

NEHA ENVIRONMENTAL HEALTH AND SAFETY (EHS) PRACTICE EXAM (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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. What is the main purpose of maintaining operational controls in environmental health?**
 - A. To improve employee morale
 - B. To ensure compliance with regulations
 - C. To increase production efficiency
 - D. To lower operational costs

- 2. What is the formula for calculating pool turnover rate?**
 - A. Turnover rate (hours) = pool volume (gallons) / flow rate (gallons per minute)
 - B. Turnover rate (hours) = flow rate (gallons per minute) / pool volume (gallons)
 - C. Turnover rate (hours) = pool volume (liters) x flow rate (gallons per hour)
 - D. Turnover rate (hours) = pool volume (gallons) / flow rate (gallons per hour)

- 3. Which disease is commonly associated with being spread through wastewater?**
 - A. Typhoid fever
 - B. Hepatitis A (Hep A)
 - C. Cholera
 - D. Norovirus

- 4. Which of the following defines a ratite?**
 - A. A flying bird
 - B. A mammal
 - C. A flightless bird
 - D. A reptile

- 5. Which group is least likely to experience bites from parasites in an urban area?**
 - A. Pets
 - B. Rodents
 - C. Humans
 - D. Wild animals

- 6. If radon was a problem in your area, what room would be high risk?**
- A. A kitchen
 - B. A basement or first floor
 - C. A bathroom
 - D. A garage
- 7. Which of the following agents is primarily used to treat surfaces rather than skin?**
- A. Antiseptic
 - B. Disinfectant
 - C. Soap
 - D. Detergent
- 8. 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
- 9. What is the recommended frequency for pumping a new septic tank?**
- A. Pump regularly
 - B. Pump every few months
 - C. Pump once a year
 - D. Pump only when it overflows
- 10. What is the term for bacteria that cannot grow in the presence of oxygen?**
- A. Aerobic
 - B. Facultative
 - C. Anaerobic
 - D. Microaerophilic

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the main purpose of maintaining operational controls in environmental health?

- A. To improve employee morale
- B. To ensure compliance with regulations**
- C. To increase production efficiency
- D. To lower operational costs

Maintaining operational controls in environmental health primarily serves the purpose of ensuring compliance with regulations. Regulatory frameworks are established to protect public health and the environment, and organizations must adhere to these standards to avoid penalties, legal issues, and potential harm to the community or ecosystem. Operational controls facilitate systematic approaches to manage environmental impacts, monitor adherence to regulatory requirements, implement best practices, and conduct regular assessments. This compliance not only safeguards the organization from legal ramifications but also promotes sustainable practices that benefit overall public health and environmental integrity. While improving employee morale, increasing production efficiency, and lowering operational costs can be beneficial outcomes of effective environmental controls and practices, these are typically secondary advantages. The foremost goal remains adhering to established regulations that govern environmental health to ensure a safe and healthy environment for all stakeholders.

2. What is the formula for calculating pool turnover rate?

- A. Turnover rate (hours) = pool volume (gallons) / flow rate (gallons per minute)**
- B. Turnover rate (hours) = flow rate (gallons per minute) / pool volume (gallons)
- C. Turnover rate (hours) = pool volume (liters) x flow rate (gallons per hour)
- D. Turnover rate (hours) = pool volume (gallons) / flow rate (gallons per hour)

The formula for calculating pool turnover rate is correctly represented by the selected choice, which states that the turnover rate in hours is determined by dividing the pool volume (in gallons) by the flow rate (in gallons per minute). To understand this, it is essential to recognize that the turnover rate indicates how long it takes for the entire volume of water in a pool to be circulated through the filtration system. By taking the total volume of the pool and dividing it by the flow rate, you determine the time required (in minutes) to completely filter the water. Since the question asks for the turnover rate in hours, this final result would often need to be converted from minutes to hours. However, the fundamental formula conceptually remains correct. In contrast, other choices provide incorrect formulations. For instance, one option mistakenly reverses the division, leading to an incorrect calculation that does not represent the actual time necessary for water turnover. Another option introduces incorrect units, combining liters and gallons improperly, which would not yield a meaningful result. Finally, one choice also incorrectly uses an hourly flow rate rather than a per-minute rate, leading to a miscalculation of the turnover time. Understanding the correct application of flow rates and pool volume is crucial for achieving accurate calculations in pool

3. 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.

4. Which of the following defines a ratite?

- A. A flying bird
- B. A mammal
- C. A flightless bird**
- D. A reptile

A ratite is defined as a flightless bird, which is characterized by the absence of a keel on their breastbone, a feature that enables flight in other bird species. Ratites include such birds as ostriches, emus, kiwis, and cassowaries. They are primarily terrestrial and possess adaptations suited for running rather than flying, which is a crucial evolutionary response to their environment. The other options do not fit the definition of a ratite. Flying birds, mammals, and reptiles represent entirely different groups within the animal kingdom, each with distinct characteristics that do not overlap with the defining traits of ratites. Therefore, the only accurate answer is that ratites are classified as flightless birds.

