

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



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://nehaehs.examzify.com>



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 are the four stages of an infected individual regarding disease progression?**
 - A. Incubation, Carrier, Fulminant infection, Remission
 - B. Exposure, Infection, Treatment, Recovery
 - C. Symptom onset, Diagnosis, Therapy, Outcome
 - D. Incubation, Active infection, Dormant state, Cure
- 2. Silicosis is primarily caused by exposure to which substance?**
 - A. Asbestos
 - B. Carbon monoxide
 - C. Silica inhalation
 - D. Lead particles
- 3. What is included in the suitable temperature condition for hyperchlorination?**
 - A. Above 60°F
 - B. Above 65°F
 - C. Above 77°F
 - D. Above 80°F
- 4. Which bacterium is commonly used as an indicator for sterilization in an autoclave?**
 - A. Bacillus anthracis
 - B. Bacillus cereus
 - C. Bacillus subtilis
 - D. Bacillus sternotheophilus at 10^6
- 5. What type of waste collection services are typically available for residential areas?**
 - A. Daily services
 - B. Bi-weekly services
 - C. Twice weekly services
 - D. Monthly services

- 6. Is household hazardous waste exempt from RCRA regulations?**
- A. No
 - B. Yes
 - C. Only in small quantities
 - D. Only during certain seasons
- 7. What are the recommended holding temperatures to reduce foodborne illness for hot foods?**
- A. 120-130 degrees F
 - B. 135-140 degrees F
 - C. 150-160 degrees F
 - D. 180-190 degrees F
- 8. What type of topography is ideal for the trench method in a sanitary landfill?**
- A. Very steep slopes with deep canyons
 - B. Flat or moderately sloping terrain
 - C. Highland areas with rocky surfaces
 - D. Wetlands with significant water flow
- 9. What is an embargo?**
- A. A type of tax on imports
 - B. An action authorized to restrict movement of goods
 - C. A law regulating trade agreements
 - D. A ban on foreign investments
- 10. What is the primary concern associated with a chlorine gas leak in public spaces?**
- A. Foul odor
 - B. Respiratory distress
 - C. Skin irritation
 - D. Food contamination

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What are the four stages of an infected individual regarding disease progression?

A. Incubation, Carrier, Fulminant infection, Remission

B. Exposure, Infection, Treatment, Recovery

C. Symptom onset, Diagnosis, Therapy, Outcome

D. Incubation, Active infection, Dormant state, Cure

The four stages of an infected individual regarding disease progression typically include the concepts outlined in the first choice. The incubation stage refers to the period after exposure to a pathogen but before symptoms appear. During this time, the pathogen is multiplying in the host without causing noticeable symptoms. Following this is the carrier stage, where the individual may not show symptoms of the disease but can still spread the pathogen to others, indicating the presence of the infection without acute illness. The fulminant infection stage represents a rapid and severe onset of disease, often associated with significant symptoms and complications. Finally, the remission stage involves a decrease in symptoms and may lead to recovery, although this does not always equate to a complete cure. This framework highlights the progression from exposure to the manifestation of disease and its potential outcomes, making it crucial for understanding how infections can develop and how they may be managed in a public health context.

2. Silicosis is primarily caused by exposure to which substance?

A. Asbestos

B. Carbon monoxide

C. Silica inhalation

D. Lead particles

Silicosis is primarily caused by inhaling respirable crystalline silica, a common mineral found in materials like sand, rock, and concrete. The condition is characterized by lung inflammation and scarring due to the particles of silica that get trapped in the lungs. Over time, this exposure leads to symptoms such as chronic cough, shortness of breath, and increased risk of respiratory infections, which can severely impact health. In this context, silica inhalation directly correlates with the pathogenesis of silicosis, making it the definitive cause of the disease. Other options, such as asbestos, carbon monoxide, and lead particles, are associated with different health issues. Asbestos exposure is linked to diseases like asbestosis and mesothelioma, while carbon monoxide exposure primarily affects the cardiovascular system and can cause toxicity due to its interference with oxygen transport in the blood. Lead particles are associated with lead poisoning, which can affect various bodily systems, particularly the nervous system, but do not cause silicosis. Therefore, the specificity of silica inhalation as the primary cause of silicosis underscores its significance in the field of occupational health and safety, particularly in environments where silica dust is prevalent.

