substituted, or invalid.
- ✓ Help employers and workers understand the return-to-duty process after a drug testing rule violation.
- Recognize the advantages and disadvantages of alternative specimens that can be used for drug and alcohol testing.

CME Credit

The American College of Occupational and Environmental Medicine (ACOEM) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

ACOEM designates this educational activity for a maximum of twelve (12) hours category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

This CME activity is intended for occupational and environmental medicine health professionals with an interest and/or responsibility in workplace alcohol and drug testing. This activity is designed to meet the continuing education requirements of the U.S. Department of Transportation Part 40 Procedures.

ACOEM will record your twelve (12) hours of continuing medical education (CME) and mail you a certificate. Please allow 4 weeks for processing.

INSTRUCTIONS

 ACOEM's MRO Self-Assessment Activity is based on the Medical Review Officer Certification Council's Medical Review Officer's Manual: MROCC's Guide to Drug Testing, 2nd Edition, which you must obtain and read.

You may purchase the second edition from the publisher – OEM Press – at:

Web site: www.oempress.com

or

Telephone: 800/533-8046

- 2. After reading the *MRO's Manual*, complete ACOEM's 42-question MRO Self-Assessment and record your answers on the corresponding answer sheet (located toward the end of the activity).
- 3. Score your self-assessment. The answer key is the last page of this document.
- 4. Complete the participant and method of payment information, activity evaluation, and personal attestation found on the next page and submit to ACOEM with a copy of your answer sheet. You may submit to ACOEM by fax (with credit card information) or mail (if paying by check).
- 5. This activity expires on May 1, 2007. Materials received after that date will be returned with your payment.

ACOEM MRO SELF-ASSESSMENT EVALUATION

1.	Were the stated program objectives s	successfully met?
	☐ Yes	□ No
	☐ Partially (please explain)	
	☐ Yes	Manual: MROCC's Guide to Drug Testing, 2nd Ed. and related questions relevant to your practice?
	Do you anticipate that your participa medicine?	ation in this program will result in any change in your practice of occupational and environmental
	□ Yes	
	☐ No (please explain)	
	I certify my actual hours spent to con	mplete this activity to behours (maximum of 12).
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Education Department.

Chapter 1 – The Medical Review Officer (MRO)

1.1 Under U.S. Department of transportation (DOT) regulations, medical review officer (MRO) qualification requirements include:

- 1) Training
- 2) Medical license
- Knowledge about substance abuse disorders, DOT rules and guidelines, and validity testing
- 4) Satisfactory completion of an exam by an MRO certification or subspecialty board

Which of the above statements is/are correct?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

1.2 Under DOT regulations, if support staff help the MRO with drug test result review:

- The MRO must be personally involved in evaluating, hiring, and firing the staff
- The staff must report to the MRO for decisions, direction, and control related to reviewing drug tests
- 3) The MRO must have regular contact with the staff
- 4) The MRO can delegate to someone else the supervision and control of the staff

Which of the above statements is/are correct?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

1.3 MRO recertification is (choose one):

- A) Required by DOT
- B) Required if the MRO makes a mistake that results in cancellation of a test
- C) Achieved by completion of CME including an assessment tool
- D) Recommended by AAMRO and MROCC six years after initial certification

Chapter 2 – Regulations

2.1 DOT's rewrite of its Part 40 rule included many new features. The features that are in the current Part 40 rule that were absent before 2000 include:

- 1) Collector training requirement
- 2) MRO certification requirement
- Provisions for temporary removal of employees with nonverified positive results
- 4) Split specimen testing for substituted and adulterated findings

Which of the above statements is/are correct?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

2.2 The Americans with Disabilities Act (ADA) prohibits employers from (choose one):

- A) Asking applicants, prior to making a job offer, if they have a history of drug or alcohol abuse
- B) Refusing to hire people who have positive drug tests
- C) Firing people who drink on the job
- D) Refusing to make reasonable accommodation for people who use drugs or alcohol

2.3 The Clinical Laboratory Improvement Amendments (CLIA) regulate which of the following (choose one)?

- A) Testing performed by laboratories certified by the U.S. Department of Health and Human Services (HHS)
- B) Breath alcohol testing
- C) Performance testing
- D) On-site tests when used to guide patient care

This activity expires **May 1, 2007**. Materials received after that date will be returned with your payment.

