

NEHA REGISTERED ENVIRONMENTAL HEALTH SPECIALIST/REGISTERED SANITARIAN (REHS/RS) 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. Which composting method requires the least amount of land space?**
 - A. Bangalore process
 - B. Fairfield-Hardy process
 - C. Beccari method
 - D. None of the above
- 2. The best control of swimmer's itch at a bathing beach is to**
 - A. add copper sulfate
 - B. increase the chlorine residual
 - C. lower the chlorine residual
 - D. use fine mesh nets
- 3. The wastewater generated from washing out refuse bins and containers must adhere to which requirement?**
 - A. Can be disposed of with the garbage
 - B. Must pass through a grease trap before entering a sewerage system
 - C. Should not be allowed to run onto the surface of the ground
 - D. All of the above
- 4. What is the primary reason the pH of a pool should stay less than 8?**
 - A. causes skin irritation
 - B. decreases the amount of active chlorine available
 - C. promotes growth of coli form
 - D. attacks concrete walls
- 5. In preparing a legal action, one of the first steps a sanitarian should do is to?**
 - A. Obtain a warrant
 - B. Obtain a court order
 - C. Keep very accurate records
 - D. Check with other agencies

- 6. What is the foundational purpose of using subdivision regulations in planning?**
- A. To increase property values
 - B. To enhance environmental protection
 - C. To ensure orderly community growth
 - D. To reduce government oversight
- 7. The major cause of lead poisoning in children is primarily due to which of the following?**
- A. Eating paint chips
 - B. Inhaling lead contaminated household dust
 - C. Ingesting lead-contaminated food
 - D. Putting dirty fingers into their mouths
- 8. During which process are PCBs most likely to move through the food chain?**
- A. Bioaccumulation
 - B. Biodegradation
 - C. Biomagnification
 - D. Metabolism
- 9. Which of the following is NOT a category of hazard control?**
- A. Engineering control
 - B. Administrative control
 - C. Professional control
 - D. Education control
- 10. What is the purpose of prechilling milk after it leaves the cow?**
- A. To ensure rapid bulk cooling within the tank
 - B. To locate toxic chemicals before they enter the tank
 - C. To detect infected or feverish heifers
 - D. To mellow the flavor of the final product

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which composting method requires the least amount of land space?

- A. Bangalore process
- B. Fairfield-Hardy process
- C. Beccari method
- D. None of the above**

The correct answer centers around the understanding of composting methods and their spatial requirements. The Bangalore process, Fairfield-Hardy process, and Beccari method are all recognized composting techniques, but they vary in their design and the space they require for implementation. The Bangalore process is known for its aerated static pile system, which can be space-efficient while maximizing airflow to the compost. The Fairfield-Hardy process involves a more traditional approach of turning compost, which may require additional land depending on the scale. Similarly, the Beccari method, which often involves a layered approach, also has its spatial considerations. When stating that none of the above methods is the most space-efficient, it suggests that alternative methods exist that utilize less land than those mentioned, or that the evaluation of space needs might not clearly favor any of the listed methods over others. This indicates that while the listed methods are valid, they each have different land requirements based on their design and implementation specifics, leading to the conclusion that none of them is definitively the least land-consuming among all possible composting strategies.

2. The best control of swimmer's itch at a bathing beach is to

- A. add copper sulfate**
- B. increase the chlorine residual
- C. lower the chlorine residual
- D. use fine mesh nets

The best control method for swimmer's itch at a bathing beach is to use fine mesh nets. This is effective because swimmer's itch is caused by cercariae, the larval stage of certain parasitic worms. These cercariae are released from infected snails and can penetrate the skin of bathers, leading to irritation and discomfort. Using fine mesh nets can help physically block these cercariae from reaching swimmers, reducing the incidence of swimmer's itch significantly. The nets act as a barrier, preventing the parasites from entering the swimming area while still allowing clean water to flow through. In contrast, adding copper sulfate is primarily used for controlling algae in water bodies and does not have a direct effect on swimmer's itch. Chlorine, while important for disinfecting recreational water, is effective at preventing pathogens in water rather than controlling parasites like those responsible for swimmer's itch. Adjusting chlorine levels, whether increasing or decreasing, does not address the root cause of swimmer's itch, which is related to the presence of infected snails and their larvae in the water. Therefore, using fine mesh nets provides a direct and practical solution to mitigate the risk of swimmer's itch at bathing beaches.