3. What is included in the suitable temperature condition for hyperchlorination?

- A. Above 60°F
- B. Above 65°F
- C. Above 77°F**
- D. Above 80°F

The suitable temperature condition for hyperchlorination is typically recognized as being above 77°F. At this temperature, the efficacy of chlorine increases, making it more effective for disinfection purposes in water treatment processes. Warmer temperatures enhance the chemical reaction rate, allowing for faster and more complete disinfection of water by chlorine. In many water treatment protocols, hyperchlorination is utilized as a method to control pathogens in water supplies, especially during contamination events. Carbon compounds present in the water can also reduce the effectiveness of chlorine, hence ensuring the water temperature is within the optimal range is essential for achieving the desired concentration and effect of chlorine in disinfection efforts.

4. Which bacterium is commonly used as an indicator for sterilization in an autoclave?

- A. Bacillus anthracis
- B. Bacillus cereus
- C. Bacillus subtilis
- D. Bacillus sternotheophilus at 10⁶**

Bacillus sternotheophilus is commonly utilized as an indicator organism for sterilization processes in autoclaves due to its high resistance to heat and other sterilization methods. This bacterium is capable of withstanding extreme temperatures and conditions that are typically used during autoclaving, making it an excellent test organism to validate the effectiveness of sterilization. When autoclaving, the objective is to destroy all microorganisms, including spores, which are particularly resistant forms of bacteria. Bacillus sternotheophilus spores serve as a benchmark; if these spores are killed during the autoclave cycle, it indicates that the conditions were sufficient to eliminate a broad spectrum of bacteria. The use of a known concentration, such as 10⁶ spores, provides a reliable standard for ensuring the thoroughness of the sterilization process. In contrast, the other bacteria listed do not meet the criteria as effectively as Bacillus sternotheophilus for use in sterilization indicators. While Bacillus anthracis is a pathogenic organism and not typically used for this purpose, Bacillus cereus and Bacillus subtilis have certain properties that are less optimal for indicating autoclave efficacy compared to Bacillus sternotheophilus.

5. What type of waste collection services are typically available for residential areas?

- A. Daily services
- B. Bi-weekly services
- C. Twice weekly services**
- D. Monthly services

In residential areas, waste collection services often emphasize convenience and frequency to meet the needs of households. Twice weekly services are common as they allow for regular collection of waste, which helps prevent overflow and odor issues, ensuring that neighborhoods remain clean and hygienic. This frequency strikes a balance between managing waste effectively and keeping costs reasonable for service providers. Daily services, although highly effective, are typically not practical for standard residential waste collection due to the higher operational costs and demands they require. Monthly services may become inadequate for residential needs, as households generate waste more frequently and monthly collections could lead to unsightly and unsanitary conditions. Bi-weekly services may be an option in some areas, but they can fall short of the routine that twice weekly collection provides, leading to potential issues with waste accumulation. Therefore, twice weekly services stand out as a widely adopted standard for residential waste collection, effectively addressing both cleanliness and convenience needs in community settings.

6. Is household hazardous waste exempt from RCRA regulations?

- A. No
- B. Yes**
- C. Only in small quantities
- D. Only during certain seasons

Household hazardous waste is generally treated differently under RCRA (Resource Conservation and Recovery Act) regulations compared to other types of hazardous waste. Specifically, household hazardous waste is considered exempt from most RCRA regulations. This exemption is designed to allow households to dispose of common hazardous materials, such as paint, batteries, and cleaners, in a more manageable and less burdensome way compared to industrial generators of hazardous waste. By exempting household waste from stringent regulations, the law acknowledges the practical challenges and risks associated with the disposal of hazardous materials by private individuals rather than businesses that are expected to follow stricter guidelines. However, it is important to note that while household hazardous waste is exempt from many of the RCRA regulations, it must still be handled and disposed of properly to protect human health and the environment, often through designated collection programs.

