

# NEHA Registered Environmental Health Specialist/Registered Sanitarian (REHS/RS) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## Questions

- 1. Which substance is commonly used as a coagulant in water treatment?**
  - A. Aluminum sulfate**
  - B. Calcium sulfate**
  - C. Potassium chloride**
  - D. Sodium phosphate**
- 2. What must be done to minimize risks associated with hazardous waste site operations?**
  - A. Implement a site work plan**
  - B. Conduct regular employee training**
  - C. Establish medical surveillance**
  - D. All of the above**
- 3. According to the FDA, what is the maximum time that sunlamps radiating UV rays can operate before automatically shutting off?**
  - A. 30 minutes or less**
  - B. 20 minutes or less**
  - C. 10 minutes or less**
  - D. None of the above**
- 4. What is considered the primary cause of disease resulting from general environmental exposure?**
  - A. TCCD**
  - B. PCBs**
  - C. Asbestos**
  - D. Dioxin**
- 5. The site control program at an uncontrolled hazardous waste site must include what element?**
  - A. Site work zones**
  - B. Times when EPA is likely to inspect**
  - C. Medical surveillance requirements**
  - D. None of the above**



- 6. What type of disease is schistosomiasis classified as?**
- A. A water contact disease**
  - B. A foodborne disease**
  - C. A milkborne disease**
  - D. An airborne disease**
- 7. An Environmental Impact Statement (EIS) is required by which act when significant environmental impact is indicated?**
- A. EPA**
  - B. NEPA**
  - C. HUD**
  - D. USDA**
- 8. Which statement regarding identical sound levels and their effect on overall sound level is true?**
- A. It increases the overall level by 10 dB.**
  - B. It decreases the overall level by 5 dB.**
  - C. It has no effect on the overall level.**
  - D. The effect cannot be determined without specific data.**
- 9. During nuclear emergencies, which agency provides technical support?**
- A. EPA**
  - B. DOE**
  - C. FDA**
  - D. All of the above**
- 10. Why are anticoagulant type rodenticides coated with paraffin?**
- A. prevents rodents from smelling poison**
  - B. slows down killing effect so rodents can die in nest**
  - C. prevent decomposition of poison by rain moisture**
  - D. increases toxicity of poison**

## **Answers**

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

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## **Explanations**

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**1. Which substance is commonly used as a coagulant in water treatment?**

**A. Aluminum sulfate**

**B. Calcium sulfate**

**C. Potassium chloride**

**D. Sodium phosphate**

Aluminum sulfate is widely recognized as a coagulant in water treatment processes. Coagulation is a critical step in water purification, where coagulants help to aggregate and settle out suspended particles and impurities that may be present in the water. When aluminum sulfate is added to water, it reacts with the natural alkalinity present in the water to form aluminum hydroxide, which is a gelatinous substance. This aluminum hydroxide precipitate traps small particles, bacteria, and other contaminants present in the water, allowing them to be removed more easily during subsequent filtration stages. The use of aluminum sulfate is particularly effective because it can work efficiently across various pH conditions and is effective in a wide range of water qualities, making it a go-to choice for municipal water treatment facilities. The resulting flocs that form during this process help clarify the water by making it easier to filter out debris and impurities. Other substances such as calcium sulfate, potassium chloride, and sodium phosphate are not primarily used for coagulation in water treatment. Calcium sulfate is more commonly associated with hard water issues and doesn't function as a coagulant. Potassium chloride typically serves as a source of potassium ions and is often used in water softening processes rather than coagulation. Sodium phosphate can