Chapter 3 - Employer Responsibilities

- 3.1 A stand-down waiver means the employer is authorized to remove an individual from safety-sensitive functions under which circumstance (choose one)?
- A) After a shy bladder incident and before the individual has been evaluated
- B) After an incident that triggers reasonable suspicion or postaccident testing
- C) Upon notification of a nonverified positive, adulterated, or substituted result
- D) When the MRO asks the designated employee representative (DER) to help expedite contact between the donor and MRO
- 3.2 Which of the following is authorized to directly remove an individual from safety-sensitive duties (choose one)?
- A) DER
- B) MRO
- C) SAP
- D) PIE
- 3.3 DOT tries to prevent employees who have Part 40 rule violations from getting hired elsewhere and evading their return-to-duty responsibilities by (choose one):
- A) Use of a centralized database from which employers can check applicants' past histories for rule violations
- B) Two-year background history checks during employment process
- C) Authorizing MROs to disclose past rule violations to prospective employers
- D) Authorizing employers to share information about Part 40 rule violations without the employee's consent



Chapter 4 – Service Agents

- **4.1** In DOT-regulated testing, service agents can (choose one):
- A) Require donors to sign waiver of liability forms
- B) Receive drug test results from lab and forward to the MRO
- C) Serve as the designated employer representative
- D) Report non-compliant employers to DOT

4.2 According to DOT regulations, which of the following is/are true (choose one)?

- A) Lab results may be reported from the lab to the MRO through a consortium/third party administrator (C/TPA) if the employer requests it
- B) MRO verified results may be reported from the MRO to the employer through a C/TPA if the employer requests it
- C) Both
- D) Neither

4.3 PIE refers to a process for (choose one):

- A) Training service agents
- B) Certifying service agents
- Excluding service agents because of serious noncompliance with Part 40
- D) Removing employees from safety-sensitive duties



Chapter 5 – Urine Collection

5.1 Under DOT regulations, collector qualification requirements include:

- 1) Training
- 2) Proficiency demonstration
- 3) Retraining after errors that cause cancellation
- 4) Certification

Which of the above statements is/are correct?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

5.2 Under DOT regulations, when a urine drug test specimen is out of temperature range, the collector should (choose one):

- A) Measure the donor's body temperature and prepare the specimen for shipment to the laboratory if the urine and body temperatures are within 1 C/1.8 F
- B) Prepare the specimen for shipment to the laboratory and conduct an immediate second collection under direct observation
- Discard the specimen and conduct an immediate second collection under direct observation
- D) Discard the specimen and ask the designated employer representative for authorization to conduct an immediate second collection under direct observation

5.3 A refusal to test in DOT-regulated urine drug testing occurs when the employee fails to:

- 1) Appear for a test within the time frame established by the employer, unless it is a pre-employment test
- 2) Remain at the collection site after the collection has started
- 3) Provide enough urine and a shy bladder evaluation fails to establish a valid medical explanation
- 4) Sign the custody and control form (CCF) when asked

Which of the above statements is/are correct?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct



Chapter 6 - Laboratory Analysis

6.1 The laboratory reports an "invalid result" if the specimen:

- 1) Contains an unidentified adulterant
- 2) Contains an interfering substance, e.g., Cipro®
- 3) Has characteristics of saline
- 4) Must be cancelled, e.g., because of a fatal flaw

Which of the above statements is/are correct?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

6.2 In federally regulated testing, what type of reports at a minimum must the laboratory send to the MRO (choose one)?

- A) Electronic printouts for all results
- B) CCFs for all results
- C) Electronic printouts or CCFs for negative results; CCFs for non-negative results
- D) Electronic printouts and CCFs for all results

6.3 Peroxidase, chromium VI, surfactant, and glutaraldehyde have each been used as urine adulterants. They all:

- 1) Can cause invalid results
- 2) Are all oxidants
- 3) Are not found in normal urine
- 4) Are ingested by the donor prior to the test

Which of the above statements is/are correct?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct



Chapter 7 – MRO Review of Drug Test Results

7.1 An applicant's test result is negative and dilute. Under the DOT regulations, which of the following is true (choose one)?

- A) The MRO offers the donor an opportunity to present explanation(s) for the dilute finding
- B) The MRO may require the applicant to undergo an immediate retest
- C) The employer may require the applicant to undergo an immediate retest
- D) The employer is authorized to remove the individual from safety sensitive duties because of the dilute finding

7.2 For DOT test results reported by the laboratory as "invalid" because of an unidentified interfering substance, the MRO must:

- Contact the laboratory certifying scientist to obtain more specific information about the specimen
- 2. Contact the donor to discuss the result

Which of the above statements is/are correct?

