NEHA REGISTERED ENVIRONMENTAL HEALTH SPECIALIST/REGISTERED SANITARIAN (REHS/RS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What is a common method to evaluate pest populations before treatment?

A. Rate of occupancy

B. Community survey

C. Environmental assessment

D. Trapping

2. Which organization routinely samples air, water, and food supplies for radionuclides?

A. The FDA

B. The USEPA

C. The NRC

D. All of the above

3. What is the most common contributing factor to foodborne illness?

A. Insect and rodent infestations

B. Dirty equipment

C. Incorrect labeling of containers

D. Improper holding temperatures

4. What is crucial for effective cockroach control?

A. Using a powerful pesticide

B. Maintaining sanitation

C. Regular garbage collection

D. Hiring an exterminator

5. It is recommended that a contaminated well be abandoned unless which condition is met?

A. All sources of pollution can be found and removed

B. The contaminated stratum is effectively sealed off

C. Persons drinking the water show no adverse health effects

D. A and B above

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6. How long does it typically take for oysters to purge contaminating viruses and bacteria in purified seawater?

A. 12 to 24 hours

B. 6 to 12 hours

C. 12 to 2 days

D. 18 to 24 hours

7. What term best describes an outbreak affecting a larger geographic area than expected?

A. Endemic

B. Epidemic

C. Pandemic

D. Sporadic

8. What are masonry reservoirs used in rural water supplies commonly called?

A. Leaching pits

B. Cisterns

C. Cesspools

D. Seepage pits

9. The poison found in poison ivy, oak, and sumac is extremely volatile. What is the correct answer?

A. True

B. False

10. What process is primarily responsible for the breakdown of organic materials in a landfill?

A. Thermal oxidation

B. Incineration

C. Anaerobic digestion

D. Thermophilic biodegradation

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Answers

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

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Explanations

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1. What is a common method to evaluate pest populations before treatment?

A. Rate of occupancy

B. Community survey

C. Environmental assessment

D. Trapping

The most suitable method to evaluate pest populations before treatment is trapping. This method allows for the direct monitoring of pest activity and population sizes over time. Trapping helps in identifying not only the presence of pests but also the intensity of the infestation, which can inform the type of treatment that may be necessary. Trapping can involve various techniques, such as using baited traps for specific pests or general traps to monitor overall pest activity. It provides quantitative data that can be crucial for evaluating the effectiveness of pest management strategies and determining the need for additional interventions. In contrast, while community surveys and environmental assessments can provide valuable information about pest-related issues, they are generally not as targeted or quantitative in assessing immediate pest populations. Community surveys focus more on the perceptions and experiences of individuals regarding pest issues, rather than providing direct population data. Environmental assessments examine factors that may contribute to pest problems, such as habitat conditions, but again don't directly measure pest numbers. Therefore, trapping stands out as the most effective common method for evaluating pest populations prior to deciding on a treatment approach.

2. Which organization routinely samples air, water, and food supplies for radionuclides?

A. The FDA

B. The USEPA

C. The NRC

D. All of the above

The correct response indicates that all of the listed organizations—FDA, USEPA, and NRC—engage in the sampling of air, water, and food supplies for radionuclides. The FDA (Food and Drug Administration) is responsible for ensuring the safety and security of the nation's food supply and its regulation includes monitoring food products for contaminants, including radionuclides, particularly in food items that might be affected by nuclear incidents or contamination. The USEPA (United States Environmental Protection Agency) plays a critical role in monitoring and regulating environmental pollutants, including radionuclides. The agency conducts various programs to sample and analyze environmental media—such as air and water—for contaminants to protect public health and the environment. The NRC (Nuclear Regulatory Commission) specifically oversees the use of nuclear energy and materials. Part of its mission involves ensuring that radioactive materials are handled safely and that environmental monitoring occurs around nuclear facilities to protect public health. This can include sampling for radionuclides in air, water, and soil. Since all three organizations have roles related to the sampling and monitoring of radionuclides across various environmental mediums, the answer reflects a comprehensive understanding of public health and environmental safety.