3. The wastewater generated from washing out refuse bins and containers must adhere to which requirement?

- A. Can be disposed of with the garbage
- B. Must pass through a grease trap before entering a sewerage system
- C. Should not be allowed to run onto the surface of the ground

D. All of the above

The correct choice encompasses all the stated requirements regarding the wastewater generated from washing out refuse bins and containers. First, the disposal of these wastewater streams must not negatively impact the environment or public health. Allowing the wastewater to run onto the surface of the ground can lead to contamination of the soil and waterways, creating unsanitary conditions and posing health risks. Adhering to regulations that prevent this scenario is crucial. Second, passing the wastewater through a grease trap before it enters the sewerage system is essential when the wastewater contains oils or fatty substances. Grease traps are designed to capture these contaminants, preventing blockages and ensuring that the sewage system operates efficiently without becoming clogged or damaged. Lastly, while the wastewater cannot simply be disposed of with regular garbage, this is an integral part of managing refuse-related wastewater responsibly. It highlights the need for proper treatment and disposal methods instead of contributing to waste streams that might not be managed adequately. Thus, all these requirements work together to ensure the safe and responsible handling of wastewater from refuse bins, making the choice encompassing all options the right answer.

4. What is the primary reason the pH of a pool should stay less than 8?

- A. causes skin irritation
- B. decreases the amount of active chlorine available**
- C. promotes growth of coli form
- D. attacks concrete walls

The primary reason for maintaining the pH of a pool below 8 is that a higher pH level can decrease the efficacy of chlorine as a disinfectant. Chlorine exists in different forms depending on the pH, and the form known as hypochlorous acid is the most effective in killing germs and pathogens. As the pH increases beyond 7.5, the presence of hypochlorous acid diminishes, leading to a decrease in the overall disinfection potential of the chlorine present in the water. This can result in inadequate sanitation and could potentially lead to waterborne illnesses. Keeping the pH below 8 ensures optimal chlorine activity, thus maintaining a safe and clean swimming environment.

5. In preparing a legal action, one of the first steps a sanitarian should do is to?

- A. Obtain a warrant
- B. Obtain a court order
- C. Keep very accurate records**
- D. Check with other agencies

In the context of preparing for a legal action, keeping very accurate records is fundamental for a sanitarian. Accurate records serve as documented evidence that can support the case in a court of law. These records could include inspections, test results, communications with parties involved, and any regulatory compliance checks. They provide a detailed account of the sanitarian's observations, the conditions encountered, and the actions taken in response to any public health concerns. Precise documentation is crucial for building a reliable narrative and can help establish the legitimacy of the actions taken by the sanitarian. If legal proceedings arise, having well-maintained records can substantively help in defending the decisions made based on the evidence collected. While obtaining warrants or court orders may be necessary steps in specific cases, and checking with other agencies can provide valuable information and support, the foundational step in preparing for legal action is to ensure that all records are meticulously maintained. This thoroughness is what underlines the credibility and professionalism of the sanitarian's work.

6. What is the foundational purpose of using subdivision regulations in planning?

- A. To increase property values
- B. To enhance environmental protection
- C. To ensure orderly community growth**
- D. To reduce government oversight

The foundational purpose of using subdivision regulations in planning is to ensure orderly community growth. These regulations establish guidelines for the development and division of land into lots, ensuring that the growth of a community is well-organized, sustainable, and compatible with both existing infrastructure and future expansion plans. By setting standards for design, density, and land use, these regulations help to prevent haphazard development, which can lead to issues such as overcrowding, inadequate public services, and environmental degradation. Orderly growth also addresses community needs by creating systematic pathways for the provision of utilities, road access, and public spaces, contributing to the overall functionality and livability of a community. This proactive planning approach is essential for harmoniously integrating new developments with existing neighborhoods and urban environments. While enhancing environmental protection and increasing property values may be secondary benefits of subdivision regulations, the primary goal remains the provision of a structured framework that promotes thoughtful and cohesive development patterns within a community.

