

The California REHS Examination Workbook

Critical Definitions Flashcards

A free companion to v2.1 of the workbook. 137 term-definition pairs from Appendix B, formatted for printing, cutting, and study.

HOW TO USE

1. Print this PDF on US Letter paper, landscape orientation, double-sided along the LONG edge (flip on long side). Use heavier stock (65 lb / 24 lb) if possible.
2. Use the cut lines (the horizontal and vertical grey lines on each page) as your cutting guides. A paper cutter or guillotine works best; sharp scissors will also work.
3. Each card has the TERM on the front and the DEFINITION on the back. The module tag (M1, M2, etc.) tells you which workbook module covers the term in depth, so you can drill down on the source content when a card is consistently hard.
4. Study by holding a card with the TERM side up; try to recite the definition before flipping. Set aside cards you got right; restudy cards you missed. Re-cycle the missed pile until the entire stack is mastered.

WHY 4 CARDS PER PAGE

A 4-up grid produces 5" x 3.75" cards — large enough to hold definitions in legible 11-point type, small enough to fit comfortably in one hand or a shirt pocket. The size matches standard index cards for shelf storage.

REHS

M1

A-95 Review

Flip for definition →

REHS

M16

AB 300

Flip for definition →

REHS

M6

AB 885

Flip for definition →

REHS

M7

AB 939

Flip for definition →

AB 300

Safe Body Art Act (2011); H&SC; §119300 et seq.; statewide body art statutory framework.

A-95 Review

State/local government review of federal Environmental Impact Statement (EIS) drafts before publication.

AB 939

California Integrated Waste Management Act; set 25%/50% diversion goals administered by CalRecycle.

AB 885

California OWTS Policy directing the State Water Board to adopt onsite wastewater regulations and tiered local oversight.

REHS

M12

Aedes aegypti

Flip for definition →

REHS

M13

Aflatoxins

Flip for definition →

REHS

M5

Air Gap

Flip for definition →

REHS

M14

ALARA

Flip for definition →

Aflatoxins

Hepatocarcinogenic mycotoxins from *Aspergillus* on peanuts/grains; FDA action level 20 ppb.

Aedes aegypti

Day-biting mosquito; container breeder; vector of Zika, dengue, chikungunya, yellow fever.

ALARA

As Low As Reasonably Achievable; radiation protection principle via Time, Distance, Shielding.

Air Gap

Unobstructed vertical distance between the lowest point of a water supply and the rim of a fixture; $\geq 2\times$ pipe diameter, minimum 1 inch.

REHS

M15

APR

Flip for definition →

REHS

M13

AQI

Flip for definition →

REHS

M17

Attack Rate

Flip for definition →

REHS

M5

Backflow

Flip for definition →

AQI

Air Quality Index: 0-50 Good, 51-100 Moderate, 101-150 USG, 151-200 Unhealthy, 201-300 Very Unhealthy, 301+ Hazardous.

APR

Air-Purifying Respirator; cartridge-based; requires O₂ ≥19.5% and known contaminant within cartridge capacity.

Backflow

Reverse flow of contaminated water into a potable system; includes backsiphonage and backpressure.

Attack Rate

$(\text{New cases} / \text{persons at risk}) \times 100$.

REHS

M5

Backsiphonage

Flip for definition →

REHS

M2

Bare Hand Contact

Flip for definition →

REHS

M16

BBP Training

Flip for definition →

REHS

M14

Becquerel (Bq) / Curie (Ci)

Flip for definition →

Bare Hand Contact

Direct contact between bare hands and ready-to-eat food; generally prohibited under CalCode unless approved alternative procedures are in place.

Backsiphonage

Backflow caused by negative pressure in the supply line (loss of supply pressure).

Becquerel (Bq) / Curie (Ci)

Units of radioactive decay rate. $1 \text{ Ci} = 3.7 \times 10^{10} \text{ Bq}$.