**2. What must be done to minimize risks associated with hazardous waste site operations?**

**A. Implement a site work plan**

**B. Conduct regular employee training**

**C. Establish medical surveillance**

**D. All of the above**

Minimizing risks associated with hazardous waste site operations involves a comprehensive approach that incorporates multiple strategies to ensure safety and health for all personnel involved. Each of the actions listed plays a critical role in managing hazards effectively. Implementing a site work plan is essential because it lays out the operational guidelines and safety procedures to be followed at the site. This plan includes details about the site layout, types of hazardous materials present, possible exposures, emergency procedures, and waste management practices. A well-structured work plan serves as a roadmap for personnel, guiding them on how to proceed safely in a potentially dangerous environment. Conducting regular employee training is necessary to ensure that all workers are aware of the hazards they may encounter and know how to protect themselves effectively. This training includes understanding the proper use of personal protective equipment (PPE), recognizing hazardous conditions, and being familiar with emergency response procedures. Continuous education and drills help reinforce safe practices and prepare employees to act swiftly and safely in an emergency. Establishing medical surveillance is crucial for monitoring the health of workers who may be exposed to hazardous substances. Medical surveillance involves regular health assessments and monitoring that can help detect any early signs of health issues related to hazardous exposures. This proactive approach helps in preventing and mitigating long-term health effects

**3. According to the FDA, what is the maximum time that sunlamps radiating UV rays can operate before automatically shutting off?**

- A. 30 minutes or less**
- B. 20 minutes or less**
- C. 10 minutes or less**
- D. None of the above**

The correct context here involves understanding the regulations established by the FDA regarding sunlamp usage in relation to the safety of consumers. The FDA mandates that sunlamps must have an automatic shut-off feature that activates after a maximum duration of 15 minutes of operation. This regulation is designed to minimize the risk of overexposure to ultraviolet (UV) radiation, which can lead to severe skin damage and increase the risk of skin cancer. The interval of 15 minutes is significant because it reflects a balance between allowing sufficient exposure for tanning while also safeguarding public health by preventing prolonged exposure that could lead to harmful effects. Given this standard, the correct choice indicates that none of the provided options accurately reflects this requirement, as none offer a maximum time of 15 minutes or less for operation before automatic shut-off. Thus, "None of the above" is the appropriate answer in the context of the FDA's guidelines.

**4. What is considered the primary cause of disease resulting from general environmental exposure?**

- A. TCDD**
- B. PCBs**
- C. Asbestos**
- D. Dioxin**

The primary cause of disease resulting from general environmental exposure is asbestos. Asbestos is a naturally occurring mineral that was widely used in construction materials and various industrial applications due to its insulating properties and resistance to fire. However, when asbestos fibers are inhaled, they can lead to serious health problems, including asbestosis, lung cancer, and mesothelioma, a particularly aggressive form of cancer affecting the lining of the lungs. Asbestos exposure is significant because of its widespread historical use and the subsequent long latency period between exposure and the onset of disease. This makes it a critical public health concern and a primary focus in environmental health regulation and education. While substances like TCDD, PCBs, and dioxins are also toxic and can lead to various health issues, asbestos remains one of the most well-recognized causes of disease linked specifically to environmental exposure, particularly in occupational settings and older residential areas where regulations on its use have only recently become stringent.

**5. The site control program at an uncontrolled hazardous waste site must include what element?**

- A. Site work zones**
- B. Times when EPA is likely to inspect**
- C. Medical surveillance requirements**
- D. None of the above**

A site control program at an uncontrolled hazardous waste site is crucial for ensuring the safety of personnel and the public, as well as the integrity of the environmental remediation process. One of the key elements of this program is the establishment of site work zones. Work zones help to delineate areas with varying levels of risk, allowing for proper management of safety protocols, equipment, and personnel based on the hazard levels present in different parts of the site. By defining these zones, the program can implement appropriate safety measures and controls, such as restricting access to high-risk areas and ensuring that workers are equipped with the necessary personal protective equipment (PPE) based on the specific hazards they may encounter. This is vital for maintaining a safe working environment and for ensuring that the response activities are conducted effectively without exposing workers or the surrounding community to hazardous substances.

**6. What type of disease is schistosomiasis classified as?**

- A. A water contact disease**
- B. A foodborne disease**
- C. A milkborne disease**
- D. An airborne disease**

Schistosomiasis is classified as a water contact disease because it is caused by parasitic worms of the genus *Schistosoma*, which complete part of their life cycle in freshwater environments. Humans typically become infected with schistosomiasis when they come into contact with contaminated water sources harboring the larvae of these parasites. These larvae penetrate the skin upon contact, leading to infection. This mode of transmission underscores the importance of water sanitation and hygiene in controlling the spread of schistosomiasis. In contrast, the other disease classifications listed do not apply to schistosomiasis, as it is not primarily transmitted through food, milk, or the air.

