

NEHA REGISTERED ENVIRONMENTAL HEALTH SPECIALIST/REGISTERED SANITARIAN (REHS/RS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Which regulatory body is primarily responsible for establishing noise control measures in the workplace?**
 - A. Environmental Protection Agency (EPA)
 - B. Occupational Safety and Health Administration (OSHA)
 - C. Federal Aviation Administration (FAA)
 - D. Department of Health and Human Services (HHS)
- 2. What purpose do local sewage and waste ordinances serve?**
 - A. To encourage waste management
 - B. To establish guidelines for public health
 - C. To regulate property values
 - D. To promote industrial development
- 3. The test that indicates the amount of extraneous material in milk but does not show dissolved material is called what?**
 - A. Appearance
 - B. Microscopic count
 - C. Thermoturic
 - D. Sediment
- 4. What is the primary concern regarding exposure to low-level radiation?**
 - A. Immediate sickness
 - B. Delayed health effects
 - C. Environmental impact
 - D. None at all
- 5. What skin disease is caused by the burrowing of a mite into the skin?**
 - A. Tularemia
 - B. Scabies
 - C. Psittacosis
 - D. Pediculosis

- 6. Which type of waste management is intended to reduce emissions from landfill operations?**
- A. Incineration
 - B. Composting
 - C. Shredding
 - D. Source reduction
- 7. Nosocomial infections are a recurring problem in which setting?**
- A. Food establishments
 - B. Hospitals
 - C. Swimming pools
 - D. Health spas
- 8. The Emergency Planning and Community Right-to-Know-Act requires the disclosure of all the following except for which type of chemicals?**
- A. Chemicals produced on site
 - B. Chemicals accidentally discharged into the atmosphere
 - C. Chemicals routinely discharged into the atmosphere
 - D. All chemicals routinely discharged into the atmosphere
- 9. Areas on the windward side of mountain ranges can expect less precipitation due to the forced rising, expansion, and cooling of moving air masses. This statement is:**
- A. True
 - B. False
 - C. Only true in summer
 - D. Only true in winter
- 10. What is the leading environmental health problem affecting children in America?**
- A. Exposure to asbestos
 - B. Lead poisoning
 - C. Exposure to environmental tobacco smoke
 - D. Possible exposure to nuclear wastes

Answers

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

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Explanations

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1. Which regulatory body is primarily responsible for establishing noise control measures in the workplace?

- A. Environmental Protection Agency (EPA)
- B. Occupational Safety and Health Administration (OSHA)**
- C. Federal Aviation Administration (FAA)
- D. Department of Health and Human Services (HHS)

The Occupational Safety and Health Administration (OSHA) is the primary regulatory body responsible for establishing noise control measures in the workplace. OSHA's mission is to ensure safe and healthy working conditions by setting and enforcing standards, providing training, outreach, education, and assistance. Under the Occupational Safety and Health Act, OSHA is tasked with addressing workplace hazards, including exposure to excessive noise. OSHA has specific regulations that define permissible noise exposure levels, such as the requirement for employers to implement a hearing conservation program when employees are exposed to noise levels at or above 85 decibels averaged over an 8-hour workday. This regulatory framework is essential for preventing hearing loss and ensuring the well-being of workers exposed to hazardous noise levels in various industries. The other regulatory bodies mentioned have different primary focuses: the Environmental Protection Agency (EPA) generally addresses environmental issues including air and water quality but does not focus specifically on workplace noise; the Federal Aviation Administration (FAA) deals primarily with aviation safety and regulation, including noise related to airport operations; and the Department of Health and Human Services (HHS) centers on public health and social services, without direct responsibility for workplace noise control.

2. What purpose do local sewage and waste ordinances serve?

- A. To encourage waste management
- B. To establish guidelines for public health**
- C. To regulate property values
- D. To promote industrial development

Local sewage and waste ordinances serve primarily to establish guidelines for public health. These ordinances are critical in ensuring that waste is managed effectively to prevent health hazards associated with improper disposal and treatment of sewage. They outline the responsibilities of property owners and businesses in disposing of waste and managing sewage systems to protect the community from diseases and environmental degradation. By setting specific standards for waste disposal methods and sewage treatment, these ordinances aim to minimize risks of contamination in drinking water, soil, and air, thus safeguarding public health. They often include provisions for regular inspections, maintenance of sewer systems, and requirements for proper waste disposal techniques, all of which are vital for maintaining a safe and healthy environment for residents. While encouraging waste management and considering property values might be beneficial indirect effects of such regulations, the foremost concern of these ordinances remains the protection of public health. Promoting industrial development, while important for economic growth, is not typically a primary focus of sewage and waste ordinances. Thus, the emphasis on public health is what solidifies the role of these ordinances in community health and safety.