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3. What is the most common contributing factor to foodborne illness?

A. Insect and rodent infestations

B. Dirty equipment

C. Incorrect labeling of containers

D. Improper holding temperatures

Improper holding temperatures is recognized as the most common contributing factor to foodborne illness because temperature plays a critical role in controlling the growth of pathogens. When food is not held at safe temperatures, it can enter the danger zone (typically between 41°F and 135°F), where bacteria can proliferate rapidly. This can lead to the development of pathogens that cause foodborne illnesses. Maintaining proper holding temperatures, whether hot or cold, is essential in preventing the growth of harmful microorganisms. For instance, hot foods should be maintained at temperatures above 135°F, while cold foods should be kept below 41°F. Failure to adhere to these temperature guidelines allows bacteria, such as Salmonella or E. coli, to thrive, increasing the risk of illness when these foods are subsequently consumed. Other factors listed, such as insect and rodent infestations, dirty equipment, and incorrect labeling of containers, can also contribute to food safety issues but to a lesser extent in terms of direct link to foodborne illness. Improper holding temperature is consistently highlighted in food safety regulations and training as a critical point for prevention.

4. What is crucial for effective cockroach control?

A. Using a powerful pesticide

B. Maintaining sanitation

C. Regular garbage collection

D. Hiring an exterminator

Maintaining sanitation is crucial for effective cockroach control because these pests thrive in environments where food and waste are readily available. A clean environment reduces the availability of food, water, and shelter, making it less attractive for cockroaches to infest a space. Proper sanitation practices include thorough cleaning, proper food storage, and minimizing clutter where cockroaches can hide and breed. While powerful pesticides, regular garbage collection, and hiring an exterminator can contribute to controlling a cockroach problem, they are less effective if the underlying issue of sanitation is not addressed. Without maintaining a clean environment, these measures may only provide temporary relief rather than a long-term solution.

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5. It is recommended that a contaminated well be abandoned unless which condition is met?

A. All sources of pollution can be found and removed

B. The contaminated stratum is effectively sealed off

C. Persons drinking the water show no adverse health effects

D. A and B above

Abandoning a contaminated well is an important public health measure to protect individuals from exposure to harmful contaminants. The decision to abandon a well can depend on multiple factors, particularly in relation to the ability to mitigate the contamination. The correct answer involves both conditions A and B, emphasizing that both the removal of pollution sources and the sealing off of contaminated strata are critical for keeping the well operational. When all sources of pollution can be identified and effectively removed, there is a potential for the well to be restored if the contamination can be eliminated. However, merely removing the sources does not guarantee that residual contaminants won't remain or that the water will be safe for consumption unless the entire contaminated stratum is appropriately sealed off. Sealing off the contaminated stratum helps to prevent future contamination of the well water, ensuring that even if contaminants were initially removed, they cannot re-enter the water supply. Relying solely on the absence of adverse health effects among individuals drinking the water is insufficient. This is because health effects can take time to manifest, and exposure to contaminated water may still pose health risks that are not immediately visible. Thus, for a contaminated well to remain functional, it is essential that both the pollution sources are managed appropriately and the safety of the

6. How long does it typically take for oysters to purge contaminating viruses and bacteria in purified seawater?

A. 12 to 24 hours

B. 6 to 12 hours

C. 12 to 2 days

D. 18 to 24 hours

The typical duration for oysters to effectively purge contaminating viruses and bacteria when placed in purified seawater is indeed 12 to 24 hours. During this time, the oysters use their natural filtering processes to remove contaminants that may have accumulated within their tissues. This period is essential for ensuring that the oysters meet safety standards before they are consumed. The purging process relies on several factors including water quality, temperature, and the specific types of contaminants present, but studies have shown that this 12 to 24-hour window generally allows for significant cleansing of harmful pathogens, thus reducing the risk of foodborne illness. When considering the other options, durations shorter than 12 hours may not provide enough time for effective filtration, while the longer options, such as 12 to 2 days, could lead to unnecessary delays in purging, especially since the 12 to 24 hour range has been scientifically supported as sufficient for purging. Therefore, the answer of 12 to 24 hours is aligned with the best practices in environmental health and seafood safety.

