

CALIFORNIA REGISTERED ENVIRONMENTAL HEALTH SPECIALIS (REHS)- INSPECTION/ INVESTIGATION PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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.

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

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- 1. Which of the following best describes public statements about individuals?**
 - A. Defamatory if false and harmful
 - B. Always lawful if spoken publicly
 - C. Not subject to any laws
 - D. Only harmful if written
- 2. What is the primary purpose of an environmental health inspection?**
 - A. To assess compliance with health and safety regulations
 - B. To evaluate the physical structure of a facility
 - C. To enforce criminal laws related to food safety
 - D. To collect data for environmental research
- 3. What is the purpose of a "Red Tag" in environmental health?**
 - A. To indicate equipment that requires regular maintenance
 - B. To prevent the use of certain equipment
 - C. To authorize the use of hazardous materials
 - D. To designate a property for redevelopment
- 4. Why might local governments seek exemptions under CEQA?**
 - A. To minimize costs and expedite projects
 - B. To exclude public input from the process
 - C. To enhance oversight on environmental impacts
 - D. To increase regulatory complexity
- 5. How should food contact surfaces be sanitized?**
 - A. By soaking in hot water
 - B. By applying a chemical sanitizer or high-temperature method after cleaning
 - C. By wiping with a dry cloth
 - D. By using plain water only
- 6. What is the role of the Environmental Health Specialist (REHS) during a food safety inspection?**
 - A. To enforce criminal penalties for violations
 - B. To evaluate food handling practices, storage, and sanitation standards
 - C. To conduct taste tests on food products
 - D. To monitor food advertising practices

- 7. What does the term "Biohazard" describe?**
- A. Non-contaminated waste materials
 - B. Biological substances that pose health risks
 - C. Hazardous waste that needs special disposal
 - D. Materials that are environmentally friendly
- 8. What is Integrated Pest Management (IPM) in pest control?**
- A. A sustainable approach that incorporates a variety of practices to control pests while minimizing environmental impact
 - B. A method that relies solely on chemical pesticides for pest control
 - C. A strategy that focuses on eradicating all pests completely
 - D. A temporary solution for pest issues in urban areas
- 9. Which California agency primarily oversees environmental health standards?**
- A. California Department of Fish and Wildlife
 - B. California Department of Public Health
 - C. California Environmental Protection Agency
 - D. California Division of Occupational Safety and Health
- 10. Which agency is responsible for enforcing labeling standards on consumer products?**
- A. USDA
 - B. US EPA
 - C. CDC
 - D. FDA

Answers

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

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Explanations

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1. Which of the following best describes public statements about individuals?

A. Defamatory if false and harmful

B. Always lawful if spoken publicly

C. Not subject to any laws

D. Only harmful if written

The statement that public statements about individuals are defamatory if they are false and harmful accurately reflects the legal standards surrounding defamation. Defamation occurs when false statements are made about an individual that damage their reputation. This can involve both written (libel) and spoken (slander) statements, but the key components are that the statement must be false and it must cause harm to the individual's reputation. When discussing public statements, it is important to note that freedom of speech is protected under the First Amendment; however, this protection does not extend to false statements that can harm someone's reputation. Therefore, if an individual's reputation is damaged due to false public statements, the affected person may have legal grounds to pursue a defamation claim. The incorrect options reflect misunderstandings about defamation laws. Some suggest that public statements can never be unlawful or are only harmful if they are written, which is not accurate in the context of defamation. Overall, understanding the implications of false statements helps clarify why the correct answer focuses on the relationship between falsity, harm, and defamation.

2. What is the primary purpose of an environmental health inspection?

A. To assess compliance with health and safety regulations

B. To evaluate the physical structure of a facility

C. To enforce criminal laws related to food safety

D. To collect data for environmental research

The primary purpose of an environmental health inspection is to assess compliance with health and safety regulations. This involves reviewing a facility's practices, conditions, and records to ensure they meet established standards designed to protect public health. Regulations may cover various areas, including sanitation, food safety, water quality, and hazardous materials management. Conducting these inspections helps identify potential health risks and ensures that the facility operates safely and within legal guidelines, thereby preventing outbreaks of illness or environmental contamination. While evaluations of physical structure, enforcement of criminal laws, and data collection for research can be important aspects of environmental health, the overarching goal of the inspection process is the assurance of compliance with health regulations to safeguard the community.

