

# NEHA Environmental Health and Safety (EHS) Practice Exam (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. What concentration of Giardia cysts is known to cause disease?**

- A. 100:1**
- B. 250:1**
- C. 500:1**
- D. 1000:1**

**2. Why is gas control important in a landfill?**

- A. To prevent odor in surrounding areas**
- B. To increase landfill capacity**
- C. To manage leachate more effectively**
- D. To ensure legal compliance with waste management regulations**

**3. What does the term enzootic refer to?**

- A. A disease that affects only humans**
- B. A disease that regularly affects animals in a specific area**
- C. A disease that occurs globally**
- D. A disease primarily affecting plant life**

**4. What is soda ash used for in pool water?**

- A. To lower the pH**
- B. To raise the pH**
- C. To add chlorine**
- D. To clarify the water**

**5. How should unpasteurized eggs be properly heated for safety?**

- A. To 145 degrees F for 10 seconds**
- B. To 155 degrees F for 15 seconds**
- C. To 165 degrees F for 20 seconds**
- D. To 150 degrees F for 5 seconds**

**6. What is leptospirosis?**

- A. Viral infection spread by mosquitoes**
- B. Fungal infection leading to skin rashes**
- C. Bacterial disease caused by contaminated animal urine**
- D. Parasitic infection from contaminated water**

**7. Which of the following is not a concern related to silicosis?**

- A. Exposure to silica dust**
- B. Tiles containing asbestos**
- C. Long-term respiratory health issues**
- D. Occupational exposure in mining**

**8. Which disease is commonly associated with being spread through wastewater?**

- A. Typhoid fever**
- B. Hepatitis A (Hep A)**
- C. Cholera**
- D. Norovirus**

**9. Which agency is responsible for mobile homes?**

- A. Environmental Protection Agency**
- B. Department of Housing and Urban Development**
- C. Department of Energy**
- D. Federal Emergency Management Agency**

**10. What does the term 'ad valorem tax' refer to?**

- A. A tax based on the value of an item**
- B. A tax on salaries and wages**
- C. A fixed tax rate regardless of service**
- D. A non-proportionate tax for service**

## **Answers**

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

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## **Explanations**

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## 1. What concentration of Giardia cysts is known to cause disease?

- A. 100:1
- B. 250:1
- C. 500:1**
- D. 1000:1

Giardia cysts are microscopic parasites that can lead to gastrointestinal illness, primarily giardiasis, in humans. The infectious dose to cause disease typically falls within a specific range of cyst concentrations. When considering the potential to cause infection, research indicates that as few as 10 to 100 cysts can initiate illness in humans, making Giardia highly infectious. The concentration of 500:1 reflects a scenario where the presence of cysts is significant enough to be associated with an increased risk of disease transmission. This level is consistent with epidemiological studies and health guidelines regarding water quality and safety. In environments where Giardia is present, maintaining water quality at or below this concentration is crucial to reduce the risk of illness. Understanding the infectious dose is critical for public health officials in designing effective monitoring and intervention strategies, such as water treatment protocols, to maintain safe levels of pathogens in recreational and drinking water. Thus, the concentration of 500:1 aligns with the known risk factors associated with Giardia and is deemed a relevant threshold for potential exposure and disease causation.

## 2. Why is gas control important in a landfill?

- A. To prevent odor in surrounding areas
- B. To increase landfill capacity
- C. To manage leachate more effectively
- D. To ensure legal compliance with waste management regulations**

Gas control in a landfill is essential for several reasons, particularly for ensuring legal compliance with waste management regulations. Many jurisdictions have established regulations that mandate specific measures to control and manage landfill gas, primarily methane and carbon dioxide, which are byproducts of organic waste decomposition. Failure to adhere to these regulations can result in penalties and legal repercussions for landfill operators. Effective gas control systems, such as gas collection and flaring, help mitigate the risks associated with gas emissions, including potential explosions, fire hazards, and adverse effects on air quality. These systems not only protect the environment but also safeguard public health. Moreover, compliance with regulations regarding gas emissions contributes to the overall sustainability practices of landfill operations, demonstrating responsible waste management and a commitment to environmental stewardship. Thus, legal compliance plays a crucial role in the effectiveness and responsibility of landfill management practices.

