REHS/EPH PROGRAM WEEK FIVE PRACTICE TEST (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 measure assesses the association between exposure and health outcome, commonly used in case-control studies?

A. Relative Risk

B. Hazard Ratio

C. Prevalence Ratio

D. Odds Ratio

2. Which type of waste is largest by volume?

A. Industrial

B. Hazardous

C. Agricultural

D. Municipal

3. What causes illness in botulism?

A. The toxin produced by the bacteria

B. The bacteria's colonization of the intestine without toxin

C. Allergen reaction to spores

D. Toxins produced by Bacillus cereus

4. How does Bacillus cereus cause disease?

A. Invades tissues and causes disease

B. Produces toxin

C. Requires host cell invasion to cause disease

D. Does not produce toxins

5. Which two are non-anticoagulant rodenticides?

A. Zinc phosphate and Bromethalin

B. Warfarin and Diphenacone

C. Bromadiolone and Difethialone

D. Cholecalciferol and Warfarin

6. Which statement correctly identifies the mean in a data set?

A. The middle value in a data set.

B. The most frequent value in a data set.

C. The spread of values around the mean.

D. The sum of all values divided by the number of scores.

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7. Who licenses retail food and cosmetic establishments?

A. State department

B. Local health department

C. Federal

D. City clerk

8. Which statute is cited for embargo or destruction of adulterated or misbranded foods?

A. N.J.A.C. 24:3-1

B. N.J.A.C. 24:4-12: Adulterated or misbranded food, drugs, etc.; marking; detaining

C. Federal Code 21 CFR

D. N.J.A.C. 24:2-5

9. Which statement best describes unconsolidated formations?

A. Mechanically unstable layers which can contribute to potential wellbore instability

B. Mechanically stable layers that support a wellbore

C. They are the same as consolidated formations

D. They are always below bedrock

10. Which statement about Salmonella serovars is true?

A. Serovars are the same as species.

B. Serovars are based on O and H antigens.

C. Serovars are not used for classification.

D. Serovars are unaffected by country.

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Answers

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

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Explanations

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1. What measure assesses the association between exposure and health outcome, commonly used in case-control studies?

A. Relative Risk

B. Hazard Ratio

C. Prevalence Ratio

D. Odds Ratio

In case-control studies, the measure of association used is the odds ratio. This design starts with people who have the disease (cases) and those without it (controls), then looks back to see how many in each group were exposed. Because the study design fixes the number of cases and controls, you can't directly compute incidence or risk. The natural summary you can calculate from this setup is the odds of exposure among cases compared to the odds of exposure among controls, which is the odds ratio. If the exposure truly increases disease risk, the odds ratio will be greater than 1; if it is protective, it will be less than 1. When the disease is rare, the odds ratio closely approximates the relative risk, but the odds ratio remains the appropriate and most informative measure for case-control data. Other measures fit other study designs: relative risk is used in cohort studies where incidence can be observed, hazard ratio comes from time-to-event analyses, and prevalence ratio is used in cross-sectional studies.

2. Which type of waste is largest by volume?

A. Industrial

B. Hazardous

C. Agricultural

D. Municipal

Waste volume depends on how much material is produced and how bulky that material is. Agricultural activities generate enormous quantities of waste in the form of crop residues (stems, leaves, husks), processing byproducts, and manure or slurry from livestock. These streams come from vast farming areas and occur year-round, creating large, bulky piles of material. While hazardous and some industrial wastes can be high in danger or toxicity, their total volume is usually smaller because they come from more limited processes or are tightly managed. Municipal waste is substantial in urban settings, but the overall agricultural output—spread over large rural areas and seasons—often exceeds it in volume. For that reason, agricultural waste is typically the largest by volume.

3. What causes illness in botulism?

A. The toxin produced by the bacteria

B. The bacteria's colonization of the intestine without toxin

C. Allergen reaction to spores

D. Toxins produced by Bacillus cereus

Botulism illness is caused by a toxin, not by the bacteria themselves simply being present. The botulinum toxin, produced by Clostridium botulinum, is a potent neurotoxin that blocks the release of acetylcholine at neuromuscular junctions. That interruption prevents muscle contraction, leading to the characteristic flaccid paralysis and potential respiratory failure. In many cases, people develop illness after ingesting preformed toxin in contaminated food. In infant botulism, spores are ingested and can colonize the gut, producing toxin there; the outcome is the same toxin-mediated disease. Wound botulism involves toxin produced in a contaminated wound. So the illness arises from the toxin acting on nerve signals, not from the bacteria merely colonizing the intestine without producing toxin, an allergen reaction to spores, or toxins from other organisms like Bacillus cereus.

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4. How does Bacillus cereus cause disease?

A. Invades tissues and causes disease

B. Produces toxin

C. Requires host cell invasion to cause disease

D. Does not produce toxins

Bacillus cereus causes disease mainly through toxin production, not by invading tissues. When contaminated food is eaten, preformed toxins in the food or toxins produced in the gut trigger symptoms. There are two major toxin-related syndromes: the emetic form, caused by the stable cereulide toxin leading to vomiting, and the diarrheal form, caused by heat-labile enterotoxins that cause diarrhea. Even without the bacteria invading the intestinal lining, these toxins can generate illness, and the disease is typically self-limited. So the disease mechanism is toxin-mediated, not tissue invasion.