BBP Training

Bloodborne Pathogen training; 2 hr annually for body art practitioners; records 3 yr (H&SC; §119307).

REHS

M9

Biohazardous Waste

Flip for definition →

REHS

M11

BLL

Flip for definition →

REHS

M4

Blue Milk Ring Test

Flip for definition →

REHS

M6

BOD5

Flip for definition →

BLL

Blood Lead Level; CDC reference value for case management:
 ≥ 3.5 $\mu\text{g/dL}$ in children.

Biohazardous Waste

Waste containing or contaminated with infectious agents; red bag with biohazard symbol.

BOD5

Biochemical Oxygen Demand over 5 days at 20°C; standard measure of wastewater organic load.

Blue Milk Ring Test

Brucella antibody screen in pooled milk; positive ring at top indicates exposure.

REHS

M10

Breakpoint Chlorination

Flip for definition →

REHS

M9

BSL-1 / BSL-2 / BSL-3 / BSL-4

Flip for definition →

REHS

M7

CalRecycle

Flip for definition →

REHS

M3

Carrier

Flip for definition →

BSL-1 / BSL-2 / BSL-3 / BSL-4

CDC Biosafety Levels; BSL-4 = positive-pressure suit (Ebola, Marburg).

Breakpoint Chlorination

Chlorine dose at which combined chlorine is oxidized and free chlorine residual reappears (~10x combined Cl).

Carrier

An infected individual who can transmit disease but may show no symptoms (subclinical, convalescent, or chronic).

CalRecycle

California Department of Resources Recycling and Recovery; solid waste facility permits with LEA partnership.

REHS

M17

Case-Fatality Rate

Flip for definition →

REHS

M2

CCP (Critical Control Point)

Flip for definition →

REHS

M1

Cease-and-desist Order

Flip for definition →

REHS

M8

CESQG / VSQG

Flip for definition →

CCP (Critical Control Point)

A step in food handling where control is essential to prevent, eliminate, or reduce a food safety hazard to acceptable levels.

Case-Fatality Rate

$(\text{Deaths from disease} / \text{cases of disease}) \times 100.$

CESQG / VSQG

Conditionally Exempt / Very Small Quantity Generator; <100 kg/month hazardous waste.

Cease-and-desist Order

Administrative directive to immediately stop a specified activity pending a hearing.

REHS

M7

Class III Landfill

Flip for definition →

REHS

M10

Combined Chlorine

Flip for definition →

REHS

M17

Common-Source Outbreak

Flip for definition →

REHS

M13

Criteria Pollutants

Flip for definition →

Combined Chlorine

Chloramines (mono-, di-, trichloramine); irritants. ≤ 0.4 ppm target.

Class III Landfill

Receives non-hazardous municipal solid waste; composite liner per RCRA Subtitle D.

Criteria Pollutants

Six pollutants under NAAQS: O₃, NO₂, SO₂, CO, PM, Pb.

Common-Source Outbreak

All cases acquire from a single source; sharp epi curve over a short interval.

REHS

M4

Cryoscope

Flip for definition →

REHS

M12

Culex tarsalis

Flip for definition →

REHS

M1

CUPA

Flip for definition →

REHS

M5

CWS

Flip for definition →

Culex tarsalis

Principal West Nile virus vector in California; rural/agricultural areas.

Cryoscope

Instrument measuring milk freezing point; detects added water (dilution).

CWS

Community Water System; ≥ 15 service connections or ≥ 25 year-round residents.

CUPA

Certified Unified Program Agency; consolidates HMBP, hazardous waste generator, UST, APSA, and CalARP/RMP.

REHS

M10

Cyanuric Acid (CYA)

Flip for definition →

REHS

M8

D001-D004

Flip for definition →

REHS

M7

Daily Cover

Flip for definition →

REHS

M2

Date Marking

Flip for definition →

D001-D004

RCRA hazardous-waste characteristics: D001 Ignitable, D002 Corrosive, D003 Reactive, D004+ Toxic.