- A) 1 only
- B) 2 only
- C) Both 1 and 2
- D) Neither 1 nor 2

7.3 The laboratory reports to the MRO an opiate-positive preemployment DOT drug test result. Neither the MRO nor the employer can locate the applicant. Under the DOT regulations, the MRO must (choose one):

- A) Cancel the test
- B) Wait five days and report the result as negative
- C) Wait five days and report the result as positive
- D) Wait 10 days and report the result as positive

Chapter 8 - Special Issues for MROs

- **8.1** A donor with a THC-positive drug test says he takes hemp seed oil. He asks the MRO to test his hemp seed oil to prove his explanation.
 - Hemp seed oil contains THC because hemp seeds are high in THC content
 - 2) Hemp seed oil ingestion can result in THC-positive drug tests
 - 3) Hemp seed oil ingestion is an acceptable medical explanation for a THC-positive drug test in regulated testing
 - 4) The MRO does not have to test donor's hemp seed oil for THC

Which of the above statements is/are true?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct
- **8.2** A pilot tests positive for marijuana metabolite. He tells the MRO he smoked marijuana a few days before the test while in a country where physicians can legally prescribe marijuana. Which of the following statements is consistent with DOT regulations (choose one)?
- A) The MRO can accept this explanation only if a physician with a U.S. DEA registration confirms that the pilot needed this medication
- B) The MRO should try to corroborate that the physician abroad prescribed the marijuana
- C) The MRO should try to corroborate the pilot's travel history
- D) The MRO cannot report this as a negative result based on this explanation

8.3 A truck driver has the following random drug test result:

Amphetamines	Negative
Cocaine	Negative
Marijuana	Positive
Opiates	
Codeine	5,000 ng/mL
Morphine	3,000 ng/mL
6-AM	Negative
Phencyclidine	Negative

In the MRO interview, the driver says he does not smoke marijuana and the only medicine he takes is Tylenol #3 . The MRO asks for corroboration of the Tylenol #3 prescription, and the donor offers to provide this within a few days. At this point, what should the MRO do (choose one)?

- A) Report nothing to the employer until the opiate verification process is complete
- B) Report the verified positive result for marijuana, and continue review of the opiates-positive finding
- C) Report the verified positive result for marijuana, and discontinue review of the opiates-positive finding
- D) Report verified positive results for both marijuana and opiates

Chapter 9 – Drugs and Alcohol: Classifications, Effects, and Pharmacology

- 9.1 An employee claims she tested positive because she used marijuana once in her life, six (6) weeks ago. She also says she is losing weight, and her boyfriend smokes marijuana.
 - 1) One-time marijuana use six weeks before a drug test would not cause a positive drug test
 - 2) Weight loss has not been demonstrated to effect drug test results
 - Passive exposure to marijuana smoke will not cause a positive drug test using federal cutoff levels
 - 4) Dronabinol (Marinol) is the only acceptable alternative explanation for a THC-positive result

Which of the above statements is/are true?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

9.2 Which MRO interpretation of the results listed below is correct (choose one)?

Amphetamines	Negative
Cocaine	Negative
Marijuana	Negative
Opiates	
Codeine	13,000 ng/mL
Morphine	16,000 ng/mL
6-AM	Negative
Phencyclidine	Negative

- A) Positive because there is no acceptable medical explanation for these results
- B) Negative if the donor ate poppy seeds
- C) Negative if the donor has a codeine prescription
- D) Negative if the donor has a morphine prescription

9.3 MDA, MDMA, and MDEA:

- 1) Are analogues of amphetamine
- 2) Can result in confirmed positive results for methamphetamine
- 3) Have no legitimate medical use
- 4) Are typically found in urine at concentrations higher than those of amphetamine or methamphetamine

Which of the above statements is/are true?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

Chapter 10 – Split Specimen Tests and Reanalyses

10.1 If the Bottle A result is adulterated, what are the criteria for the reconfirmation analysis of Bottle B (choose one)?

- A) Same criteria as used for Bottle A, testing only for that specific adulterant
- B) Same criteria as used for Bottle A, testing for any adulterant and for substitution
- C) Limit of detection for the adulterant identified in Bottle A
- D) Quantitative result within 20% of that identified in Bottle A

10.2 If Bottle B fails to reconfirm the drug-positive result from Bottle A, but an adulterant is found in Bottle B, what happens next (choose one)?

