

Registered Environmental Health Specialist (REHS) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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

- 1. What type of damage can arsenic cause to the skin?**
 - A. Deterioration of skin texture**
 - B. Physical harm due to exposure**
 - C. Improvement in blood flow**
 - D. Strengthening of skin cells**
- 2. What is the result of receiving two Hepatitis A vaccinations?**
 - A. Temporary immunity**
 - B. Lifetime immunity**
 - C. No immunity**
 - D. Partial immunity**
- 3. What does water quality testing primarily assess?**
 - A. Presence of harmful aquatic life**
 - B. Contaminants and overall safety**
 - C. Oxygen levels in water**
 - D. Temperature variations**
- 4. What is pica?**
 - A. Eating healthy, balanced meals**
 - B. Eating non-food items, excluding ice**
 - C. Consuming excessive quantities of food**
 - D. Following a vegetarian diet**
- 5. Which treatment is used for Baby Syndrome?**
 - A. Penicillin**
 - B. Methylene Blue**
 - C. Activated charcoal**
 - D. Antihistamines**
- 6. What does a sanitary survey assess?**
 - A. Water quality and system integrity**
 - B. Water demand and supply ratios**
 - C. Financial health of water systems**
 - D. Environmental impact of water usage**

- 7. Methyl Blue is primarily used for what purpose in the context of poisoning?**
- A. Histological stain for gallium poisoning**
 - B. Detection of lead in water**
 - C. Analysis of blood samples**
 - D. Staining bacteria in cultures**
- 8. Which organism is commonly associated with foodborne outbreaks of Hepatitis A?**
- A. Mollusks**
 - B. Fish**
 - C. Crustaceans**
 - D. Meat**
- 9. What is typically one of the last steps in the water filtration process?**
- A. Chemical treatment**
 - B. Physical filtration**
 - C. Biological filtration**
 - D. Disinfection**
- 10. What is the mortality rate associated with Legionella pneumophila infections?**
- A. 10%**
 - B. 20%**
 - C. 30%**
 - D. 40%**

Answers

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

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Explanations

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1. What type of damage can arsenic cause to the skin?

- A. Deterioration of skin texture
- B. Physical harm due to exposure**
- C. Improvement in blood flow
- D. Strengthening of skin cells

Arsenic is a toxic element that can have significant adverse effects on human health, including causing various types of skin damage. Specifically, exposure to arsenic can lead to physical harm to the skin, manifesting as lesions, discoloration, and an increased risk of certain skin cancers. When skin comes into contact with arsenic, especially in cases of chronic exposure, individuals may experience symptoms such as hyperkeratosis, which is the thickening of the outer layer of the skin, and other inflammatory skin conditions. These effects highlight the direct physical harm that arsenic can inflict on skin cells and overall skin integrity. In contrast, the other options do not accurately reflect the effects of arsenic on the skin. Deterioration of skin texture, while relevant, is not as comprehensive as acknowledging the broader physical harm caused by arsenic exposure. Furthermore, arsenic does not promote improvement in blood flow or strengthen skin cells; these outcomes are contrary to the well-documented toxicological properties of arsenic, which primarily lead to adverse rather than beneficial skin effects.

2. What is the result of receiving two Hepatitis A vaccinations?

- A. Temporary immunity
- B. Lifetime immunity**
- C. No immunity
- D. Partial immunity

Receiving two Hepatitis A vaccinations results in lifetime immunity to the virus. The Hepatitis A vaccine is highly effective and works by prompting the body's immune system to produce antibodies against the virus. Once fully vaccinated, which typically involves two doses administered six months apart, individuals develop robust immunity that protects them from future infections with the Hepatitis A virus. This immunity is considered long-lasting, often providing protection for many years, and in most cases, it is regarded as lifetime immunity. The effectiveness of vaccination in establishing this immunity underscores the importance of complete vaccination schedules to achieve optimal health protection.

