

HCPH Sanitarian Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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 organs in the human body are primarily responsible for eliminating toxins?**
 - A. Heart and lungs**
 - B. Spleen and pancreas**
 - C. Liver and kidneys**
 - D. Skin and intestines**

- 2. What is the required drain slope for home drainage systems?**
 - A. .5 inch fall per 1 foot length**
 - B. .25 inch fall per 1 foot length**
 - C. 1 inch fall per 2 feet length**
 - D. .2 inch fall per 1 foot length**

- 3. Which term describes the state of severe illness associated with typhus fever?**
 - A. Hypoxia**
 - B. Toxemia**
 - C. Dehydration**
 - D. Inflammation**

- 4. Which of the following is a pathogen of concern in pools?**
 - A. Rhinovirus**
 - B. Pseudomonas**
 - C. Staphylococcus**
 - D. Escherichia coli**

- 5. At what water hardness level should water softeners be added?**
 - A. Above 100 ppm**
 - B. Above 150 ppm**
 - C. Above 200 ppm**
 - D. Above 225 ppm**

6. Which condition is associated with a life cycle of 2-3 weeks and causes intense itching?

- A. Lice**
- B. Scabies**
- C. Myiasis**
- D. Chlorinated Hydrocarbons**

7. What do P-listed wastes signify in hazardous waste classifications?

- A. Non-hazardous waste**
- B. Acutely hazardous chemical products**
- C. Less toxic chemicals**
- D. Organic waste materials**

8. How is West Nile Virus primarily spread to humans?

- A. Through contaminated water**
- B. By insect bites**
- C. Via respiratory droplets**
- D. Through direct contact with infected animals**

9. In which year was the Safe Drinking Water Act passed?

- A. 1980**
- B. 1970**
- C. 1974**
- D. 1986**

10. Which of the following is considered an irritant?

- A. Water**
- B. Chlorine**
- C. Oxygen**
- D. Nitrogen**

Answers

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

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Explanations

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1. Which organs in the human body are primarily responsible for eliminating toxins?

- A. Heart and lungs
- B. Spleen and pancreas
- C. Liver and kidneys**
- D. Skin and intestines

The liver and kidneys play crucial roles in the body's detoxification processes, making them the primary organs responsible for eliminating toxins. The liver acts as a central processing unit for detoxifying various substances in the body. It metabolizes drugs, alcohol, and other toxins by converting them into less harmful substances that can be eliminated. Through bile production, the liver also facilitates the excretion of substances that are then eliminated through the digestive system. The kidneys are vital for filtering blood to remove waste products and excess substances, which are excreted as urine. They help maintain the body's fluid balance and electrolyte levels while ensuring that harmful compounds are filtered out of the bloodstream and expelled from the body efficiently. Other options mention organs not primarily focused on detoxification. The heart and lungs primarily facilitate circulation and gas exchange rather than detoxification. The spleen is involved in filtering blood and immune responses, while the pancreas plays a key role in digestion and enzyme production, but neither specializes in toxin elimination. The skin and intestines aid in the excretion of some waste products, but they are secondary in detoxification compared to the liver and kidneys. Thus, the liver and kidneys are rightly recognized as the primary organs responsible for eliminating toxins from the body.

2. What is the required drain slope for home drainage systems?

- A. .5 inch fall per 1 foot length
- B. .25 inch fall per 1 foot length**
- C. 1 inch fall per 2 feet length
- D. .2 inch fall per 1 foot length

The required drain slope for home drainage systems is typically established to ensure effective drainage while minimizing the risk of clogs and backup. A slope of 0.25 inches per foot (often referred to as a 1:48 slope) is generally recommended for typical home drainage systems, which allows wastewater to flow freely toward the main sewer line without stagnation. This slope provides an optimal balance between the velocity of the liquid and the deposition of solids, ensuring that waste and wastewater can be efficiently transported without allowing debris to settle. If the slope is too steep, there is a heightened risk of wastewater flowing too rapidly, which can lead to problems with solid waste not being carried along properly. Conversely, a slope that is too shallow can result in pooling and potential clogs. The other options present different slopes that are either too steep or too shallow for standard home drainage requirements, which can impact the system's overall efficiency and functionality. Thus, the 0.25-inch fall per foot length is the most suitable choice for maintaining an effective home drainage system.

