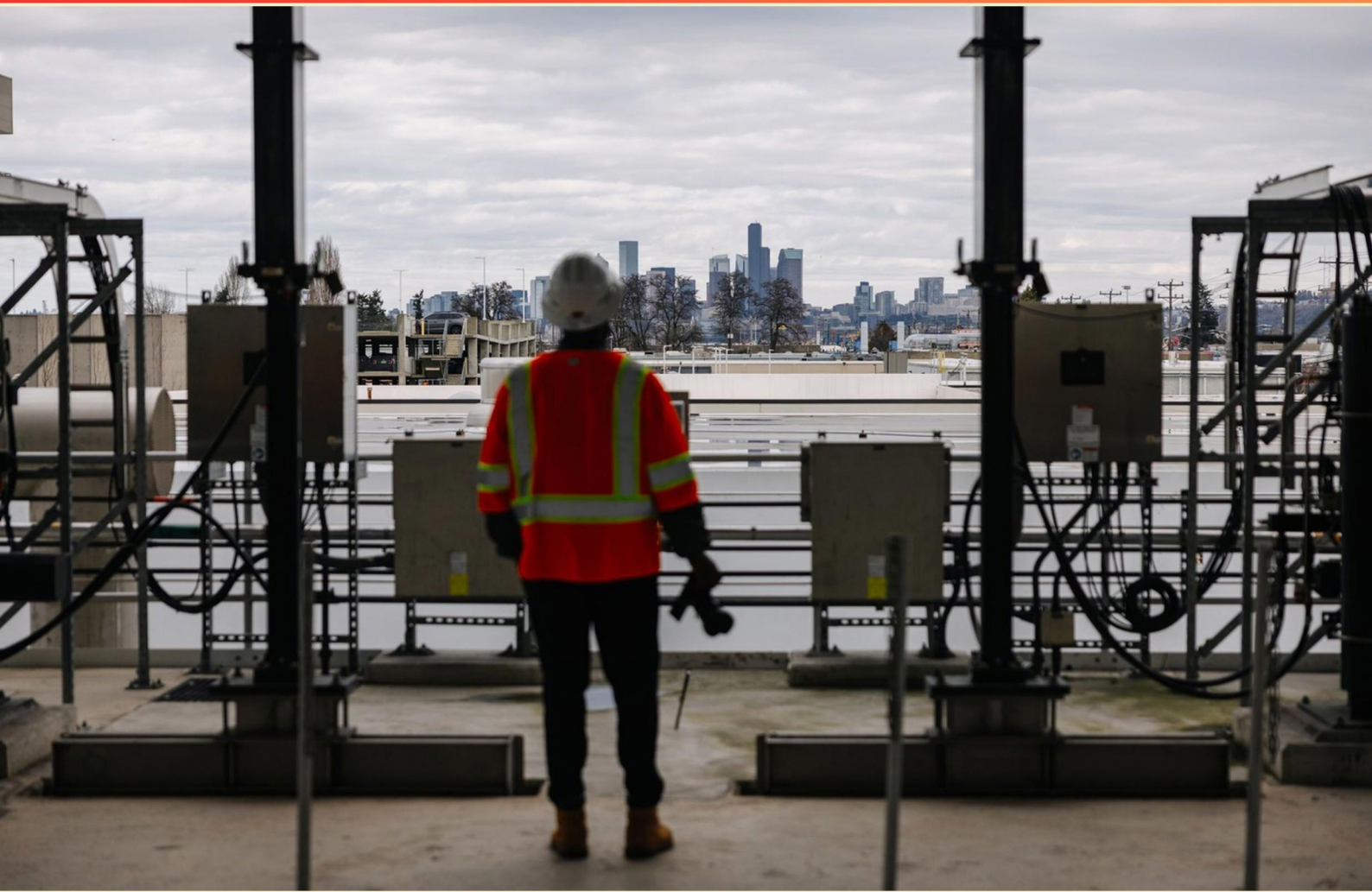


NEHA GENERAL ENVIRONMENTAL HEALTH PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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