3. The test that indicates the amount of extraneous material in milk but does not show dissolved material is called what?

- A. Appearance
- B. Microscopic count
- C. Thermoduric

D. Sediment

The test that indicates the amount of extraneous material in milk, while not measuring dissolved material, is known as the sediment test. This method is primarily used to detect particulate matter, such as dirt, feed particles, or other impurities that can settle at the bottom of a container. Sediment in milk often results from improper handling or contamination during the production process, and assessing its amount helps determine the quality and safety of the milk. Unlike microscopic count, which evaluates the presence of microorganisms (bacteria, yeast, or molds) and can indicate the microbial quality of milk, the sediment test focuses solely on physical impurities. Thermoduric testing measures the ability of certain bacteria to survive heat treatment, which doesn't pertain to the presence of physical contaminants. The appearance of the milk might provide a visual indication of extraneous materials but doesn't quantitatively assess the sediment found in the sample. Hence, the sediment test is the most relevant for identifying non-dissolved impurities in milk.

4. What is the primary concern regarding exposure to low-level radiation?

- A. Immediate sickness
- B. Delayed health effects**
- C. Environmental impact
- D. None at all

The primary concern regarding exposure to low-level radiation is indeed related to delayed health effects. Low-level radiation is not associated with the immediate onset of illness, which means it does not typically cause acute symptoms or immediate sickness. Instead, the risks associated with low-level exposure often manifest over a longer period, potentially leading to serious health outcomes such as cancer or other chronic conditions. This delayed nature of health effects is critical to understand because it complicates the process of linking exposure to outcomes; many years may pass between exposure and the development of health issues, making it challenging to establish direct causality. The long-term biological effects of low-dose radiation can be insidious, as they may not be apparent until years post-exposure, emphasizing the importance of monitoring and regulations to mitigate risk. While environmental impact is relevant in discussions about radiation, the more pressing concern from a public health perspective is the potential for these delayed health effects on individuals and populations. Therefore, the focus on delayed health effects reflects a well-understood principle in environmental health related to radiation exposure.

5. What skin disease is caused by the burrowing of a mite into the skin?

- A. Tularemia
- B. Scabies**
- C. Psittacosis
- D. Pediculosis

*Scabies is a skin disease caused by the burrowing of the *Sarcoptes scabiei* mite into the skin. This microscopic parasite creates tunnels beneath the surface of the skin where it lays its eggs, leading to intense itching and a rash. The condition is highly contagious and often spreads through close physical contact, making it a significant public health concern. The presence of the mite triggers an immune response, which results in the characteristic symptoms of scabies, such as red, itchy bumps and lesions. Treatment typically involves topical medications that kill the mites and often requires washing clothes and bedding to prevent reinfestation. In contrast, the other conditions mentioned are caused by different pathogens or factors. Tularemia is a bacterial infection caused by *Francisella tularensis*, primarily affecting the lungs or skin but not caused by mites. Psittacosis is an infectious disease caused by *Chlamydophila psittaci*, typically associated with birds, and is unrelated to mite infestations. Pediculosis refers to an infestation of lice, which are insects, rather than mites, and affects hair on the scalp or other areas but does not involve burrowing into the skin.*

6. Which type of waste management is intended to reduce emissions from landfill operations?

- A. Incineration
- B. Composting
- C. Shredding
- D. Source reduction**

Source reduction is the most effective approach to waste management aimed at minimizing the amount of waste generated in the first place. By reducing the volume and toxicity of waste before it is even created, source reduction directly contributes to lower emissions from landfill operations. When less waste is produced, there is a decreased need for disposal, which in turn lessens the potential emissions associated with landfilling, such as methane and leachate. Additionally, source reduction can involve modifying production processes, material use, and consumption patterns to prioritize sustainability. This proactive method not only offers environmental benefits by lowering emissions but also can lead to economic savings for both manufacturers and consumers. In contrast, other waste management strategies like incineration, composting, and shredding focus on waste that has already been created, thus not actively preventing emissions from landfill sites.