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7. What term best describes an outbreak affecting a larger geographic area than expected?

A. Endemic

B. Epidemic

C. Pandemic

D. Sporadic

The term that best describes an outbreak affecting a larger geographic area than expected is "epidemic." This term is commonly used in public health to refer to a situation where there is an increase in the number of cases of a disease beyond what is normally expected in a specific area or population. An epidemic can occur in a localized area, but it signifies a sudden and rapid increase in the disease incidence that can have serious public health implications. Understanding the context of the term is important. For example, "endemic" refers to diseases that are consistently present within a certain geographic area or population, at a steady state, without any unusual increases. "Pandemic," on the other hand, describes an epidemic that has spread across multiple countries or continents, affecting a larger global population. "Sporadic" pertains to occasional cases of the disease that occur irregularly and are not part of a larger outbreak. So, while an epidemic may indicate a serious outbreak or increase in cases in a specific area, a pandemic extends that concept to a global scale, surpassing the boundaries of local or national outbreaks. Therefore, in the context of the question about a larger geographic area, "epidemic" is the correct choice.

8. What are masonry reservoirs used in rural water supplies commonly called?

A. Leaching pits

B. Cisterns

C. Cesspools

D. Seepage pits

Masonry reservoirs used in rural water supplies are commonly referred to as cisterns. Cisterns are designed to collect and store rainwater or other water sources, providing a reliable supply of water, particularly in areas where natural water sources may be limited. They are typically constructed from materials like concrete or brick to ensure durability and prevent contamination. Cisterns can vary in size and design, but their primary function remains the same: to collect and hold water for later use, making them a crucial resource in rural settings where water access can be a challenge. In contrast, leaching pits, cesspools, and seepage pits serve different purposes related to waste management and groundwater infiltration rather than water storage. Understanding the specific roles of these different structures is essential for proper environmental health management.

9. The poison found in poison ivy, oak, and sumac is extremely volatile. What is the correct answer?

A. True

B. False

The statement that the poison found in poison ivy, oak, and sumac is extremely volatile is false. The primary irritant in these plants is urushiol, a natural oil that is not classified as volatile in the traditional sense. Volatile substances tend to evaporate quickly at room temperature, which can allow them to become airborne and inhaled. However, urushiol remains a stable compound and does not readily evaporate. Instead, it can cause skin irritation upon direct contact, and its effects persist through physical contact with contaminated objects, such as clothing, tools, or even pets that have brushed against the plants. This stability is a key factor in understanding how urushiol spreads and why it's important to wash exposed skin and contaminated items promptly to avoid reactions. The persistent nature of urushiol is what makes it necessary to handle these plants with caution, rather than any volatility which might lead to airborne exposure or quicker dispersal.

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10. What process is primarily responsible for the breakdown of organic materials in a landfill?

A. Thermal oxidation

B. Incineration

C. Anaerobic digestion

D. Thermophilic biodegradation

The breakdown of organic materials in a landfill is primarily driven by anaerobic digestion. This process occurs in environments where oxygen is limited or absent, which is typical in landfills. During anaerobic digestion, microorganisms, such as bacteria, decompose organic materials, converting them into biogas (which is primarily composed of methane) and other substances. This bioconversion process is crucial for reducing the volume of waste and producing energy in the form of biogas that can be captured and utilized. While thermal oxidation involves the burning of organic waste at high temperatures, and incineration is a method of waste disposal that reduces the solid mass of materials through combustion, these processes are not the primary means of organic material breakdown in landfills. Thermophilic biodegradation refers to the breakdown of organic materials at elevated temperatures, often in controlled composting environments, but this is not the typical condition found in landfills. Thus, anaerobic digestion stands out as the process most pertinent to organic material degradation in a landfill setting.

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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:

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

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