Cyanuric Acid (CYA)

Chlorine stabilizer protecting free Cl from UV degradation; CA max = 100 ppm.

Date Marking

Required marking of ready-to-eat TCS food held >24 hr; 7-day maximum at $\leq 41^{\circ}\text{F}$, prep day = Day 1.

Daily Cover

≥ 6 in compacted earthen material covering active landfill cells at end of operating day.

REHS

M14

dBA

Flip for definition →

REHS

M6

Disinfected Tertiary 2.2

Flip for definition →

REHS

M8

DTSC

Flip for definition →

REHS

M1

Embargo

Flip for definition →

Disinfected Tertiary 2.2

Title 22 recycled water grade: filtered, ≤ 2.2 MPN total coliform; the unrestricted-use grade.

dBA

A-weighted decibel; approximates human ear's response.
Cal-OSHA PEL = 85 dBA \times 8 hr.

Embargo

Action authorized by law restricting movement of goods to protect public health, safety, or welfare.

DTSC

California Department of Toxic Substances Control; administers Hazardous Waste Control Law.

REHS

M3

Endemic

Flip for definition →

REHS

M17

Epi Curve

Flip for definition →

REHS

M3

Epidemic

Flip for definition →

REHS

M3

Epizootic

Flip for definition →

Epi Curve

Plot of cases (y-axis) vs date/time of onset (x-axis); shape suggests transmission pattern.

Endemic

Disease occurring at the expected baseline rate within a geographic area.

Epizootic

Epidemic among animal populations; rarely transmits to humans.

Epidemic

Occurrence of disease in a community above the normal baseline rate.

REHS

M2

FAT TOM

Flip for definition →

REHS

M12

FIFRA

Flip for definition →

REHS

M3

Fomite

Flip for definition →

REHS

M14

Foot-candle

Flip for definition →

FIFRA

Federal Insecticide, Fungicide, and Rodenticide Act; EPA pesticide registration and labeling.

FAT TOM

Six factors of bacterial growth: Food, Acidity, Temperature, Time, Oxygen, Moisture.

Foot-candle

Unit of illuminance; lumens per square foot. CalCode: food prep ≥ 50 fc, dry storage ≥ 10 fc.

Fomite

Inanimate object that can transmit infectious organisms (doorknob, towel, utensil).

REHS

M5

Free Chlorine

Flip for definition →

REHS

M12

Gambusia

Flip for definition →

REHS

M5

GWUDI

Flip for definition →

REHS

M2

HACCP

Flip for definition →

Gambusia

Mosquitofish; biological larviciding in California.

Free Chlorine

Hypochlorous acid (HOCl) + hypochlorite ion (OCl⁻); the available disinfecting form.

HACCP

Hazard Analysis Critical Control Point; systematic preventive food safety management system.

GWUDI

Groundwater Under the Direct Influence of surface water; treated as surface water.

REHS

M12

Hantavirus

Flip for definition →

REHS

M15

HAZWOPER

Flip for definition →

REHS

M4

HHST

Flip for definition →

REHS

M8

HMBP

Flip for definition →

HAZWOPER

Hazardous Waste Operations and Emergency Response (29 CFR 1910.120); 40 hr initial + 8 hr annual.

Hantavirus

Sin Nombre virus carried by deer mice; pulmonary syndrome via inhaled aerosolized droppings/urine.

HMBP

Hazardous Materials Business Plan; required at thresholds 500 lb solid / 55 gal liquid / 200 ft³ compressed gas.

HHST

Higher-Heat Shorter-Time pasteurization: 191-212°F x 1-14 sec.

REHS

M10

HOCI / OCI ■

Flip for definition →

REHS

M15

Hot/Warm/Cold Zone

Flip for definition →

REHS

M4

HTST

Flip for definition →

REHS

M15

IAP

Flip for definition →

Hot/Warm/Cold Zone

ICS site control: Hot = exclusion area; Warm = decon corridor;
Cold = command/safe.