### 3. What does the term enzootic refer to?

- A. A disease that affects only humans
- B. A disease that regularly affects animals in a specific area**
- C. A disease that occurs globally
- D. A disease primarily affecting plant life

The term "enzootic" specifically refers to a disease that is consistently present within a particular geographic area or population, primarily affecting animal species. It characterizes a situation where the disease occurs regularly among wildlife or livestock, establishing a baseline incidence in that region. This term is important in the context of epidemiology and veterinary medicine, as it helps in understanding disease patterns among animal populations. In contrast, other options diverge significantly from this definition. Diseases affecting only humans would fall under the category of "anthroponotic," while a disease that occurs globally is described as "pandemic." Additionally, a disease that primarily affects plant life would be classified differently altogether, relating to plant pathology rather than zoonotic or enzootic contexts. This distinction is crucial for effective wildlife management and public health strategies concerning zoonotic diseases.

### 4. What is soda ash used for in pool water?

- A. To lower the pH
- B. To raise the pH**
- C. To add chlorine
- D. To clarify the water

Soda ash, chemically known as sodium carbonate, is commonly used in pool maintenance to raise the pH levels of the water. When pool water becomes acidic, it can lead to various issues such as corrosion of equipment, discomfort for swimmers, and reduced effectiveness of sanitizers. By adding soda ash, the carbonate ions react with hydrogen ions in the water, effectively increasing the pH and bringing it back to the desired range of 7.4 to 7.6. Maintaining proper pH levels is crucial for the overall health of the pool environment—ensuring that chlorine operates efficiently and preventing potential damage to the pool's infrastructure. This elevated pH level contributes to a more balanced and safe swimming environment.

## 5. How should unpasteurized eggs be properly heated for safety?

- A. To 145 degrees F for 10 seconds
- B. To 155 degrees F for 15 seconds**
- C. To 165 degrees F for 20 seconds
- D. To 150 degrees F for 5 seconds

Heating unpasteurized eggs to a temperature of 155 degrees Fahrenheit for at least 15 seconds is the correct method for ensuring food safety. This temperature is sufficient to effectively kill harmful bacteria such as *Salmonella*, which can be present in raw eggs. The combination of both temperature and time is critical because certain pathogens require a specific combination to be rendered safe for consumption. At 155 degrees F, the eggs achieve a safe internal temperature that significantly reduces the risk of foodborne illness. The requirement of maintaining this temperature for at least 15 seconds ensures that the eggs are heated consistently throughout, allowing sufficient time for the heat to penetrate and kill pathogens. In contrast, options citing lower temperatures or shorter times may not provide adequate safety margin for all potential pathogens found in unpasteurized eggs. For example, temperatures below 155 degrees F may not effectively kill bacteria that can thrive in eggs, leading to potential health risks.

## 6. What is leptospirosis?

- A. Viral infection spread by mosquitoes
- B. Fungal infection leading to skin rashes
- C. Bacterial disease caused by contaminated animal urine**
- D. Parasitic infection from contaminated water

Leptospirosis is indeed a bacterial disease caused by the *Leptospira* bacteria, which are typically found in contaminated animal urine. These bacteria can be transmitted to humans through contact with water, soil, or food that has been contaminated with the urine of infected animals, often rodents. This exposure can occur during activities such as swimming, wading, or even through breaks in the skin when coming into contact with contaminated water sources. The correct answer highlights the critical role that animal urine plays in the transmission of the disease, distinguishing it clearly from other infections caused by different pathogens such as viruses, fungi, or parasites. Understanding that leptospirosis is linked to water contaminated by animal urine is vital for recognizing risk factors and preventive measures, such as proper sanitation and avoiding contact with potentially contaminated sources. This knowledge underscores the importance of environmental health and safety practices in reducing the incidence of leptospirosis.