3. Which term describes the state of severe illness associated with typhus fever?

- A. Hypoxia**
- B. Toxemia**
- C. Dehydration**
- D. Inflammation**

Toxemia refers to a condition where the bloodstream is contaminated with toxins produced by bacteria, which can lead to severe illness. In the context of typhus fever, which is caused by Rickettsia bacteria transmitted through lice or fleas, the release of these toxins into the bloodstream can lead to systemic reactions and severe symptoms. This is particularly relevant in diseases like typhus, where the body suffers from both the infectious agents and the toxic byproducts of their metabolic processes. The other terms do not accurately represent the state of severe illness associated with typhus fever. Hypoxia refers to a deficiency in the amount of oxygen reaching the tissues, which is not specifically characteristic of typhus. Dehydration is more related to loss of fluids and electrolytes rather than the toxic effects of an infection. Inflammation, while it is a natural immune response to infection, does not capture the severe systemic nature of the condition that toxemia does. Understanding these distinctions helps clarify how specific terms relate to the complexity of diseases like typhus fever.

4. Which of the following is a pathogen of concern in pools?

- A. Rhinovirus**
- B. Pseudomonas**
- C. Staphylococcus**
- D. Escherichia coli**

Pseudomonas is notably a pathogen of concern in pools due to its ability to thrive in warm, moist environments, such as those found in swimming facilities. This bacterium can often lead to skin infections, respiratory issues, and eye infections, particularly in individuals with compromised immune systems or open wounds. Its resilience makes it difficult to control, especially in improperly maintained pools or hot tubs where chlorine levels might be insufficient to eliminate its presence. While the other pathogens listed can also cause illness, they typically do not have the same association with recreational water environments as Pseudomonas. For instance, Rhinovirus is primarily responsible for respiratory infections and is transmitted mainly through respiratory droplets, rather than water. Staphylococcus, while it can also cause skin infections, does not have the same level of concern in pool settings as Pseudomonas. Lastly, Escherichia coli is often associated with fecal contamination and waterborne outbreaks in recreational settings, but its primary risks are linked to poorly managed water sources rather than pool environments when proper health and sanitation measures are followed. Thus, the specific characteristics and behavior of Pseudomonas make it a significant concern for public health in swimming pools.

5. At what water hardness level should water softeners be added?

- A. Above 100 ppm**
- B. Above 150 ppm**
- C. Above 200 ppm**
- D. Above 225 ppm**

Water hardness is typically measured in parts per million (ppm) of calcium carbonate. Softening agents are recommended when water hardness levels reach a point where it starts to create problems for household appliances, plumbing, and even skin and hair health. While water is generally considered "soft" at levels below 60 ppm, levels above this may lead to buildup of minerals in pipes and fixtures. It is often advised to use a water softener when the hardness exceeds 200 ppm to effectively prevent scale buildup and improve the soap and detergent efficiency. The threshold of 225 ppm suggests a level of hardness at which the adverse effects become increasingly pronounced. Beyond this level, most households will experience significant difficulties, such as reduced sudsing and increased spotting on dishes and glassware. Therefore, adding a water softener at this level is a common recommendation to ensure good maintenance of water-using appliances and to promote better cleaning results.

6. Which condition is associated with a life cycle of 2-3 weeks and causes intense itching?

- A. Lice**
- B. Scabies**
- C. Myiasis**
- D. Chlorinated Hydrocarbons**

The condition that is associated with a life cycle of 2-3 weeks and causes intense itching is scabies. Scabies is caused by the infestation of the skin by the *Sarcopetes scabiei* mite, which burrows into the upper layer of the skin. The life cycle of the mite typically spans 2-3 weeks, beginning with the female mite laying eggs in the skin. The intense itching is primarily a result of an allergic reaction to the mites and their waste products. This itching commonly intensifies at night and can lead to scratching, which may result in secondary bacterial infections. Understanding the life cycle of scabies is crucial for controlling its spread and addressing infestations effectively. Recognizing the symptoms and how the mite reproduces contributes to effective diagnosis and treatment options.