**7. An Environmental Impact Statement (EIS) is required by which act when significant environmental impact is indicated?**

- A. EPA**
- B. NEPA**
- C. HUD**
- D. USDA**

An Environmental Impact Statement (EIS) is primarily associated with the National Environmental Policy Act (NEPA). This federal law, enacted in 1969, mandates that federal agencies assess the environmental effects of their proposed actions before making decisions. The intent of an EIS is to inform decision-makers and the public of the potential environmental impacts of a project and explore alternatives and mitigation measures. NEPA requires an EIS to be developed when a federal project is likely to have significant environmental impacts. This extensive review process helps ensure that environmental factors are considered alongside economic and technical factors in decision-making, contributing to sustainable development. Therefore, the correct association of the EIS requirement with NEPA reflects the act's commitment to promoting informed environmental governance and public involvement in federal decision-making processes.

**8. Which statement regarding identical sound levels and their effect on overall sound level is true?**

- A. It increases the overall level by 10 dB.**
- B. It decreases the overall level by 5 dB.**
- C. It has no effect on the overall level.**
- D. The effect cannot be determined without specific data.**

The correct concept regarding identical sound levels is that when two sound sources produce sound at the same level, the overall sound level increases, but not linearly. Specifically, when two identical sounds are combined, the increase in sound level is approximately 3 dB, rather than a full 10 dB. The statement that it decreases the overall level by 5 dB is not accurate in terms of how sound levels interact. The phenomenon here is rooted in the logarithmic nature of sound levels, measured in decibels (dB). When a sound is doubled in intensity, the increase is perceived as being about 3 dB. This means that if two identical sound levels are present, they would effectively raise the overall sound level by about 3 dB, not lower it. It is important to understand that since sound levels are measured on a logarithmic scale, combining identical sounds does not adhere to arithmetic addition. If the original sound level was, for example, 70 dB, adding another identical sound of 70 dB would result in an increase to approximately 73 dB, reflecting the aforementioned 3 dB increase rather than any decrease. This fundamental principle helps explain how sound levels interact and why the other specific statements



**9. During nuclear emergencies, which agency provides technical support?**

- A. EPA**
- B. DOE**
- C. FDA**
- D. All of the above**

In the context of nuclear emergencies, multiple agencies play critical roles in providing technical support. The correct answer encompasses the involvement of various federal organizations, each contributing their expertise and resources. The Environmental Protection Agency (EPA) is responsible for protecting human health and the environment, which includes monitoring radiation levels, assessing environmental impacts, and providing updates on safety measures during a nuclear incident. The Department of Energy (DOE) has significant expertise in nuclear physics and technology, including the management of nuclear materials and responses to nuclear threats. They provide technical analysis and support in dealing with the nuclear emergency itself. The Food and Drug Administration (FDA) also has a role, particularly in ensuring the safety of food and pharmaceuticals that might be affected by radiation. They provide guidance on food safety and public health recommendations during such emergencies. By identifying that all of these agencies have a vested interest and specialized knowledge relevant to nuclear emergencies, the choice indicating that all of the above provide technical support is correct. Each agency's role is interconnected, emphasizing the collaborative nature of federal responses in crisis situations, thereby enhancing preparedness and public safety.

**10. Why are anticoagulant type rodenticides coated with paraffin?**

- A. prevents rodents from smelling poison**
- B. slows down killing effect so rodents can die in nest**
- C. prevent decomposition of poison by rain moisture**
- D. increases toxicity of poison**

Anticoagulant type rodenticides are coated with paraffin primarily to prevent decomposition of the poison by rain moisture. This coating helps protect the active ingredients from being degraded or diluted when exposed to environmental factors such as water. By sealing the rodenticides, it ensures that they remain effective for a longer period, which is crucial for controlling rodent populations effectively. Maintaining the potency of the poison is essential for ensuring that rodents consume enough of the bait to achieve the desired lethality, thereby enhancing the effectiveness of rodent control efforts. Additionally, the protection provided by the paraffin coating is important in outdoor environments where exposure to moisture is high.

## 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://neharehsrs.examzify.com>**

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