3. What is the purpose of a "Red Tag" in environmental health?

A. To indicate equipment that requires regular maintenance

B. To prevent the use of certain equipment

C. To authorize the use of hazardous materials

D. To designate a property for redevelopment

A "Red Tag" is utilized in environmental health primarily to prevent the use of certain equipment. This tagging system is employed by regulatory authorities to denote that specific pieces of equipment or facilities do not meet safety or regulatory standards and should not be used until they are repaired or brought into compliance. The red tag serves as a clear visual warning to staff and the public, indicating that there is a potential hazard or issue that must be addressed before the equipment can be safely operated. This practice is essential for ensuring public safety and maintaining compliance with health regulations. When equipment is red-tagged, it effectively communicates that it poses a safety risk or is in violation of health codes, and it helps prevent accidents that could lead to further health and safety issues.

4. Why might local governments seek exemptions under CEQA?

- A. To minimize costs and expedite projects**
- B. To exclude public input from the process
- C. To enhance oversight on environmental impacts
- D. To increase regulatory complexity

Local governments might seek exemptions under the California Environmental Quality Act (CEQA) primarily to minimize costs and expedite projects. CEQA requires governmental agencies to assess the environmental effects of their proposed activities. This assessment can be time-consuming and expensive, involving extensive documentation and public participation. By obtaining an exemption, local governments can streamline the approval process, avoiding the lengthy review and potential mitigation requirements that come with standard CEQA compliance. This capability allows them to implement projects more quickly, thus saving both time and financial resources, especially in instances where the projects may not significantly impact the environment. The other options do not align with the primary motivations for seeking exemptions. Excluding public input does not reflect the intent of CEQA, which aims to involve the community in environmental decision-making. Similarly, seeking exemptions does not inherently enhance oversight or increase regulatory complexity; in fact, it often serves to simplify the process by bypassing extensive environmental reviews.

5. How should food contact surfaces be sanitized?

- A. By soaking in hot water
- B. By applying a chemical sanitizer or high-temperature method after cleaning**
- C. By wiping with a dry cloth
- D. By using plain water only

Food contact surfaces must be sanitized using a method that effectively reduces the number of pathogenic microorganisms to safe levels after they have been cleaned. Applying a chemical sanitizer or employing a high-temperature method is correct because it ensures that any remaining contaminants are properly eliminated. Chemical sanitizers, such as chlorine, quaternary ammonium compounds, or iodine, are designed to kill bacteria and other pathogens that may reside on surfaces that come into contact with food. These sanitizers must be used according to manufacturer instructions regarding concentration and contact time to be effective. Alternatively, a high-temperature method, such as using hot water in a dishwasher equipped with a sanitizing cycle, can also effectively sanitize surfaces by utilizing heat to kill pathogens. This method is particularly effective if the food contact surfaces can withstand high temperatures. The other methods listed do not effectively sanitize surfaces. Soaking in hot water alone, wiping with a dry cloth, or using plain water do not provide the necessary conditions (chemical action or sufficient temperature) to ensure that harmful microorganisms are eliminated.

6. What is the role of the Environmental Health Specialist (REHS) during a food safety inspection?

- A. To enforce criminal penalties for violations
- B. To evaluate food handling practices, storage, and sanitation standards**
- C. To conduct taste tests on food products
- D. To monitor food advertising practices

The role of the Environmental Health Specialist (REHS) during a food safety inspection is fundamentally focused on evaluating food handling practices, storage, and sanitation standards. This evaluation is essential for ensuring compliance with health regulations and protecting public health. The REHS conducts thorough inspections to observe how food is handled at various stages, from preparation to service, assessing whether safe food practices are being followed. This involves checking for proper food storage temperatures, observing personal hygiene and sanitation practices of food workers, and ensuring that the facilities meet cleanliness standards. By identifying potential hazards and areas of non-compliance, the REHS plays a critical role in preventing foodborne illnesses and ensuring the overall safety of food products offered to the public. The other options, while related to different aspects of food safety and public health, do not directly align with the primary responsibilities of the REHS during an inspection. Enforcement of criminal penalties for violations is typically under the jurisdiction of law enforcement or regulatory bodies, taste testing food products is not a professional role expected of the REHS, and monitoring food advertising practices falls within advertising regulations rather than food safety inspection duties. Thus, the REHS's main focus remains firmly on evaluating food handling and sanitation standards.