7. What do P-listed wastes signify in hazardous waste classifications?

- A. Non-hazardous waste**
- B. Acutely hazardous chemical products**
- C. Less toxic chemicals**
- D. Organic waste materials**

P-listed wastes refer to a specific category of hazardous waste that includes acutely hazardous chemical products. These are substances that are considered extremely dangerous, even in small quantities, and can pose significant risks to health and the environment if not handled properly. The classification of P-listed wastes typically encompasses chemicals that can cause severe health effects, including toxicity, carcinogenicity, and environmental harm. Understanding P-listed wastes is crucial for proper waste management and regulatory compliance. These wastes often require stringent handling, storage, treatment, and disposal procedures to minimize risks associated with exposure or environmental contamination. In contrast, other options do not accurately describe P-listed wastes. Non-hazardous waste refers to materials that do not pose significant risks and do not require stringent regulations. Less toxic chemicals and organic waste materials also do not meet the criteria that define P-listed hazardous waste.

8. How is West Nile Virus primarily spread to humans?

- A. Through contaminated water**
- B. By insect bites**
- C. Via respiratory droplets**
- D. Through direct contact with infected animals**

West Nile Virus is primarily spread to humans through insect bites, specifically by mosquitoes that have fed on infected birds. The transmission cycle begins when mosquitoes become infected by feeding on the blood of birds that carry the virus. When these mosquitoes bite humans, they can transmit the virus, leading to potential infection. In terms of the other options, contaminated water is not a known transmission vehicle for West Nile Virus, as it does not spread through water sources or consumption. Respiratory droplets are typically associated with viruses that spread through the air, such as influenza or COVID-19, and do not pertain to West Nile. Lastly, while direct contact with infected animals might seem plausible, the virus is not transmitted in this manner; humans cannot contract it by touching infected animals or their environments. Thus, the primary mode of transmission remains through mosquito bites.

9. In which year was the Safe Drinking Water Act passed?

- A. 1980**
- B. 1970**
- C. 1974**
- D. 1986**

The Safe Drinking Water Act was passed in 1974, marking a significant step in the regulation and protection of public drinking water in the United States. This Act authorized the Environmental Protection Agency (EPA) to set national health-based standards for drinking water to ensure its safety for the public. The legislation was a response to growing concerns about the quality of drinking water and the health risks posed by contaminants. By establishing standards for water suppliers and mandating regular monitoring and reporting, the Act aimed to protect consumers from waterborne diseases and pollutants. The years mentioned in the other options do not represent the correct timeline for the enactment of this important legislation. The 1980s and 1970s were significant in environmental regulation, but 1974 specifically focuses on the foundation of water safety legislation that paved the way for subsequent amendments and improvements to water quality standards in later years.

10. Which of the following is considered an irritant?

- A. Water**
- B. Chlorine**
- C. Oxygen**
- D. Nitrogen**

Chlorine is considered an irritant due to its highly reactive nature and its potential to cause irritation to the eyes, skin, and respiratory tract when inhaled or contacted. It is commonly used as a disinfectant in swimming pools and water treatment, but exposure to chlorine can lead to a range of symptoms, including coughing, throat irritation, and eye discomfort. This irritant property is primarily due to the chemical's strong oxidizing ability, which can react with moisture in the lungs to form hydrochloric acid, resulting in irritation and inflammation. In contrast, water is essential for life and usually does not cause irritation under normal circumstances. Oxygen, while vital for respiration, does not have irritating properties at typical environmental concentrations. Nitrogen, which makes up a large portion of the Earth's atmosphere, is inert and does not usually cause irritation either. Thus, chlorine stands out as the substance with a recognized potential to irritate human tissues, making it the correct choice in this context.

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://hcphsanitarian.examzify.com>

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

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