

California Registered Environmental Health Specialis (REHS)- Inspection/Investigation Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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.

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!

Questions

SAMPLE

- 1. Which of the following depicts the nature of a "Citations" in environmental health regulation?**
 - A. A warning issued for minor violations**
 - B. A formal reprimand for serious violations**
 - C. An assessment of compliance with regulations**
 - D. A request for voluntary compliance**

- 2. Which agency enforces the Food, Drug, and Cosmetic Act at a national level?**
 - A. FDA**
 - B. USDA**
 - C. Department of Health**
 - D. US EPA**

- 3. What is essential for effective crisis communication in environmental health?**
 - A. Using technical jargon to convey messages**
 - B. Providing clear and concise information to the public**
 - C. Avoiding updates until situations are resolved**
 - D. Limiting communication to academic circles**

- 4. What does the Public Health Services Act of 1944 primarily cover?**
 - A. Human rights in healthcare**
 - B. Merchant marines and maritime hospitals**
 - C. Regulation of food services**
 - D. Occupational health standards**

- 5. How is the term "cross-contamination" defined in food safety?**
 - A. The transfer of beneficial nutrients from food to a meal**
 - B. The transfer of harmful bacteria or allergens from one food source to another**
 - C. The combination of different food items in a meal**
 - D. The preparation of food in an unclean environment**

- 6. What federal act governs the disposal of hazardous waste?**
- A. Clean Air Act**
 - B. Federal Water Pollution Control Act**
 - C. Resource Conservation and Recovery Act (RCRA)**
 - D. Comprehensive Environmental Response, Compensation, and Liability Act**
- 7. Which agency regulates chemicals added to meat products?**
- A. FDA**
 - B. USDA**
 - C. US Public Health Services**
 - D. OSHA**
- 8. What does nonfeasance refer to?**
- A. Conducting a legal act incorrectly**
 - B. Failing to perform a duty one is obligated to do**
 - C. Committing an unlawful act**
 - D. Performing a task beyond one's authority**
- 9. How should environmental hazards be communicated to the public?**
- A. Through scientific journals only**
 - B. Through accessible and clear public health information campaigns**
 - C. Through television advertisements**
 - D. Through social media influencers**
- 10. What is the significance of the California Uniform Retail Food Facilities Law?**
- A. It regulates the disposal of hazardous waste**
 - B. It establishes minimum standards for food safety in retail food establishments**
 - C. It outlines building codes for food facilities**
 - D. It provides guidelines for environmental impact assessments**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following depicts the nature of a "Citations" in environmental health regulation?

- A. A warning issued for minor violations**
- B. A formal reprimand for serious violations**
- C. An assessment of compliance with regulations**
- D. A request for voluntary compliance**

A citation in environmental health regulation is defined as a formal reprimand for serious violations. This means that citations are typically issued when a facility or operation has significantly breached environmental health laws or regulations. The purpose of this formal reprimand is to ensure compliance with health standards designed to protect public health and the environment. It serves as a legal documentation of the violation, prompting the responsible party to rectify the issue and potentially indicating the need for further enforcement actions if compliance is not achieved. The other options do represent certain aspects of regulatory enforcement but do not capture the specific nature of citations. For instance, warnings are generally given for less serious offenses, and assessments are evaluations of compliance rather than formal reprimands. Requests for voluntary compliance also encourage cooperation without the formal implications of a citation. Thus, recognizing citations as formal reprimands is crucial in understanding their role in the broader framework of environmental health regulation.

2. Which agency enforces the Food, Drug, and Cosmetic Act at a national level?

- A. FDA**
- B. USDA**
- C. Department of Health**
- D. US EPA**

The Food, Drug, and Cosmetic Act is a key piece of legislation that regulates the safety and efficacy of food, drugs, and cosmetics in the United States. The agency responsible for enforcing this act at the national level is the Food and Drug Administration (FDA). The FDA's jurisdiction encompasses a wide range of products, including pharmaceuticals, medical devices, food products, and cosmetics, ensuring that they meet safety standards and are properly labeled. The FDA conducts inspections, reviews clinical trials, and has the authority to take enforcement actions against companies that violate the provisions of the Food, Drug, and Cosmetic Act. This includes the ability to recall products that pose a risk to public health and to impose penalties for non-compliance. As a federal agency, the FDA plays a critical role in protecting the health of the public and ensuring the integrity of the food supply. Other agencies mentioned, like the USDA, primarily focus on agricultural aspects and meat and poultry inspection, while the Department of Health may have more localized responsibilities pertaining to public health at state or local levels. The US EPA is focused on protecting human health and the environment, but its scope does not directly include the enforcement of the Food, Drug, and Cosmetic Act. Thus, the FDA is the correct agency directly responsible