7. What does the term "Biohazard" describe?

- A. Non-contaminated waste materials
- B. Biological substances that pose health risks**
- C. Hazardous waste that needs special disposal
- D. Materials that are environmentally friendly

The term "Biohazard" specifically refers to biological substances that pose health risks to humans and the environment. This includes a variety of organisms such as bacteria, viruses, and other biological agents that can lead to diseases or adverse health effects. Understanding this definition is crucial, as biohazards can originate from numerous sources, including medical waste, laboratory specimens, and potentially infectious materials. In contrast, the other options focus on different types of waste and materials. Non-contaminated waste materials do not present health risks and are generally handled under standard waste management guidelines. Hazardous waste indeed requires special disposal, but it is not limited to biological risks and can include chemicals and other toxic substances. Finally, materials that are environmentally friendly do not fall under the biohazard classification, as they are typically safe and sustainable, posing no threat to health or the environment. Recognizing the specific risks associated with biohazards is essential for professionals in environmental health to ensure proper handling and disposal practices.

8. What is Integrated Pest Management (IPM) in pest control?

- A. A sustainable approach that incorporates a variety of practices to control pests while minimizing environmental impact**
- B. A method that relies solely on chemical pesticides for pest control
- C. A strategy that focuses on eradicating all pests completely
- D. A temporary solution for pest issues in urban areas

Integrated Pest Management (IPM) is a comprehensive approach to pest control that aims to manage pest populations effectively while minimizing the negative impacts on human health and the environment. This approach recognizes the complexity of pest ecology and employs a variety of strategies that include biological control, habitat manipulation, cultural practices, and, when necessary, the judicious use of chemical pesticides. The key aspect of IPM is its sustainability; it emphasizes long-term prevention of pests through a combination of techniques rather than relying solely on chemical interventions. This multifaceted strategy helps to reduce the resistance of pests to pesticides, lowers the chances of harming non-target organisms, and mitigates potential environmental contamination. By integrating different methods, IPM allows for a more balanced and responsible approach to pest management that not only seeks to control pest populations but also ensures that ecological integrity is maintained. This approach is particularly important in agricultural settings, urban environments, and public health scenarios, as it considers the interactions between pests, humans, and the surrounding environment.

9. Which California agency primarily oversees environmental health standards?

- A. California Department of Fish and Wildlife
- B. California Department of Public Health**
- C. California Environmental Protection Agency
- D. California Division of Occupational Safety and Health

The California Department of Public Health (CDPH) is primarily responsible for overseeing environmental health standards in the state. This agency focuses on protecting and improving the health of Californians through various means, including the regulation of public health standards related to food safety, sanitation, and vector control, among others. The CDPH develops health policies, conducts research on health-related topics, and enforces laws that address environmental health issues. While other agencies mentioned play important roles in environmental protection and safety, they focus on different aspects. The California Department of Fish and Wildlife, for example, is primarily concerned with the management and protection of wildlife and habitats. The California Environmental Protection Agency is focused more broadly on environmental quality and pollution control measures rather than the specific health implications. Meanwhile, the California Division of Occupational Safety and Health primarily deals with workplace safety and health regulations, not specifically environmental health standards as they relate to public health. Thus, the CDPH is the correct answer as it directly addresses public health considerations at the state level.

10. Which agency is responsible for enforcing labeling standards on consumer products?

- A. USDA
- B. US EPA**
- C. CDC
- D. FDA

The agency responsible for enforcing labeling standards on consumer products is the FDA, or the Food and Drug Administration. The FDA establishes guidelines and regulations ensuring that food, drugs, cosmetics, and other consumer products are labeled in a way that provides consumers with essential information about the contents, usage, and any potential risks associated with the products. The FDA's regulatory authority covers aspects such as ingredient lists, nutritional labeling, and health claims, ensuring transparency and safety for consumers. This role is critical in protecting public health and maintaining consumer confidence in the products they purchase. In contrast, other agencies like the USDA focus on agricultural products and their inspection processes, while the US EPA is more concentrated on environmental protection and regulation of pesticides, and the CDC primarily deals with public health issues and disease prevention rather than product labeling standards. Thus, the FDA's mandate uniquely positions it as the enforcing agency for labeling standards on consumer products.

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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://california-rehs.examzify.com>

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

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