HOCl / OCl⁻

Hypochlorous acid (strong disinfectant, predominant pH 5-7.5) /
hypochlorite ion (weaker, predominant >pH 7.5).

IAP

Incident Action Plan; the operational period plan in ICS.

HTST

High-Temperature Short-Time pasteurization: 161°F × 15 sec;
most common commercial fluid- milk method.

REHS

M15

ICS

Flip for definition →

REHS

M13

IDLH

Flip for definition →

REHS

M17

Incidence

Flip for definition →

REHS

M1

Inspection Warrant

Flip for definition →

IDLH

Immediately Dangerous to Life or Health; threshold for SCBA-required entry.

ICS

Incident Command System; standardized incident management structure.

Inspection Warrant

Less specific than a search warrant; used for routine regulatory inspections.

Incidence

Number of NEW cases in a population over a defined period.

REHS

M14

Inverse Square Law

Flip for definition →

REHS

M13

Inversion (Subsidence)

Flip for definition →

REHS

M16

IPCP

Flip for definition →

REHS

M12

IPM

Flip for definition →

Inversion (Subsidence)

High-pressure descending air creates warm cap over cool surface; classic LA- basin smog mechanism.

Inverse Square Law

Intensity decreases with the square of distance; sound: -6 dB per doubling; radiation: $\frac{1}{4}$ dose at 2x distance.

IPM

Integrated Pest Management; sanitation → mechanical → biological → chemical as last resort.

IPCP

Infection Prevention and Control Plan; written plan required at permanent body art facilities (H&SC; §119313).

REHS

M4

Lactometer

Flip for definition →

REHS

M12

LD50

Flip for definition →

REHS

M7

LEA

Flip for definition →

REHS

M6

Leachfield

Flip for definition →

LD50

Dose lethal to 50% of test population; toxicity classification basis.

Lactometer

Hydrometer used to measure milk specific gravity for adulteration detection.

Leachfield

Subsurface array of perforated pipes in trenches that distribute septic effluent for soil treatment.

LEA

Local Enforcement Agency for solid waste; typically county EH or solid-waste department.

REHS

M8

LQG

Flip for definition →

REHS

M4

LTLT (Vat)

Flip for definition →

REHS

M1

Malfeasance

Flip for definition →

REHS

M5

MCL

Flip for definition →

LTLT (Vat)

Low-Temperature Long-Time pasteurization: 145°F × 30 min; small-batch / artisan use.

LQG

Large Quantity Generator hazardous waste: 90-day accumulation maximum.

MCL

Maximum Contaminant Level; the legally enforceable concentration limit in finished drinking water.

Malfeasance

Wrongful or unlawful act for which the actor has no legal right.

REHS

M5

MCLG

Flip for definition →

REHS

M7

Methane LEL/UEL

Flip for definition →

REHS

M1

Misfeasance

Flip for definition →

REHS

M9

Mixed Waste

Flip for definition →

Methane LEL/UEL

Lower/Upper Explosive Limits of methane in air: 5% / 15%.

MCLG

Maximum Contaminant Level Goal; the non-enforceable health-based goal (often zero for carcinogens).

Mixed Waste

Medical + hazardous, or radioactive + hazardous; regulated under the more stringent rule.

Misfeasance

A lawful act performed in an improper or wrongful manner.

REHS

M1

MOU

Flip for definition →

REHS

M6

MPI

Flip for definition →

REHS

M9

MWMA

Flip for definition →

REHS

M13

NAAQS

Flip for definition →

MPI

Minutes Per Inch; percolation test result. 5-60 MPI conventional leachfield; 60-120 marginal.

MOU

Memorandum of Understanding; written agency-to-agency agreement authorizing specified work on behalf of another agency.

NAAQS

National Ambient Air Quality Standards under Clean Air Act.

MWMA

Medical Waste Management Act (1991); H&SC; §117600 et seq.