- A) MRO reports that both tests are cancelled
- B) If the donor has no medical explanation for the adulterated finding, the MRO reports the outcome as Refusal to test/Adulterated. No further split analysis is allowed
- C) MRO reviews the adulterated finding and, if the donor has no medical explanation for it, reports the outcome as Refusal to test/Adulterated. The MRO offers the donor an opportunity to have Bottle A tested for the adulterant
- D) MRO and laboratory determine if Lab B or another laboratory (Lab C) can try to neutralize the adulterant and retest Bottle B for the drug

10.3 If the donor of a positive specimen asks for split specimen analysis but Bottle B is unavailable, the MRO reports that both tests are cancelled. Under DOT regulations, what else does the MRO tell the employer (choose one)?

- A) Retest the donor immediately, not under direct observation
- B) Retest the donor immediately under direct observation
- C) Order a direct observation collection the next time the donor is due for testing
- D) Nothing else DOT authorizes no further action



Chapter 11 - Reporting and Recordkeeping

11.1 Under DOT regulations, how promptly must the MRO report verified test results to employers (choose one)?

- A) The regulations do not address this
- B) 1 business day
- C) 1 business day for negatives, 2 business days for non-negatives
- D) 2 business days for negatives, 1 business day for non-negatives

11.2 The MRO's obligations in DOT-mandated testing include reporting of:

- 1) Positive results of pilots to the Federal Air Surgeon
- Post-accident test information to the National Transportation Safety Board upon request
- 3) Positive test results from a commercial motor vehicle driver with a Washington or Oregon license to the respective state
- 4) Positive FRA-mandated test results to Federal Railroad Administration (FRA) Office of Safety Assurance and Compliance

Which of the above statements is/are true?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

11.3 Which of the following, by itself, is an acceptable means of delivering a DOT drug test report to the employer?

- 1) Fax reporting
- 2) An automated voice reporting system
- 3) Electronic data transmittal
- 4) Telephone call, documented by caller and recipient

Which of the above statements is/are true?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct



Chapter 12 – Alternative Drug Testing Technologies

12.1 Hair has these advantages over urine for drug testing:

- 1) Hair tests are more sensitive at detecting occasional use
- 2) Hair is routinely collected under direct observation
- 3) Drug/analytes concentrations in hair usually exceed those in urine
- 4) Hair tests are more sensitive at detecting 6-acetylmorphine (6-AM)

Which of the above statements is/are true?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

12.2 In comparison to laboratory-based urine testing for drugs, on-site drug tests (choose one):

- A) Are cheaper
- B) Eliminate the need for chain of custody collections
- C) Eliminate the need for performance testing
- D) Provide negative results more quickly

12.3 Under DOT regulations, blood testing for drugs or alcohol is authorized:

- 1) Never
- 2) In limited circumstances under FRA and U.S. Coast Guard rules
- 3) For reasonable suspicion and post-accident testing
- 4) As part of the clinical assessment of individuals who are unable to provide urine specimens

Which of the above statements is/are true?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct



Chapter 13 – Workplace Alcohol Testing

13.1 Under DOT regulations, breath alcohol technician training requirements include:

- 1) Initial qualification training
- 2) Proficiency demonstration
- 3) Retraining after errors that cause cancellation
- 4) Certification

Which of the above statements is/are correct?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

13.2 Which of the following is a fatal flaw in DOT-regulated breath alcohol testing (choose one)?

- A) More than 30 minutes elapses between screening and confirmation testing
- B) Use of a non-DOT alcohol test form
- C) Conducting a test when not required by DOT
- D) Evidential breath alcohol test device fails to print a result

13.3 A refusal to test in DOT-regulated breath alcohol testing occurs when the employee (choose one):

- A) Fails to appear for his or her preemployment test
- B) Leaves the test site before the test is complete
- C) Eats or drinks between screening and confirmation testing
- D) Provides an inaccurate social security or employee ID number



Chapter 14 - Return-to-Duty Process

14.1 Every SAP initial evaluation must include a:

- 1) Family interview
- 2) Face-to-face assessment
- 3) Review of the quantitative drug test result
- 4) Determination of recommended education and/or treatment

Which of the above statements is/are true?