3. What does water quality testing primarily assess?

- A. Presence of harmful aquatic life
- B. Contaminants and overall safety**
- C. Oxygen levels in water
- D. Temperature variations

Water quality testing primarily assesses contaminants and overall safety to ensure that water is suitable for its intended use, whether that be for drinking, recreation, agriculture, or supporting aquatic life. This testing involves analyzing various physical, chemical, and biological parameters to identify any harmful substances that could affect human health or ecosystems. The assessment of contaminants is essential as it provides crucial information about potential pollutants, such as heavy metals, pesticides, bacteria, and nutrients like nitrates and phosphates, which can lead to health risks or environmental issues when present in significant amounts. Ensuring overall safety means that water meets established health standards and guidelines, thereby protecting both people and the environment from adverse effects. While other options may be components of water quality monitoring, they primarily focus on specific aspects. Assessing the presence of harmful aquatic life is important but is a result of water quality rather than a direct measure. Monitoring oxygen levels is valuable for understanding the health of aquatic ecosystems, and temperature variations can affect aquatic life and chemical reactions. However, these factors are more specific and do not encompass the broader and more critical scope that contaminants and overall safety capture in the context of water quality testing.

4. What is pica?

- A. Eating healthy, balanced meals
- B. Eating non-food items, excluding ice**
- C. Consuming excessive quantities of food
- D. Following a vegetarian diet

Pica is a medical condition characterized by the compulsive consumption of non-food items. This behavior can involve eating substances such as dirt, clay, paper, chalk, or other inedible objects. The correct answer highlights that pica involves the eating of non-food items, specifically excluding substances like ice, which is often not considered part of this behavior. This condition can be associated with nutritional deficiencies, mental health disorders, or developmental issues, and understanding it is important for those in the field of environmental health, as pica can have significant health implications due to the ingestion of harmful substances. Addressing pica typically involves identifying and treating any underlying causes, alongside educational efforts on appropriate dietary choices. The other options describe different eating behaviors or dietary choices that do not accurately reflect the definition of pica, making the correct choice stand out in terms of its specific characterization of the condition.

5. Which treatment is used for Baby Syndrome?

- A. Penicillin
- B. Methylene Blue**
- C. Activated charcoal
- D. Antihistamines

Methylene blue is specifically used in the treatment of methemoglobinemia, a condition sometimes referred to in clinical settings as "Baby Syndrome" due to its occurrence in infants. This syndrome manifests when hemoglobin is converted to methemoglobin, which cannot effectively carry oxygen. Methylene blue acts as a reducing agent that helps convert methemoglobin back to its functional form, allowing for normal oxygen transport in the bloodstream. Infants, particularly newborns, are more susceptible to methemoglobinemia due to various factors, including immature enzymatic systems and potential exposure to certain environmental toxins or certain medications. Prompt treatment with methylene blue is essential to prevent serious complications that can arise from low oxygen levels. Other treatments listed, while they may be important in other contexts, do not address the specific metabolic disturbance involved in methemoglobinemia. Penicillin is an antibiotic used for bacterial infections, activated charcoal is used for certain types of poisoning, and antihistamines are primarily for allergic reactions—not effective for treating methemoglobinemia. Understanding the specific role of methylene blue in this context highlights its importance as the correct treatment option.

6. What does a sanitary survey assess?

- A. Water quality and system integrity**
- B. Water demand and supply ratios
- C. Financial health of water systems
- D. Environmental impact of water usage

A sanitary survey primarily assesses water quality and system integrity to ensure the safety of drinking water. This comprehensive evaluation looks at the source of the water, the treatment processes, distribution systems, and overall operational practices in place. By focusing on these aspects, the survey aims to identify potential sources of contamination and evaluate any factors that could compromise the safety of the water supply. While ensuring water quality and system integrity is the core purpose of a sanitary survey, other options, such as assessing water demand and supply ratios, financial health, or environmental impacts, are relevant to water management but fall outside the specific scope of a sanitary survey. Those areas might be evaluated in separate studies or assessments, but they do not directly pertain to the primary objective of a sanitary survey, which is centered on the safety and integrity of the water system itself.