REHS

M1

Nonfeasance

Flip for definition →

REHS

M5

NTNCWS

Flip for definition →

REHS

M6

OWTS

Flip for definition →

REHS

M3

Pandemic

Flip for definition →

NTNCWS

Non-Transient Non-Community Water System; ≥ 25 of the same people >6 months/year (schools, factories with own water).

Nonfeasance

Total failure to act when a duty to act exists; classic 'observing and ignoring.'

Pandemic

Disease occurring over a very wide geographic area, often globally.

OWTS

Onsite Wastewater Treatment System (septic + leachfield or alternative).

REHS

M14

PEL

Flip for definition →

REHS

M4

Phosphatase Test

Flip for definition →

REHS

M1

Plain View Doctrine

Flip for definition →

REHS

M13

PM2.5 / PM10

Flip for definition →

Phosphatase Test

Detects activity of milk phosphatase enzyme; positive result indicates inadequate pasteurization.

PEL

Permissible Exposure Limit; OSHA legally enforceable.
Cal-OSHA noise PEL = 85 dBA TWA over 8 hr.

PM2.5 / PM10

Particulate matter ≤ 2.5 / 10 microns. PM2.5 reaches alveoli and bloodstream.

Plain View Doctrine

Items in plain sight of an inspector lawfully present may be documented without an additional warrant.

REHS

M17

Point-Source Outbreak

Flip for definition →

REHS

M17

Prevalence

Flip for definition →

REHS

M13

Primary Pollutant

Flip for definition →

REHS

M17

Propagated Outbreak

Flip for definition →

Prevalence

Number of EXISTING cases at a point in time / total population.

Point-Source Outbreak

Common-source with brief exposure window; single sharp peak in epi curve.

Propagated Outbreak

Person-to-person transmission produces successive peaks at one-incubation- period intervals.

Primary Pollutant

Emitted directly from source (NO_x, CO, SO₂, primary PM).

REHS

M14

Radon

Flip for definition →

REHS

M7

RCRA

Flip for definition →

REHS

M1

REHS

Flip for definition →

REHS

M14

REM / Sievert

Flip for definition →

RCRA

Resource Conservation and Recovery Act (1976); Subtitle C hazardous, Subtitle D non- hazardous solid waste.

Radon

Naturally occurring radioactive gas from uranium decay; EPA action level 4 pCi/L.

REM / Sievert

Dose equivalent (biological damage). 1 Sv = 100 REM.
Occupational limit 5 REM/yr.

REHS

Registered Environmental Health Specialist; CA certification under H&SC; §§106600-106735.

REHS

M3

Reservoir

Flip for definition →

REHS

M5

RP/RPBP

Flip for definition →

REHS

M11

RRP Rule

Flip for definition →

REHS

M10

RWI

Flip for definition →

RP/RPBP

Reduced Pressure Principle Backflow Preventer; mechanical assembly for high-hazard cross-connections, protects against both backsiphonage and backpressure.

Reservoir

The habitat (host, soil, water) in which an infectious agent normally lives and multiplies.

RWI

Recreational Water Illness; Crypto, Giardia, Pseudomonas dermatitis ('hot tub rash'), Legionella.

RRP Rule

EPA Renovation, Repair and Painting Rule; certified renovator + firm for pre-1978 housing.

REHS

M2

Sanitization

Flip for definition →

REHS

M15

SCBA

Flip for definition →

REHS

M5

SDWA

Flip for definition →

REHS

M13

Secondary Pollutant

Flip for definition →

SCBA

Self-Contained Breathing Apparatus; required for IDLH/unknown atmospheres; ~30 min air supply.

Sanitization

Reduction of microbial contamination on food contact surfaces to safe levels (typically a 5-log or 99.999% reduction).

Secondary Pollutant

Formed in the atmosphere from precursors (ground-level O₃, sulfate/nitrate PM_{2.5}).

SDWA

Safe Drinking Water Act (1974); authorizes EPA to set NPDWRs (MCLs).

