General
Tab to autocomplete. Arrow up cycles through the most recent entered commands.
An item is a thing that can be queried in a terminal e.g. a door, terminal, medipack etc.
A name is a fully typed item e.g. DOOR_392 or DISINFECT_PACK_820

Commands
Parts in brackets are optional.
Parts in chevrons are mandatory.

LIST [filter]... [-A]
Searches the inventory of the entire floor. Pass text filters (space seperated) to limit results.
You can use the shorthands for item_type here. Shorthand for zone is E_xxx
E.g. LIST RE E_95 lists all packs in zone 95
-A lists all entities (not recommended)

QUERY <name>
Find the location and other information about an item
In addition it tells you the percentage remaining for resources type items (ammo etc.)

PING <name> [-T]
Must be done in the zone the item is located in.
Gives subzone location of item and a beacon/sound to locate
-T keeps pinging until you cancel with Ctrl+C or leave the terminal

INFO
About this terminal, e.g. which zone it is in and which id it has.

LOGS
Lists all logs on the terminal.

READ <log_name>
Read a log from the terminal.

HELP | COMMAND
Show various information regarding terminal use.

CLS
Clears screen.

EXIT
Exit the terminal (or press Esc).

Item types
type (example of what items have that type)
PASSAGE (doors, sec_doors etc.)
RESOURCE (packs and tool refill)
SECURITY (keys)
TERMINAL (terminals)

STORAGE (lockers and boxes)
UNKNOWN (other)

Prefixes
full_prefix (shorthands for LIST)
MEDIPACK (MEDI) (ME)
AMMOPACK (AMMO) (MM)
TOOL_REFILL (TOOL) (OL)
DISINFECT_PACK (DIS | T_P)
DISINFECT_STATION (T_S)

<u>Other (non-exhaustive)</u>
KEY
HSU
DOOR
SEC_DOOR
LOCKER
BOX

Status
status (where used / meaning)
NORMAL (default)
UNPOWERED
DEACTIVATED
MALFUNCTIONING
POWERED (basically NORMAL for things like DISINFECT_STATION)

In depth LIST
Following is a paraphrase of an old comment by /u/Pugnator48.

LIST is actually some kind of text search command. Before we continue a "string" is a sequence of 1 or more characters.

The best 'real world' example would be opening a text file and hitting Ctrl+F to search the file for an exact sequence of characters.

LIST differs from Ctrl+F search function in two key ways.

1. Instead of cycling through each matching result, you get a list of all floor inventory items with matching results inside them. Imagine all items in a floor/map being in a big text file. In this 'file' all items consists of a name (e.g. AMMOPACK_319), type (e.g. RESOURCE), status (e.g. NORMAL), and zone (e.g. ZONE_819). All of these properties are checked against the strings the user provides with the command.

2. You can specify multiple strings, separated by spaces. Every word / property / identifying moniker in GTFO uses underscores instead of spaces (or simply omits spaces entirely) for this reason.

Examples:
Consider an extremely barren map with the following inventory, consisting of two items:

AMMOPACK_342, RESOURCE, NORMAL, ZONE_910

LOCKER_817, STORAGE, NORMAL, ZONE_912

The command LIST 91 would return both items, because it finds the text "91" in both items' zone string.

The command LIST MA would return both items, because it finds the text "MA" in both items' status string ("NORMAL").

The command LIST ES would return the ammo pack, because it finds the text "ES" in the ammo pack's type string ("RESOURCE"). Note: this is one of OP's shortcuts, and this is why it works. You could treat "LIST UR" as a shortcut for the exact same reason: only RESOURCE inventory items include that sequence of characters in any of their searchable terms.

Credits
Special thanks to /u/Pugnator48 for his comments about terminal and specifically LIST use and its implementation
Also thanks to /u/Fozzymandius for pointing out the -T switch to continously PING the same item