7. The major cause of lead poisoning in children is primarily due to which of the following?

- A. Eating paint chips
- B. Inhaling lead contaminated household dust**
- C. Ingesting lead-contaminated food
- D. Putting dirty fingers into their mouths

The major cause of lead poisoning in children is primarily due to inhaling lead-contaminated household dust. This dust can originate from lead-based paint that deteriorates over time, particularly in older homes built before 1978 when lead-based paints were commonly used. Children are particularly vulnerable because they frequently engage in behaviors such as crawling and playing on the floor, where lead dust can accumulate. When children inhale or ingest this contaminated dust, it can lead to significant health issues, as even low levels of lead exposure can adversely affect a child's development, learning, and behavior. Moreover, lead can also be absorbed through the skin, but inhalation of dust is often considered a more significant pathway due to how widespread and easily accessible it is in a home environment where lead-based paint was used. Other options may contribute to lead exposure as well, but the dust presents a more pervasive risk, especially in settings where children frequently play or spend time. Lead-contaminated food is less common, as food sources are typically monitored for lead levels. Similarly, while putting dirty fingers into their mouths can be a potential exposure route, it is often the presence of household dust that presents the most consistent and significant source of lead for young children.

8. During which process are PCBs most likely to move through the food chain?

- A. Bioaccumulation
- B. Biodegradation
- C. Biomagnification**
- D. Metabolism

PCBs (polychlorinated biphenyls) are persistent environmental pollutants that do not easily break down in the environment or in living organisms. The process of biomagnification specifically refers to how certain substances, like PCBs, increase in concentration as they move up the food chain. As smaller organisms in aquatic systems absorb these compounds, they do not eliminate them efficiently. As these smaller organisms are consumed by larger predators, the concentration of PCBs is amplified in the tissues of these higher trophic levels. This results in top predators, such as larger fish, birds, or mammals, having significantly higher levels of PCBs than are present in the surrounding environment or in their prey. In contrast, bioaccumulation refers to the accumulation of toxins within an organism, rather than increasing through the food chain. Biodegradation pertains to the breakdown of materials by microorganisms, which is not applicable here since PCBs are known for their resistance to degradation. Metabolism involves the chemical processes within organisms that convert substances into different forms, but this is typically relevant for substances that are more readily processed or excreted, rather than persistent pollutants. Therefore, the correct answer highlights the critical environmental concern regarding how PCBs can become increasingly concentrated in organisms at

9. Which of the following is NOT a category of hazard control?

- A. Engineering control
- B. Administrative control
- C. Professional control
- D. Education control**

The correct answer is based on the understanding of the various categories of hazard control typically used in workplace and environmental health practices. Engineering control, administrative control, and professional control are all recognized strategies for mitigating risks associated with hazards. Engineering controls involve modifying equipment or processes to reduce exposure to hazards, such as installing ventilation systems or using safety barriers. Administrative controls refer to policies and procedures designed to reduce risk, including training, scheduling, or maintaining safe operating procedures. Professional control can represent the practices and ethical standards upheld by professionals in the field to manage and mitigate exposures. On the other hand, "education control" is not formally recognized as a separate category of hazard control. While education is an important component of risk management, it often falls under the umbrella of administrative controls or training initiatives rather than being classified as a distinct category. This clarifies why it is considered not to be a category of hazard control.

10. What is the purpose of prechilling milk after it leaves the cow?

- A. To ensure rapid bulk cooling within the tank**
- B. To locate toxic chemicals before they enter the tank
- C. To detect infected or feverish heifers
- D. To mellow the flavor of the final product

Prechilling milk after it leaves the cow serves a critical role in ensuring rapid bulk cooling within the tank. The primary purpose of this practice is to quickly reduce the temperature of the milk to minimize the growth of bacteria and preserve the quality of the milk. This is essential because warm milk can foster a favorable environment for microbial growth, which can lead to spoilage and decrease the overall safety and wholesomeness of the milk. By prechilling milk, dairy processors can maintain it at a safe temperature, which is crucial not only for extending shelf life but also for maintaining product quality throughout transport and storage until it reaches processing facilities. Rapid cooling reduces physiological activity and helps keep the milk fresh, thereby ensuring that it meets health and safety standards.

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://neharehsrs.examzify.com>

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

SAMPLE