REHS

M15

SEMS

Flip for definition →

REHS

M6

Septic Tank

Flip for definition →

REHS

M9

Sharps Waste

Flip for definition →

REHS

M11

SHL

Flip for definition →

Septic Tank

Two-compartment underground tank that settles solids and partially digests them; soil provides the principal treatment.

SEMS

California Standardized Emergency Management System; 5 levels: Field, Local, Operational Area, Region, State.

SHL

California State Housing Law; H&SC; §§17910-17995.

Sharps Waste

Items capable of cutting or piercing — needles, syringes, scalpels; rigid puncture-resistant containers.

REHS

M3

Sporadic

Flip for definition →

REHS

M16

Spore Test

Flip for definition →

REHS

M8

SQG

Flip for definition →

REHS

M8

STLC

Flip for definition →

Spore Test

Monthly biological indicator test verifying autoclave function.

Sporadic

Isolated, infrequent disease occurrences without geographic or temporal clustering.

STLC

Soluble Threshold Limit Concentration; California-only leaching test, stricter than federal TCLP.

SQG

Small Quantity Generator: 180-day accumulation (270 if >200 mi to TSDF).

REHS

M11

Substandard Building

Flip for definition →

REHS

M8

TCLP

Flip for definition →

REHS

M2

TCS Food

Flip for definition →

REHS

M2

Time as Public Health Control

Flip for definition →

TCLP

Toxicity Characteristic Leaching Procedure; federal RCRA leaching test.

Substandard Building

Building with conditions endangering life, limb, health, property, safety, or welfare.

Time as Public Health Control

Use of time alone (rather than temperature) to limit pathogen growth; 4-hour maximum out of safe range.

TCS Food

Time/Temperature Control for Safety food; requires temperature control to limit pathogen growth or toxin formation.

REHS

M11

Title X

Flip for definition →

REHS

M13

TLV

Flip for definition →

REHS

M5

TNCWS

Flip for definition →

REHS

M8

TPQ

Flip for definition →

TLV

ACGIH Threshold Limit Value; recommended occupational airborne concentration. PEL is the OSHA-enforced equivalent.

Title X

Residential Lead-Based Paint Hazard Reduction Act (1992); disclosure required for most pre- 1978 housing.

TPQ

Threshold Planning Quantity under EPCRA; triggers emergency planning for extremely hazardous substances.

TNCWS

Transient Non-Community Water System; ≥ 25 different persons ≥ 60 days/year (campgrounds, rest stops).

REHS

M12

Triatomine Bug

Flip for definition →

REHS

M5

TTHMs

Flip for definition →

REHS

M10

Turnover

Flip for definition →

REHS

M4

UHT

Flip for definition →

TTHMs

Total Trihalomethanes; chlorinated disinfection by-products. CA
MCL = 80 µg/L.

Triatomine Bug

'Kissing bug' vector of *Trypanosoma cruzi* (Chagas disease) in
the Americas.

UHT

Ultra-High Temperature pasteurization: 280°F × 2 sec; permits
shelf-stable milk.

Turnover

Time for the full pool volume to circulate through filtration; ≤6 hr
pool, ≤30 min spa, ≤1 hr wading.

REHS

M8

Universal Waste

Flip for definition →

REHS

M3

Vector

Flip for definition →

REHS

M10

VGB Act

Flip for definition →

REHS

M11

XRF

Flip for definition →

Vector

Living organism (typically arthropod or vertebrate) that transmits an infectious agent.

Universal Waste

Streamlined-management category: batteries, lamps, mercury devices, electronics, aerosols, photovoltaic modules.

XRF

X-Ray Fluorescence analyzer; non-destructive lead paint testing instrument.

VGB Act

Virginia Graeme Baker Act (2008); anti-entrapment drain covers and secondary protection.

REHS

M3

Zoonosis

Flip for definition →

Zoonosis

Disease transmissible from animals to humans (rabies, plague, hantavirus).