7. Nosocomial infections are a recurring problem in which setting?

- A. Food establishments
- B. Hospitals**
- C. Swimming pools
- D. Health spas

Nosocomial infections, also known as hospital-acquired infections, are infections that patients can acquire while receiving treatment for other conditions within a healthcare setting, such as a hospital. These infections often occur due to various factors including invasive procedures, the presence of multiple patients with different pathogens, and the use of antibiotic therapies that may lead to resistant strains of bacteria. Hospitals are designed to treat sick individuals, which can lead to a higher risk of transmission for infections. The dense population of patients, combined with invasive devices like catheters and ventilators, creates an environment where pathogens can thrive and easily spread. The monitoring and control of nosocomial infections are critical components of infection prevention and control programs in these facilities. In contrast, the other settings listed (food establishments, swimming pools, and health spas) can have their own health risks, but they are not primarily associated with the unique dynamics that lead to a high incidence of infections that develop in hospitals.

8. The Emergency Planning and Community Right-to-Know Act requires the disclosure of all the following except for which type of chemicals?

- A. Chemicals produced on site
- B. Chemicals accidentally discharged into the atmosphere
- C. Chemicals routinely discharged into the atmosphere
- D. All chemicals routinely discharged into the atmosphere**

The Emergency Planning and Community Right-to-Know Act (EPCRA) was enacted to help communities plan for emergencies involving hazardous substances. One of the key aspects of EPCRA is its focus on transparency and the right of communities to know about chemical hazards in their vicinity. The act specifically requires the reporting and disclosure of hazardous chemicals that may pose a threat to public health and the environment. This includes chemicals that are produced on site and those that are accidentally released, as they directly impact community safety and require immediate attention in the event of an emergency. While chemicals that are routinely discharged into the atmosphere must be tracked and reported, the language of the question pertains specifically to options regarding the types of releases that require disclosure. "All chemicals routinely discharged into the atmosphere" suggests an extensive list that would cover every chemical emitted, regardless of its specific quantity or risk level, leading to an overwhelming burden of reporting that may not be critical for immediate community awareness and safety. Overall, the act prioritizes more immediate threats, such as chemicals produced onsite and those released accidentally, because these scenarios present direct dangers that require prompt community awareness and response. A general requirement for all routinely discharged chemicals to be reported, while relevant, is not aligned with the intent of immediate situational awareness that

9. Areas on the windward side of mountain ranges can expect less precipitation due to the forced rising, expansion, and cooling of moving air masses. This statement is:

- A. True
- B. False**
- C. Only true in summer
- D. Only true in winter

The statement is actually not accurate because areas on the windward side of mountain ranges typically receive more precipitation, not less. When moist air masses approach a mountain range, they are forced to rise. As the air rises, it expands and cools, leading to condensation of moisture and precipitation, which is why windward slopes are often lush and green. Conversely, as this air descends on the leeward side, it warms and tends to dry out, resulting in less precipitation in those areas, commonly leading to what is known as a rain shadow effect. Thus, the correct understanding is that the windward side experiences higher precipitation due to the orographic lift, while the leeward side experiences decreased precipitation. This relationship between mountains and precipitation patterns is fundamental in environmental science and meteorology.

10. What is the leading environmental health problem affecting children in America?

- A. Exposure to asbestos
- B. Lead poisoning**
- C. Exposure to environmental tobacco smoke
- D. Possible exposure to nuclear wastes

The leading environmental health problem affecting children in America is lead poisoning. This is primarily due to lead-based paints and lead-contaminated dust found in older homes, which are particularly hazardous to young children who often explore their environments by crawling and putting objects in their mouths. The effects of lead exposure can be severe and long-lasting, impacting cognitive development and leading to behavioral issues, reduced IQ, and other health complications. Lead poisoning has garnered significant attention from public health officials and organizations, leading to various legislative and community initiatives aimed at reducing exposure, such as inspections and remediation of older housing and education campaigns about the risks of lead. While other options, such as exposure to asbestos, environmental tobacco smoke, and nuclear waste, are indeed serious environmental health issues, they do not impact children as prevalently or as critically as lead poisoning does. For instance, asbestos-related diseases typically manifest after long-term exposure, and while environmental tobacco smoke poses risks, lead exposure has a more direct and immediate impact on a larger group of vulnerable children. Thus, recognizing lead poisoning as the foremost environmental health concern reflects its significant prevalence and the urgent need for intervention.

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!

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