NEHA ENVIRONMENTAL HEALTH AND SAFETY (EHS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. When adding a disposal unit to a kitchen and septic system, what do you expect to see an increase in?

A. Total coliforms

B. Biochemical oxygen demand (BOD)

C. Nitrogen content

D. Phosphate levels

2. Which of the following is not a concern with toxic wastes?

A. Being beneficial for health

B. Causing fatalities upon ingestion

C. Being harmful when absorbed

D. All of the above

3. Which organization is not a recognized safety standard among the others?

A. NSF

B. UL

C. ANSI

D. TLE

4. Why is gas control important in a landfill?

A. To prevent odor in surrounding areas

B. To increase landfill capacity

C. To manage leachate more effectively

D. To ensure legal compliance with waste management regulations

5. What is a critical factor in hyperchlorinating after a fecal incident?

A. Chlorine level of 10 ppm

B. Chlorine level of 30 ppm

C. Chlorine level of 20 ppm with specific conditions

D. Chlorine level of 5 ppm

6. In terms of environmental health, what is the function of septic tanks?

A. To treat and absorb wastewater

B. To generate electricity from waste

C. To create space for urban development

D. To filter and purify drinking water

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7. What is the primary purpose of using bleach in hospital laundry?

A. Stain removal

B. Disinfection

C. Fragrance

D. Softening fabrics

8. What does the acronym ISO represent in relation to standards and specifications?

A. International Society of Operations

B. International Safety Organization

C. International Organization for Standardization

D. Integrated Standards Organization

9. What items are categorized as biological safety equipment?

A. Protective goggles and gloves

B. Laboratory coats and masks

C. Biosafety cabinets and personal protective equipment (PPE)

D. Disinfectants and cleaning supplies

10. What is the maximum allowable level of particle pollution in urban areas according to regulations?

A. 35 $\mu g/m^3$

B. 50 $\mu g/m^3$

C. 15 $\mu g/m^3$

D. 25 $\mu g/m^3$

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Answers

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

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Explanations

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1. When adding a disposal unit to a kitchen and septic system, what do you expect to see an increase in?

A. Total coliforms

B. Biochemical oxygen demand (BOD)

C. Nitrogen content

D. Phosphate levels

When introducing a disposal unit to a kitchen and septic system, an increase in Biochemical Oxygen Demand (BOD) is expected. BOD is a measure of the amount of oxygen that microorganisms will consume while decomposing organic matter in water. A disposal unit typically grinds and flushes down food waste and other organic materials into the septic system. This additional organic load can lead to higher BOD levels because the bacteria in the septic tank will need more oxygen to break down the increased quantity of organic material. Elevated levels of BOD can indicate that more organic matter is being introduced into the system, which can strain the septic system's capacity to treat waste efficiently. This can potentially lead to system failures if the organic loading exceeds the system's design limits. Other factors like total coliforms, nitrogen content, and phosphate levels may also change but are not as directly related to the immediate effect of adding a disposal unit in terms of organic loading. Total coliforms may rise due to food scraps, nitrogen levels may vary depending on specific food waste, and phosphate levels can also be influenced, but BOD clearly measures the direct impact of added organic material on the system's operation.

2. Which of the following is not a concern with toxic wastes?

A. Being beneficial for health

B. Causing fatalities upon ingestion

C. Being harmful when absorbed

D. All of the above

The choice indicating that being beneficial for health is not a concern with toxic wastes is correct because toxic wastes, by definition, are substances that can pose serious risks to health and the environment. These wastes are typically hazardous and can lead to severe health issues, including fatalities when ingested, as well as adverse effects upon absorption through the skin or other routes. The primary characteristics of toxic wastes include their potential to harm living organisms and the environment. Therefore, the notion that toxic wastes could be beneficial for health contradicts their very nature and the typical concerns associated with them. Toxic substances are primarily recognized for their harmful impacts, not for any beneficial effects on human health. This understanding is foundational in environmental health and safety practices, emphasizing the need for careful management and regulation of such materials to protect public health and the environment.