5. Which two are non-anticoagulant rodenticides?

A. Zinc phosphate and Bromethalin

B. Warfarin and Diphenacone

C. Bromadiolone and Difethialone

D. Cholecalciferol and Warfarin

Non-anticoagulant rodenticides work through mechanisms other than inhibiting vitamin K–dependent clotting factors. Zinc phosphate (zinc phosphide) reacts in the stomach to release phosphine gas, causing rapid systemic toxicity, while Bromethalin acts as a neurotoxin by uncoupling oxidative phosphorylation in brain mitochondria, leading to swelling and neurological signs. Anticoagulant rodenticides, in contrast, disrupt blood clotting by inhibiting the vitamin K cycle, and examples include warfarin and several second-generation agents like bromadiolone and difethialone. Among the options, the two non-anticoagulants are zinc phosphate and bromethalin, making them the correct pair. The other choices mix anticoagulants with non-anticoagulants, which is why they're not the right pair.

6. Which statement correctly identifies the mean in a data set?

A. The middle value in a data set.

B. The most frequent value in a data set.

C. The spread of values around the mean.

D. The sum of all values divided by the number of scores.

Mean is the average value of a data set, found by adding all the numbers and dividing by how many numbers there are. This directly matches the idea of taking the sum of all values and dividing by the number of scores. The other descriptions point to different concepts: the middle value is the median, the most frequent value is the mode, and the spread of values around the mean describes dispersion (like range or standard deviation) rather than the mean itself. The mean acts as a balance point for the data, though it can be affected by extreme values.

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7. Who licenses retail food and cosmetic establishments?

A. State department

B. Local health department

C. Federal

D. City clerk

The authority that licenses retail food and cosmetic establishments is the local health department, because they oversee sanitation and public health compliance where food is handled or cosmetics are sold. They issue the health permits needed to operate, and they perform regular inspections to ensure proper food handling, storage, sanitization, pest control, and employee hygiene. While state agencies set broader standards and federal bodies provide guidelines and enforcement for certain products, the licensing and ongoing oversight of these everyday operations are typically handled at the local level to reflect the specific conditions of each community. A general city business license may be issued by a city clerk, but it doesn't substitute the health permit issued by the health department, which specifically covers health and safety requirements for food and cosmetic establishments.

8. Which statute is cited for embargo or destruction of adulterated or misbranded foods?

A. N.J.A.C. 24:3-1

B. N.J.A.C. 24:4-12: Adulterated or misbranded food, drugs, etc.; marking; detaining

C. Federal Code 21 CFR

D. N.J.A.C. 24:2-5

The enforcement action of embargo or destruction for adulterated or misbranded foods is tied to a New Jersey Administrative Code provision that explicitly covers adulterated or misbranded food, drugs, etc., and includes marking and detaining. This rule provides the explicit authority to detain (embargo) such goods to protect public health, making it the most direct basis for embargo or destruction in this context. While federal regulations under 21 CFR govern similar concerns, the question is pointing to the state code, and the NJAC provision that mentions detaining is the correct, most specific authority. The other listed sections do not directly address detention or embargoes for adulterated or misbranded foods.

9. Which statement best describes unconsolidated formations?

A. Mechanically unstable layers which can contribute to potential wellbore instability

B. Mechanically stable layers that support a wellbore

C. They are the same as consolidated formations

D. They are always below bedrock

Unconsolidated formations are loose, non cemented or weakly cemented sediments, such as loose sand or silt, where the grains aren't bonded strongly. Because of that, their mechanical strength is low and they can deform, compact, or fail when subjected to the stresses of drilling and circulating fluids. That vulnerability means they can lead to wellbore instability, including collapse or sand production, if mud weight and pressure management aren't properly controlled. This contrasts with consolidated formations, where grains are cemented and the rock is stronger. Also, unconsolidated layers aren't restricted to being below bedrock—they can occur at various depths, including near the surface.

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10. Which statement about Salmonella serovars is true?

A. Serovars are the same as species.

B. Serovars are based on O and H antigens.

C. Serovars are not used for classification.

D. Serovars are unaffected by country.

Salmonella serovars are defined by differences in surface antigens. In serotyping, the Kauffmann-White scheme uses somatic O antigens and flagellar H antigens to categorize strains into distinct serovars. O antigens come from the lipopolysaccharide in the outer membrane and are relatively stable, while H antigens are flagellin proteins that can vary, even within the same strain, giving different antigenic profiles. Because each serovar is identified by a unique combination of these O and H antigens, this method, not the species name, determines serovar classification. So the statement that serovars are based on O and H antigens is the accurate one. In contrast, serovars are not the same as species, they are indeed used for classification, and their distribution can vary by country and geography as different strains circulate.

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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://rehsephprogramweek5.examzify.com

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

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