5. Which group is least likely to experience bites from parasites in an urban area?

- A. Pets
- B. Rodents
- C. Humans
- D. Wild animals**

In an urban area, wild animals are generally the least likely to experience bites from parasites compared to other groups. This is primarily due to their limited presence in highly populated areas where urbanization has led to habitat destruction and modifications. While wild animals can still be found in certain green spaces, parks, or at the urban fringe, their interactions with humans and pets are fewer. Conversely, pets and rodents frequently interact with the urban environment and are in close proximity to human habitation, increasing their exposure to various parasites such as fleas, ticks, and mites. Pets, often being cared for by humans, can come into contact with infected animals or environments. Rodents, on the other hand, thrive in urban areas, and they are notorious carriers of parasites, which can directly impact both human and pet populations. Humans, while not as commonly affected by parasitic bites as pets or rodents, can still experience exposure through interactions or the presence of parasites in their living environment. Thus, wild animals, due to their relatively sparse urban presence and lesser interactions with the day-to-day conditions that foster parasite transmission, are indeed the group least likely to experience bites from parasites in an urban area.

6. If radon was a problem in your area, what room would be high risk?

- A. A kitchen
- B. A basement or first floor**
- C. A bathroom
- D. A garage

Radon is a naturally occurring radioactive gas that can accumulate in enclosed spaces, particularly in areas that are in contact with or close to the ground. This gas is produced from the decay of uranium found in soil and rock. The risk associated with radon exposure is primarily related to its ability to seep into buildings, especially through cracks in floors and walls, construction joints, and gaps in foundations. Basements and first floors are more susceptible to elevated radon levels due to their proximity to the ground, where radon is produced. Homes built on crawl spaces or directly on soil may have higher concentrations of radon in these lower-level areas because the gas can enter more easily and accumulate, particularly in poorly ventilated spaces. Therefore, if radon is a concern in an area, a basement or first floor would be identified as a high-risk room where monitoring and mitigation measures would be necessary. In contrast, other areas such as kitchens, bathrooms, and garages are typically not as likely to experience elevated radon levels compared to basements and the first floor, making them lower risks for radon accumulation.

7. Which of the following agents is primarily used to treat surfaces rather than skin?

- A. Antiseptic
- B. Disinfectant**
- C. Soap
- D. Detergent

The primary function of a disinfectant is to eliminate or inactivate harmful microorganisms on surfaces, making it distinct in its application from agents like antiseptics. Disinfectants are specifically formulated to be effective on non-living surfaces such as countertops, medical instruments, and floors, where the goal is to reduce the risk of infection or contamination. In contrast, antiseptics are designed for use on skin and living tissue to prevent infection during surgeries or when caring for cuts and abrasions. While soaps and detergents can help remove dirt and oils, they do not necessarily possess the antimicrobial properties that disinfectants have. Thus, for the purpose of treating surfaces specifically, disinfectants are the correct choice.

8. 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.

9. What is the recommended frequency for pumping a new septic tank?

- A. Pump regularly**
- B. Pump every few months
- C. Pump once a year
- D. Pump only when it overflows

The recommended practice regarding the frequency of pumping a new septic tank is to pump regularly. This approach is essential because even new septic systems require maintenance to function effectively. Regular pumping ensures that sludge and scum do not accumulate to levels that could lead to system failure, backups, or costly repairs. For new septic tanks, there is often a recommended timeframe based on usage, size, and number of occupants, which can vary by local guidelines. Implementing a regular pumping schedule—rather than waiting for signs of overflow or other problems—helps maintain the tank's efficiency and longevity. Other choices suggest less proactive approaches that can lead to issues. For instance, pumping every few months may be too frequent for some households and could be unnecessary. Pumping only once a year might not be adequate depending on the tank's capacity and usage levels. Lastly, waiting until the tank overflows is risky and can lead to health hazards and environmental concerns, as it indicates a failure in the system, thus requiring more extensive interventions. Regular maintenance is crucial in preventing these scenarios and ensuring that the septic system operates smoothly.

10. What is the term for bacteria that cannot grow in the presence of oxygen?

- A. Aerobic
- B. Facultative
- C. Anaerobic**
- D. Microaerophilic

The term for bacteria that cannot grow in the presence of oxygen is anaerobic. Anaerobic bacteria thrive in environments devoid of oxygen and may even be harmed or killed by it. These organisms utilize anaerobic processes for their metabolism, which can include fermentation or anaerobic respiration, allowing them to obtain energy without the need for oxygen. In contrast, aerobic bacteria require oxygen for their growth and survival, as they utilize oxygen in their metabolic processes. Facultative bacteria are versatile; they can grow in both the presence and absence of oxygen, adjusting their metabolism accordingly. Microaerophilic bacteria prefer environments with reduced oxygen levels but still require some oxygen to grow. Understanding these distinctions is crucial for environmental health and safety, particularly in managing and controlling microbial growth in various systems.

SAMPLE

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://nehaehs.examzify.com>

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

SAMPLE