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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 must be followed to ensure that samples are collected in a legally defensible manner?**
 - A. Documentation strategy
 - B. Chain of custody
 - C. Health safety protocol
 - D. Research methodology
- 2. Which health effects are typically associated with radon gas exposure?**
 - A. Skin rash
 - B. Lung cancer
 - C. Hearing loss
 - D. Kidney damage
- 3. Environmental public health investigations include which of the following?**
 - A. Only water quality issues
 - B. Surveys and inspections
 - C. All of the above
 - D. Educational outreach
- 4. According to the Bureau of the Census, suburban areas:**
 - A. Have shown an increase in population since 1970
 - B. Have shown a decrease in population since 1970
 - C. Are considered high taxed areas
 - D. Will predict future population growth
- 5. What is the main focus of the National Institute of Environmental Health Sciences (NIEHS)?**
 - A. Regulating food safety standards
 - B. Supporting research on environmental impacts on health
 - C. Promoting sustainable agriculture
 - D. Controlling hazardous waste disposal

6. In Stage 2 of the demographic transition, what primarily decreases?

- A. Fertility rates
- B. Mortality rates
- C. Population density
- D. Emigration rates

7. What are biohazards?

- A. Organic substances that enhance growth
- B. Chemical agents that cause pollutants
- C. Biological substances that pose a threat to health
- D. Physical hazards in environmental sites

8. Public health systems are commonly defined as _____ that contribute to the delivery of essential public health services.

- A. non-profit groups and industry associates
- B. public, private, and voluntary entities
- C. private, industry, and corporate entities
- D. governmental organizations only

9. Which aspect does "greenwashing" NOT involve?

- A. Misleading environmental claims
- B. Transparency in business practices
- C. Promotion of superficial environmental benefits
- D. Marketing strategies aimed at sustainability

10. What is the primary factor used by the Montreal Protocol to categorize substances?

- A. Their chemical composition
- B. Their ozone depletion potential (ODP)
- C. Their atmospheric lifetime
- D. Their global warming potential (GWP)

Answers

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

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Explanations

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1. What must be followed to ensure that samples are collected in a legally defensible manner?

- A. Documentation strategy
- B. Chain of custody**
- C. Health safety protocol
- D. Research methodology

To ensure that samples are collected in a legally defensible manner, following a chain of custody is essential. The chain of custody refers to the process of maintaining and documenting the handling of evidence or samples from the moment they are collected until they are presented in court or analyzed. This process includes maintaining a clear record of who collected the sample, the conditions under which it was collected, how it was transported, and who had access to it at all times. Establishing a chain of custody is crucial because it helps prevent tampering, contamination, or misinterpretation of the samples. By documenting each step and maintaining a controlled transfer of the samples, it supports the integrity of the evidence and ensures that it can withstand legal scrutiny. Courts require proof that the samples have been handled correctly and that they are what they claim to be. Other aspects, such as documentation strategies or health safety protocols, while important in their own right, do not specifically address the legal defensibility of the samples in the way that a properly maintained chain of custody does. Research methodology is critical for ensuring scientific accuracy and reliability of results but does not inherently relate to the legal standards necessary for evidence collection. Thus, the emphasis on a chain of custody effectively highlights the importance of meticulous handling and

2. Which health effects are typically associated with radon gas exposure?

- A. Skin rash
- B. Lung cancer**
- C. Hearing loss
- D. Kidney damage

Radon gas exposure is primarily associated with severe health effects, most notably lung cancer. Radon is a colorless, odorless gas that results from the natural decay of uranium in soil, rock, and water. When radon is inhaled, radon decay products can attach to lung tissue, leading to cellular damage and increasing the risk of lung cancer over prolonged exposure. This association has been well-documented in scientific studies, with radon being recognized as the second-leading cause of lung cancer in the United States after smoking. Skin rash, hearing loss, and kidney damage are not typically linked to radon exposure. Skin rash is more often related to allergens or irritants, hearing loss can result from various factors including noise exposure or aging, and kidney damage usually stems from other environmental toxins or health conditions rather than radon. Therefore, lung cancer remains the primary and significant health concern regarding radon exposure.