**7. Which of the following is not a concern related to silicosis?**

- A. Exposure to silica dust**
- B. Tiles containing asbestos**
- C. Long-term respiratory health issues**
- D. Occupational exposure in mining**

The correct answer is that tiles containing asbestos are not a concern related to silicosis. Silicosis is primarily associated with the inhalation of silica dust, which can lead to lung inflammation and scarring over time. This condition is particularly relevant in occupations where silica is prevalent, such as in mining, construction, and sandblasting. Occupational exposure in mining and long-term respiratory health issues are direct concerns of silicosis because exposure to silica dust during these activities significantly increases the risk of developing this disease. In contrast, asbestos is a different substance altogether, typically linked to other respiratory diseases, most notably asbestosis and various types of lung cancer. While asbestos and silica may be encountered in the same work environments, they originate from distinct sources and have different health implications. Therefore, while both are harmful, silicosis specifically relates to silica dust exposure, making tiles containing asbestos irrelevant to the discussion of this particular disease.

**8. Which disease is commonly associated with being spread through wastewater?**

- A. Typhoid fever**
- B. Hepatitis A (Hep A)**
- C. Cholera**
- D. Norovirus**

Hepatitis A is a viral infection that primarily affects the liver and is indeed commonly associated with transmission through contaminated water, particularly in areas where sanitation and hygiene practices are poor. It is often spread through the fecal-oral route, meaning that the virus can be present in the waste of an infected person and can contaminate water sources if proper sanitation is not maintained. Consuming contaminated water or food that has been washed with contaminated water can lead to infection. Understanding the transmission of Hepatitis A underscores the importance of safe wastewater management and sanitation practices, particularly in communities where the risk of contamination is elevated. Public health efforts to improve water quality and educate populations about hygiene can significantly reduce the spread of this disease.

## 9. Which agency is responsible for mobile homes?

- A. Environmental Protection Agency
- B. Department of Housing and Urban Development**
- C. Department of Energy
- D. Federal Emergency Management Agency

The Department of Housing and Urban Development (HUD) is the agency responsible for regulating mobile homes and manufactured housing. This responsibility includes establishing safety standards, ensuring quality construction, and promoting affordable housing options. HUD's regulations are important for protecting the health and safety of residents living in mobile homes, as they establish guidelines for construction process, materials used, and installation practices. Additionally, the agency oversees the enforcement of these standards, which are critical for maintaining the integrity of mobile homes and ensuring that they meet structural and safety requirements. This focus on housing aligns with HUD's broader mission to create strong, sustainable, inclusive communities and quality affordable homes for all. While the Environmental Protection Agency, Department of Energy, and Federal Emergency Management Agency have roles that intersect with aspects of housing and safety, they do not specifically regulate mobile homes. The EPA deals more with environmental protection, including air and water quality issues; the Department of Energy focuses on energy policies and efficiency; and FEMA is primarily concerned with disaster response and recovery. Therefore, HUD is the appropriate agency in this context.

## 10. What does the term 'ad valorem tax' refer to?

- A. A tax based on the value of an item
- B. A tax on salaries and wages
- C. A fixed tax rate regardless of service
- D. A non-proportionate tax for service**

The term 'ad valorem tax' refers to a tax that is based on the value of an item. This type of tax is often applied to property, sales, and other transactions where the tax amount is calculated as a percentage of the item's value. For instance, when buying a car, an ad valorem tax would calculate the tax based on the purchase price of the vehicle. This method contrasts with a fixed tax rate that applies uniformly regardless of the value or service, and it is also distinct from taxes based on income, such as those on salaries and wages. Understanding ad valorem taxes is important in numerous fields, including environmental health and safety, as these taxes can influence decisions regarding property value assessments and funding for local services, environmental initiatives, and infrastructure improvements.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nehaehs.examzify.com>**

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

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