7. Methyl Blue is primarily used for what purpose in the context of poisoning?

- A. Histological stain for gallium poisoning**
- B. Detection of lead in water**
- C. Analysis of blood samples**
- D. Staining bacteria in cultures**

Methyl Blue is primarily used in the context of poisoning as a histological stain, particularly to identify tissue damage or cellular changes that may result from certain toxins, including in the case of gallium poisoning. This specific use allows pathologists to visually assess and analyze the cellular alterations indicative of toxicity. The histological staining helps in diagnosing the extent of damage caused by the poison, which is crucial for both understanding the impacts of the poison and determining the appropriate treatment. Other applications, such as detecting lead in water or analyzing blood samples, do not specifically relate to Methyl Blue's primary use in the context of poisoning. While staining bacteria in cultures is a valid application for Methyl Blue, it is not its primary focus in toxicological assessments. Thus, the significance of Methyl Blue lies in its role in examining and diagnosing poisoning-related tissue effects rather than in broader environmental or microbiological applications.

8. Which organism is commonly associated with foodborne outbreaks of Hepatitis A?

- A. Mollusks**
- B. Fish**
- C. Crustaceans**
- D. Meat**

Mollusks are commonly associated with foodborne outbreaks of Hepatitis A primarily because they can be contaminated with the virus when they are harvested from waters that are polluted with sewage. Hepatitis A is a viral infection that is transmitted through the fecal-oral route, and when mollusks such as clams, oysters, and mussels filter feed in contaminated waters, they can accumulate the virus in their tissues. This contamination poses a public health risk, especially when these shellfish are eaten raw or inadequately cooked, as the cooking process may not always eliminate the virus if the temperatures and times are insufficient. In comparison, while fish, crustaceans, and meat can also pose health risks through various pathogens, they are not typically linked specifically to Hepatitis A outbreaks in the same way that mollusks are. The unique life cycle and feeding habits of mollusks make them particularly susceptible to this type of contamination from the environment, leading to their strong association with foodborne outbreaks of Hepatitis A.

9. What is typically one of the last steps in the water filtration process?

- A. Chemical treatment**
- B. Physical filtration**
- C. Biological filtration**
- D. Disinfection**

Disinfection is indeed one of the last steps in the water filtration process because it is aimed at eliminating any remaining pathogens that may not have been removed during the previous filtration stages. After water has undergone various forms of filtration—such as physical and biological methods, which serve to remove larger particles and organic matter—a final disinfection step is critical to ensure that the water is safe for consumption. This step often involves the addition of chemicals, such as chlorine or chloramine, or the use of methods like ultraviolet (UV) light, which are effective at killing or inactivating harmful microorganisms. By placing disinfection at the end of the water treatment sequence, it acts as a safeguard, ensuring that the treated water remains free of pathogens up until it reaches the end-user. This is particularly important in preventing waterborne diseases and ensuring public health safety.

10. What is the mortality rate associated with Legionella pneumophila infections?

- A. 10%**
- B. 20%**
- C. 30%**
- D. 40%**

Legionella pneumophila, the bacterium responsible for Legionnaires' disease, is associated with significant morbidity and mortality, particularly among susceptible populations such as the elderly, smokers, and individuals with compromised immune systems. The mortality rate for untreated Legionnaires' disease has been reported to be as high as 40%, highlighting the severe health risks posed by these infections. Additionally, factors such as the patient's age, underlying health conditions, and the promptness of treatment initiation can influence mortality rates. However, studies and clinical data consistently indicate that when the disease progresses without timely and appropriate intervention, the higher end of the mortality spectrum, approaching 40%, is observed. Therefore, recognizing the severity of Legionella infections and their associated mortality rates informs public health responses and clinical management strategies.

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://envihealthspecialistreh.s.examzify.com>

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