3. Environmental public health investigations include which of the following?

- A. Only water quality issues
- B. Surveys and inspections
- C. All of the above**
- D. Educational outreach

Environmental public health investigations encompass a wide range of activities aimed at understanding and mitigating the impacts of environmental factors on human health. Surveys and inspections are critical components of these investigations as they gather data on various environmental conditions and health outcomes. These methods allow health officials to assess compliance with regulations, identify potential hazards, and evaluate the effectiveness of public health interventions. Additionally, educational outreach plays a vital role in environmental public health by informing communities about potential risks and promoting practices that can reduce exposure to harmful environmental factors. This outreach helps empower individuals with knowledge that can lead to better health outcomes and community resilience. By including both surveys and inspections as well as educational outreach, environmental public health investigations provide a comprehensive approach to addressing health issues related to environmental concerns, which is why the inclusive option that states "All of the above" is correct.

4. According to the Bureau of the Census, suburban areas:

- A. Have shown an increase in population since 1970**
- B. Have shown a decrease in population since 1970
- C. Are considered high taxed areas
- D. Will predict future population growth

Suburban areas have indeed shown an increase in population since 1970, which reflects broader trends in urbanization and residential migration patterns. Many people have moved to suburban regions seeking more space, better housing options, and perceived quality of life improvements compared to densely populated urban centers. This growth in suburbs is often attributed to factors such as the expansion of transportation infrastructure, availability of land for development, and the appeal of suburban schools and community amenities. In addition to demographic shifts, economic factors and changes in lifestyle preferences also contribute to the ongoing growth of suburban areas. Throughout the decades, suburban regions have become increasingly popular, leading to significant developments in residential, retail, and service industries to accommodate the growing population. This trend aligns with broader patterns observed in the United States, making option A the most accurate statement regarding suburban population changes since 1970.

5. What is the main focus of the National Institute of Environmental Health Sciences (NIEHS)?

- A. Regulating food safety standards
- B. Supporting research on environmental impacts on health**
- C. Promoting sustainable agriculture
- D. Controlling hazardous waste disposal

The National Institute of Environmental Health Sciences (NIEHS) primarily focuses on supporting research that investigates how environmental factors impact human health. This includes studying the effects of pollutants, chemical exposures, and biological agents on health outcomes. By funding and facilitating research, NIEHS aims to advance our understanding of environmental health risks and contribute to the development of strategies for disease prevention and health promotion. The institute plays a crucial role in bridging the gap between scientific discovery and public health initiatives, thereby informing policy decisions and enhancing community well-being. The emphasis on research about the interplay between the environment and health is fundamental to NIEHS's mission and encompasses a wide range of topics, including toxicology, epidemiology, and environmental genetics. While regulating food safety, promoting sustainable agriculture, and controlling hazardous waste disposal are important aspects of environmental health, they do not represent the core mission of NIEHS as comprehensively as supporting environmental health research does.

6. In Stage 2 of the demographic transition, what primarily decreases?

- A. Fertility rates
- B. Mortality rates**
- C. Population density
- D. Emigration rates

In Stage 2 of the demographic transition, mortality rates primarily decrease. This stage is characterized by improvements in healthcare, sanitation, and nutrition, which lead to a significant reduction in death rates, especially in infants and young children. As these improvements take effect, people begin to live longer, contributing to population growth since the birth rates remain relatively high during this stage. The decrease in mortality rates is a crucial factor that differentiates Stage 2 from Stage 1, where mortality rates are high due to disease, famine, and lack of medical care. While fertility rates may eventually decline in later stages, during Stage 2, they typically remain high, so the population grows rapidly due to the declining mortality. This contrasts with the other options, which do not accurately reflect the primary demographic changes observed during this stage.