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3. Which organization is not a recognized safety standard among the others?

A. NSF

B. UL

C. ANSI

D. TLE

The organization that is not recognized as a safety standard among the others is TLE. NSF (National Sanitation Foundation), UL (Underwriters Laboratories), and ANSI (American National Standards Institute) are all well-established organizations that develop and promote safety standards across various industries. NSF is known for setting health and safety standards primarily related to food safety, water quality, and consumer products. UL is widely recognized for its role in product safety testing and certification, especially in electrical and fire safety. ANSI coordinates the development of voluntary consensus standards for products, services, processes, and systems, ensuring that they meet specific safety and efficiency criteria. In contrast, TLE does not hold the same level of recognition or authority in safety standard development and enforcement. Therefore, it stands apart from the other organizations listed, which are crucial players in the realm of safety standards.

4. Why is gas control important in a landfill?

A. To prevent odor in surrounding areas

B. To increase landfill capacity

C. To manage leachate more effectively

D. To ensure legal compliance with waste management regulations

Gas control in a landfill is essential for several reasons, particularly for ensuring legal compliance with waste management regulations. Many jurisdictions have established regulations that mandate specific measures to control and manage landfill gas, primarily methane and carbon dioxide, which are byproducts of organic waste decomposition. Failure to adhere to these regulations can result in penalties and legal repercussions for landfill operators. Effective gas control systems, such as gas collection and flaring, help mitigate the risks associated with gas emissions, including potential explosions, fire hazards, and adverse effects on air quality. These systems not only protect the environment but also safeguard public health. Moreover, compliance with regulations regarding gas emissions contributes to the overall sustainability practices of landfill operations, demonstrating responsible waste management and a commitment to environmental stewardship. Thus, legal compliance plays a crucial role in the effectiveness and responsibility of landfill management practices.

5. What is a critical factor in hyperchlorinating after a fecal incident?

A. Chlorine level of 10 ppm

B. Chlorine level of 30 ppm

C. Chlorine level of 20 ppm with specific conditions

D. Chlorine level of 5 ppm

The correct response highlights that maintaining a chlorine level of 20 ppm is crucial in specific conditions following a fecal incident. This elevated chlorine concentration is necessary due to the presence of pathogens, such as bacteria and pathogens found in fecal matter, which are typically resilient and require a higher concentration of sanitizer to ensure their inactivation. Using a chlorine level of 20 ppm allows for effective disinfection in a shorter amount of time, which is essential for public health safety, especially in recreational waters where fecal contamination poses a risk of transmitting waterborne illnesses. The specified conditions may include factors such as water temperature, pH levels, and the volume of water to be treated, which can impact the effectiveness of chlorine as a disinfectant. By ensuring these parameters are met alongside the proper chlorine concentration, it enhances the likelihood of adequately addressing contamination and protecting the health of individuals who use the water facilities.

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6. In terms of environmental health, what is the function of septic tanks?

A. To treat and absorb wastewater

B. To generate electricity from waste

C. To create space for urban development

D. To filter and purify drinking water

Septic tanks serve a crucial role in managing household wastewater in areas that lack a centralized sewer system. Their primary function is to treat and absorb wastewater from household plumbing. When wastewater flows into a septic tank, it undergoes a natural process of separation and decomposition. Solids settle at the bottom, forming sludge, while lighter materials such as fats and grease float to the top, creating a scum layer. The tank allows for anaerobic bacteria to break down organic matter, reducing the volume of waste. Once treated, the liquid effluent is then released into a drain field, where it percolates into the soil. This further filtration process naturally removes contaminants, leading to cleaner, safer water that eventually re-enters the groundwater system. This function is vital for preventing water pollution and protecting public health in areas relying on septic systems. Other options do not correctly represent the role of septic tanks. For example, while generating electricity from waste could involve other technologies, it is not a function of septic tanks. Creating space for urban development and filtering and purifying drinking water are not activities associated specifically with septic systems, emphasizing that their main purpose is the treatment and absorption of wastewater.