7. What are the recommended holding temperatures to reduce foodborne illness for hot foods?

- A. 120-130 degrees F
- B. 135-140 degrees F**
- C. 150-160 degrees F
- D. 180-190 degrees F

The recommended holding temperatures to reduce foodborne illness for hot foods is crucial because maintaining appropriate temperatures helps inhibit the growth of harmful bacteria that can cause foodborne illnesses. The range of 135-140 degrees Fahrenheit is ideal because it is sufficiently high enough to keep hot foods at a safe temperature while still being manageable for maintaining quality and palatability. At this temperature range, most bacteria are inhibited from multiplying, significantly reducing the risk of foodborne pathogens proliferating in the food. Holding food at temperatures lower than this range can lead to an increased risk of bacteria growth, potentially resulting in illnesses upon consumption. Higher temperatures, such as those indicated in the other options, may also be safe for holding food but could compromise the quality and texture of some food items. Excessively high temperatures (like those above 160 degrees Fahrenheit) may dry out foods or cause them to taste less appealing, which is why the recommended range strikes a balance between safety and quality.

8. What type of topography is ideal for the trench method in a sanitary landfill?

- A. Very steep slopes with deep canyons
- B. Flat or moderately sloping terrain**
- C. Highland areas with rocky surfaces
- D. Wetlands with significant water flow

The trench method in a sanitary landfill is best implemented in flat or moderately sloping terrain. This type of topography allows for easier excavation and construction of the trench, which is crucial for containing waste and managing leachate – the liquid that drains or 'leaches' from a landfill. Flat or gently sloping areas facilitate efficient drainage and reduce the risk of water pooling, which can lead to contamination of surrounding land and groundwater systems. Additionally, using this method in appropriate topography helps to minimize the environmental impact, as it allows for better control of waste management processes, including air space efficiency and leachate management. The construction of trenches can be more stable and manageable in these terrains, ensuring that waste is properly buried and the site can be maintained more effectively over time. This also aligns with best practices in landfill design and operations to ensure safety and environmental protection.

9. What is an embargo?

- A. A type of tax on imports
- B. An action authorized to restrict movement of goods**
- C. A law regulating trade agreements
- D. A ban on foreign investments

An embargo is an action authorized to restrict the movement of goods, typically imposed by a government or supranational organization to achieve specific political or economic objectives. It often aims to exert pressure on a particular country, organization, or group to change its behavior, for instance, in cases of conflict, human rights violations, or violations of international laws. Embargoes can restrict exports, imports, or other specific goods and services, thereby impacting trade relationships significantly. In this context, the other choices do not accurately capture the essence of an embargo. A tax on imports primarily relates to tariffs and doesn't imply a restriction itself but rather a financial charge on goods coming into a country. A law regulating trade agreements refers to legal frameworks governing international commerce but does not encompass the specific action of restricting goods. A ban on foreign investments focuses on monetary assets and investment flows rather than the physical movement of goods, making it separate from the definition of an embargo.

10. What is the primary concern associated with a chlorine gas leak in public spaces?

- A. Foul odor
- B. Respiratory distress**
- C. Skin irritation
- D. Food contamination

The primary concern associated with a chlorine gas leak in public spaces is respiratory distress. Chlorine gas is highly toxic, and its inhalation can lead to serious respiratory problems, including coughing, wheezing, and difficulty breathing. In higher concentrations, exposure can result in severe damage to the airway and lungs, which can be life-threatening. The immediate effects of inhaling chlorine gas can escalate quickly, making this a critical issue during a leak in any populated area. While foul odor, skin irritation, and food contamination are factors related to chlorine exposure, they are secondary to the respiratory risks. The characteristic strong smell of chlorine may alert individuals to the presence of the gas; however, relying solely on smell can be dangerous because the smell may not be detectable at all harmful concentrations. Skin irritation can occur upon contact with chlorine, but the most urgent and serious health impact remains the potential for significant respiratory distress. Food contamination is also a concern but is not the primary or immediate danger posed to individuals exposed to chlorine gas in a public space.

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