- A) 1, 2, and 3 only
- B) 1 and 3 only
- C) 2 and 4 only
- D) All are correct

14.2 For the purpose of conducting the evaluation in the case of a drug-related violation, the SAP may consult with which of the following without the employee's consent (choose one):

- A) MRO
- B) Employee's future employer(s)
- C) Employee's family member(s)
- D) Employee's personal physician

14.3 SAP employee evaluation records must be maintained for at least:

- A) 1 year
- B) 2 years
- C) 3 years
- D) 5 years

ACOEM MRO Self-Assessment Answer Sheet

Deadline: May 1, 2007

Name (please pri	int):					_ Date:_			
Chapter 1 – T	he MRO				Chapter 8 – S	pecial Issues	3		
Question	Answer				Question	Answer			
1.1	□A	□В	□с		8.1	□A	□В	□с	□ D
1.2	□A	□В	□С		8.2	□A	□В	□С	□ D
1.3	□A	□В	□С		8.3	□A	□В	□С	□ D
Chapter 2 – R	Regulations				Chapter 9 – S	pecific Drug	s and Al	cohol	
Question	Answer				Question	Answer			
2.1	□A	□В	□ C		9.1	□A	□В	□С	□ D
2.2	□A	□В	□С		9.2	□A	□В	□С	□ D
2.3	□A	□В	□С		9.3	□A	□В	□С	□ D
Chapter 3 – E	mployer Resp	onsibi	lities		Chapter 10 – S	Split Specim	ens		
Question	Answer				Question	Answer			
3.1	□A	□В	□С		10.1	□A	□В	□С	□ D
3.2	□A	□В	□С		10.2	\Box A	□В	□С	□ D
3.3	□A	□В	□С		10.3	□A	□В	□С	□ D
Chapter 4 – S	Service Agents	,			Chapter 11 – F	Reports, Rec	ords		
Question	Answer				Question	Answer			
4.1	□A	□В	□С		11.1	□A	□В	□C	□ D
4.2	□A	□В	□С		11.2	□A	□В	□С	□ D
4.3	□A	□В	□С		11.3	□A	□В	□С	□ D
Chapter 5 – U	Jrine Collectio	n			Chapter 12 – A	Alternatives			
Question	Answer				Question	Answer			
5.1	□A	□В	□С		12.1	□A	□В	□С	□ D
5.2	□A	□В	□С		12.2	\Box A	□В	□с	□ D
5.3	□A	□В	□С		12.3	□A	□В	□С	□ D
Chapter 6 - L	ab Analysis				Chapter 13 – A	Alcohol			
Question	Answer				Question	Answer			
6.1	□A	□В	□ C		13.1	□A	□В	□С	□ D
6.2	□A	□В	□С		13.2	□A	□В	□С	□ D
6.3	□A	□В	□С		13.3	□A	□В	□С	□ D
Chapter 7 - N	IRO Review				Chapter 14 – F	Return-to-Du	ty		
Question	Answer				Question	Answer			
7.1	□A	□В	□С		14.1	□ A	□В	□с	□ D
7.2	□A	□В	□С		14.2	□A	□В	□с	□ D
7.3	□ A	□В	□с		14.3	□A	□В	□С	□ D
core:			Signa	iture:_					

ACOEM MRO Self-Assessment Answer Key

Passing score = 31 (~75%) correct responses

Question Answer		Chapter 8 – Sp
		Question
1.1 D		8.1
1.2 A		8.2
1.3 D		8.3
Chapter 2 – Regulations		Chapter 9 – Sp
Question Answer		Question
2.1 D		9.1
2.2 A		9.2
2.3 D		9.3
Chapter 3 – Employer Responsibilities	1	Chapter 10 – S
Question Answer		Question
3.1 C		10.1
3.2 A		10.2
3.3 B		10.3
Chapter 4 – Service Agents		Chapter 11 – F
Question Answer		Question
4.1 D		11.1
4.2 B		11.2
4.3 C		11.3
Chapter 5 – Urine Collection		Chapter 12 – A
Question Answer		Question
5.1 A		12.1
5.2 B		12.2
5.3 A	_	12.3
Chapter 6 – Lab Analysis		Chapter 13 – A
Question Answer		Question
6.1 A		13.1
6.2 C		13.2
6.3 B		13.3
		Chapter 14 – F
Chapter 7 – MRO Review		0 "
Chapter 7 – MRO Review Question Answer		Question
		Question 14.1
Question Answer		