7. What are biohazards?

- A. Organic substances that enhance growth
- B. Chemical agents that cause pollutants
- C. Biological substances that pose a threat to health**
- D. Physical hazards in environmental sites

Biohazards refer to biological substances that pose a threat to health, typically in relation to living organisms. This includes microorganisms such as bacteria, viruses, and fungi, as well as potentially harmful biological materials like human or animal tissues, blood, and other bodily fluids. Understanding biohazards is crucial in fields like environmental health, public health, and safety protocols because they can lead to diseases, infections, and other health-related issues if not properly managed. The implications of biohazards span various settings, including healthcare facilities, laboratories, and environments where there is a potential for exposure to pathogens. Recognizing and mitigating risks associated with biohazards is essential for protecting community health and preventing outbreaks of communicable diseases. In contrast, the other options refer to types of substances or hazards that do not fit the definition of biohazards. For instance, organic substances that enhance growth are related to agriculture or biochemistry but do not necessarily pose health risks. Chemical agents that cause pollutants concern environmental chemistry and toxicity but lack a biological component. Lastly, physical hazards refer to tangible threats like machinery or environmental conditions that can cause injuries, rather than biological threats to health. Understanding these distinctions is vital in the study of environmental health and safety protocols.

8. Public health systems are commonly defined as _____ that contribute to the delivery of essential public health services.

- A. non-profit groups and industry associates
- B. public, private, and voluntary entities**
- C. private, industry, and corporate entities
- D. governmental organizations only

Public health systems encompass a broad network of agencies and organizations that work together to ensure the delivery of essential public health services. This definition accurately reflects the involvement of various stakeholders, which includes public institutions (like government health departments), private sector organizations (such as healthcare providers and insurers), and voluntary entities (such as non-profit organizations focused on health promotion and disease prevention). The inclusion of all three categories—public, private, and voluntary entities—highlights the collaborative nature of public health efforts. Such collaboration ensures a comprehensive approach to health issues, leveraging resources and expertise from different sectors to address community health needs effectively. In public health, the interplay between these entities is crucial, as they work in tandem to implement policies, conduct research, and deliver health interventions. The other options focus on narrower or less comprehensive groups and do not capture the full spectrum of actors in public health. For example, only highlighting governmental organizations overlooks the vital roles that private and voluntary sectors play in promoting and protecting public health. Therefore, recognizing the synergy between public, private, and voluntary entities provides a more holistic understanding of how public health systems operate and succeed.

9. Which aspect does "greenwashing" NOT involve?

- A. Misleading environmental claims
- B. Transparency in business practices**
- C. Promotion of superficial environmental benefits
- D. Marketing strategies aimed at sustainability

Greenwashing refers to the practice where companies or organizations convey an exaggerated or misleading perception of their environmental practices or benefits. It typically involves a marketing strategy that may emphasize superficial environmental benefits while obscuring the actual environmental impact of their operations. The concept does not align with transparency in business practices. In fact, greenwashing is characterized by a lack of transparency, as it often involves making misleading environmental claims that are not supported by genuine sustainability efforts. Companies engaging in greenwashing tend to highlight only select positive attributes of their products or practices without providing a complete or honest account of their overall impact on the environment. In contrast, misleading environmental claims, promoting superficial benefits, and utilizing marketing strategies directed at sustainability can all be indicative of greenwashing. However, transparency involves open and honest communication about environmental practices, which is fundamentally opposite to the deceptive nature of greenwashing.

10. What is the primary factor used by the Montreal Protocol to categorize substances?

- A. Their chemical composition
- B. Their ozone depletion potential (ODP)**
- C. Their atmospheric lifetime
- D. Their global warming potential (GWP)

The Montreal Protocol primarily categorizes substances based on their ozone depletion potential (ODP), which directly measures a substance's capacity to deplete the ozone layer. ODP is an essential metric because the agreements established under the protocol aim to protect the stratospheric ozone layer by controlling and phasing out substances that exhibit a high potential to cause ozone depletion. When the protocol was formed in 1987, it recognized that certain chemicals, particularly chlorofluorocarbons (CFCs) and halons, have significant adverse effects on the ozone layer. By categorizing substances according to their ODP, the protocol ensures that action can be taken to reduce or eliminate those with the most damaging impacts on atmospheric ozone. While factors like chemical composition, atmospheric lifetime, and global warming potential are also important in understanding the broader environmental impacts of various substances, the primary focus of the Montreal Protocol is specifically on how substances affect ozone depletion. Therefore, the emphasis on ODP is crucial for the goals of the agreement and its ongoing success in protecting the ozone layer.

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://nehagenenvihealth.examzify.com>

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

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