3. What is essential for effective crisis communication in environmental health?

- A. Using technical jargon to convey messages
- B. Providing clear and concise information to the public**
- C. Avoiding updates until situations are resolved
- D. Limiting communication to academic circles

Effective crisis communication in environmental health is fundamentally about ensuring that the public receives information that is easily understandable and actionable. Providing clear and concise information allows individuals to grasp the situation quickly, which is crucial during a crisis when timely decisions may need to be made to protect health and safety. Clear communication supports transparency, builds trust with the community, and helps mitigate panic or confusion that can arise in uncertain situations. When messages are straightforward and devoid of unnecessary complexity, it empowers individuals to comprehend the risks involved and understand the recommended actions they should take. This is especially important in the context of environmental health, where the implications can directly impact public safety and well-being. In contrast, using technical jargon or overly complex language can alienate or confuse the audience, leading to misinformation or inaction. Similarly, delaying updates until situations are resolved does not serve the community well; timely updates are essential for keeping the public informed and prepared to deal with emerging challenges. Limiting communication to academic circles restricts the outreach to the general public, which is counterproductive in a crisis where widespread awareness is vital.

4. What does the Public Health Services Act of 1944 primarily cover?

- A. Human rights in healthcare
- B. Merchant marines and maritime hospitals**
- C. Regulation of food services
- D. Occupational health standards

The Public Health Services Act of 1944 primarily addresses the organization and responsibilities of the U.S. Public Health Service, which includes provisions related to various aspects of public health. One significant component of this act is its focus on maritime health services, particularly for merchant marines and the provision of care in maritime hospitals. This reflects the historical context of the time, as there was a recognized need to address the health and well-being of individuals working in maritime industries, particularly during and following World War II. The act establishes, among other things, funding mechanisms, programs, and regulatory frameworks that support the health of these populations. It emphasizes the need for preventive healthcare measures and access to medical services for those involved in maritime activities. While human rights in healthcare, regulation of food services, and occupational health standards are important components of public health law and policy, they are not the primary focus of this specific act. The Public Health Services Act is more aligned with the health requirements and provisions specifically tailored for maritime workers and related services.

5. How is the term "cross-contamination" defined in food safety?

- A. The transfer of beneficial nutrients from food to a meal**
- B. The transfer of harmful bacteria or allergens from one food source to another**
- C. The combination of different food items in a meal**
- D. The preparation of food in an unclean environment**

The term "cross-contamination" in food safety is defined as the transfer of harmful bacteria or allergens from one food source to another. This concept is crucial in preventing foodborne illnesses and ensuring the safety of food preparation and consumption. Cross-contamination can occur through direct contact between raw and cooked foods or indirectly through contaminated surfaces, utensils, or hands. For instance, when raw meat comes into contact with vegetables that are to be eaten raw, there is a risk of harmful bacteria from the meat transferring to the vegetables, making them unsafe to consume. Understanding this definition emphasizes the importance of proper food handling practices, such as using separate cutting boards for raw meats and fresh produce as well as maintaining cleanliness in the kitchen environment to safeguard public health. The other options do not accurately capture the essence of cross-contamination as they either misrepresent the concept (such as beneficial nutrient transfer or combining food items) or address the broader idea of food safety without the specific focus on harmful transfers between food sources.

6. What federal act governs the disposal of hazardous waste?

- A. Clean Air Act**
- B. Federal Water Pollution Control Act**
- C. Resource Conservation and Recovery Act (RCRA)**
- D. Comprehensive Environmental Response, Compensation, and Liability Act**

The Resource Conservation and Recovery Act (RCRA) is the federal law specifically designed to govern the disposal of hazardous waste. This act establishes a framework for managing hazardous substances, including their generation, transportation, treatment, storage, and disposal. The RCRA aims to protect human health and the environment from potential hazards caused by waste disposal while promoting resource recovery and conservation. Under RCRA, the Environmental Protection Agency (EPA) is empowered to develop regulations that dictate how hazardous wastes should be managed. These regulations include requirements for hazardous waste manifests, treatment standards, and tracking, which help ensure that waste is handled in a manner that minimizes risks to public health and the environment. In contrast, while other acts like the Clean Air Act focus on air quality standards, and the Federal Water Pollution Control Act addresses water pollution, they do not specifically regulate the disposal of hazardous waste. The Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA), also known as Superfund, is primarily concerned with the cleanup of contaminated sites rather than direct regulations on hazardous waste disposal. Thus, the RCRA is clearly the appropriate legislation for overseeing the management and disposal of hazardous waste.