7. What is the primary purpose of using bleach in hospital laundry?

A. Stain removal

B. Disinfection

C. Fragrance

D. Softening fabrics

The primary purpose of using bleach in hospital laundry is for disinfection. Bleach, specifically sodium hypochlorite, is a powerful disinfectant that effectively kills a broad spectrum of pathogens, including bacteria, viruses, and fungi, which can be present in healthcare settings. This is crucial in hospitals where the risk of infection is high, and ensuring that textiles such as linens, uniforms, and garments are free from harmful microorganisms is essential for patient safety and overall hygiene. While stain removal is a secondary benefit of bleach, its main role in the laundry process is to achieve a high level of sanitation. Fragrance and fabric softening are not relevant objectives in this context, as the focus in a hospital environment is primarily on infection control and maintaining the integrity of the medical environment rather than enhancing the sensory qualities of the laundry.

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8. What does the acronym ISO represent in relation to standards and specifications?

A. International Society of Operations

B. International Safety Organization

C. International Organization for Standardization

D. Integrated Standards Organization

The acronym ISO stands for the International Organization for Standardization. This entity is a globally recognized organization that develops and publishes international standards across a diverse range of industries and sectors. The primary aim of ISO is to promote standardization to ensure quality, safety, efficiency, and interoperability of products and services worldwide. ISO standards provide a framework that organizations can follow to improve their processes and ensure compliance with international best practices. They encompass everything from quality management systems to environmental practices, helping organizations to enhance their performance and provide assurances to customers about the reliability of their products and services. The other options do not correctly identify the established international body responsible for standardization. For instance, options referencing society or organizations that emphasize safety or integrated standards do not reflect the actual purpose and governance of ISO, which is focused on establishing a wide range of standards applicable to multiple domains globally.

9. What items are categorized as biological safety equipment?

A. Protective goggles and gloves

B. Laboratory coats and masks

C. Biosafety cabinets and personal protective equipment (PPE)

D. Disinfectants and cleaning supplies

Biological safety equipment is essential for protecting individuals from exposure to potentially infectious materials and ensuring a safe workspace in labs that handle biological agents. The correct answer includes biosafety cabinets, which are specialized enclosures designed to provide a sterile environment and protect both the user and the external environment from contaminants during experiments involving pathogens. These cabinets are critical in microbiological and biomedical research as they help to safeguard the user from inhaling aerosols or coming into direct contact with hazardous agents. Additionally, personal protective equipment (PPE) such as gloves, gowns, and face shields, is also a part of the biological safety measures. PPE acts as a barrier to prevent microbial exposure and transmission, complementing the use of biosafety cabinets. Other choices may include important items for laboratory safety, but they do not fit the specific definition of biological safety equipment. Protective goggles and gloves, while essential for personal safety, are not exclusive to biological hazards. Laboratory coats and masks serve a broader purpose of protecting against various types of laboratory hazards but lack the specificity of biosafety cabinets designed solely for biological containment. Disinfectants and cleaning supplies are important for maintaining hygiene and safety but do not constitute protective or containment equipment in themselves. Thus, the combination of biosafety cabinets and PPE clearly defines

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10. What is the maximum allowable level of particle pollution in urban areas according to regulations?

A. 35 µg/m³

B. 50 µg/m³

C. 15 µg/m³

D. 25 µg/m³

The maximum allowable level of particle pollution in urban areas, according to the National Ambient Air Quality Standards (NAAQS) established by the Environmental Protection Agency (EPA), is indeed set at 35 µg/m³. This standard pertains to the concentration of particulate matter (PM2.5) in the air, which refers to particles with a diameter of 2.5 micrometers or smaller. These pollutants are significant due to their potential health impacts, including respiratory and cardiovascular issues. Maintaining the levels of particulate matter within this regulatory limit is crucial for protecting public health, especially in urban settings where pollution can be exacerbated by higher density and industrial activities. The value of 35 µg/m³ reflects a balance between the need for air quality and the practicalities of monitoring and managing air pollution sources.

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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://nehaehs.examzify.com

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

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