7. Which agency regulates chemicals added to meat products?

- A. FDA
- B. USDA**
- C. US Public Health Services
- D. OSHA

The agency responsible for regulating chemicals added to meat products is the USDA, or the United States Department of Agriculture. The USDA's Food Safety and Inspection Service (FSIS) specifically oversees the safety and labeling of meat, poultry, and processed egg products. This includes the evaluation and approval of food additives or chemicals that can be used during processing or preparation of these products. Meat products must adhere to stringent standards for safety, quality, and labeling, which are enforced by the USDA. This ensures that any substances added to meat, including preservatives, flavor enhancers, and curing agents, are safe for consumption and appropriately labeled to inform consumers. Other agencies, such as the FDA, do have roles in food safety but primarily focus on different categories of food products, including those not regulated under the USDA's jurisdiction. For instance, the FDA governs the safety of foods such as dairy, seafood, and produce. However, when it comes to meat products specifically, the USDA holds the regulatory authority.

8. What does nonfeasance refer to?

- A. Conducting a legal act incorrectly
- B. Failing to perform a duty one is obligated to do**
- C. Committing an unlawful act
- D. Performing a task beyond one's authority

Nonfeasance refers specifically to the failure to perform a duty or obligation that one is required to fulfill. This concept is often relevant in legal contexts, where a party may be held liable if they neglect to take appropriate action that results in harm to others. In the field of environmental health, for instance, nonfeasance can occur when a regulatory authority fails to enforce health codes or regulations, thereby putting public health at risk. Understanding this term is crucial for those involved in regulatory compliance and inspection, as it underscores the importance of fulfilling one's responsibilities to prevent negative outcomes in health and safety scenarios.

9. How should environmental hazards be communicated to the public?

- A. Through scientific journals only
- B. Through accessible and clear public health information campaigns**
- C. Through television advertisements
- D. Through social media influencers

Communicating environmental hazards to the public effectively is crucial for ensuring community safety and awareness. Utilizing accessible and clear public health information campaigns allows for a comprehensive and inclusive approach to educating the public about potential risks. Such campaigns can cater to a diverse audience by using straightforward language, visuals, and various media formats, ensuring that the information reaches and resonates with people of different backgrounds and educational levels. This method fosters understanding and promotes proactive community engagement, allowing individuals to make informed decisions regarding their health and safety in relation to environmental hazards. Well-designed public health campaigns are often tailored to align with the specific needs and concerns of the community, thereby enhancing their effectiveness. The other approaches, while potentially valuable, often lack the breadth and clarity needed for effective public health communication. Relying solely on scientific journals may restrict access to information for those without a scientific background. Television advertisements and social media influencers could reach a wide audience but may not provide the detailed, accurate, and well-researched information that a public health campaign would prioritize. Therefore, the emphasis on clear and accessible public health information campaigns is the most effective way to communicate environmental hazards to the public.

10. What is the significance of the California Uniform Retail Food Facilities Law?

- A. It regulates the disposal of hazardous waste
- B. It establishes minimum standards for food safety in retail food establishments**
- C. It outlines building codes for food facilities
- D. It provides guidelines for environmental impact assessments

The California Uniform Retail Food Facilities Law is significant because it establishes minimum standards for food safety in retail food establishments. This law is designed to protect public health by ensuring that food is prepared, handled, and served in a safe manner. It covers various aspects of food safety, including sanitation, food handling practices, equipment standards, and employee hygiene. By setting these baseline criteria, the law helps to minimize the risk of foodborne illnesses, thereby safeguarding consumer health. This law also plays a crucial role in standardizing the requirements across various local jurisdictions, which can vary widely in their regulations and enforcement. By having a uniform set of standards, California can ensure that all retail food facilities meet essential safety measures, which is vital for public health outcomes.

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://california-rehs.examzify.com>

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

SAMPLE