

# **Study Guide and Reference Materials for the Arkansas State Board of Registered Professional Sanitarians Proficiency Exam.**

As with any exam, the first priority of an individual interested in setting for an exam is availability of study material. Most everyone that has taken an exam, whether a “pop-quiz” in school or university, or a proficiency exam such as this registration exam, has, for the most part, determined to prepare beforehand. Unlike a “pop-quiz”, however, setting for a proficiency exam can have a greater impact on ones preparedness for fulfilling the responsibilities of that profession. A proficiency exam assists the examiners in determining the examinees preparedness to represent the vocation, portraying competency and professionalism, and legitimizing the profession.

With this in mind, the Board is providing resource materials and study information to prepare those who wish to attain registration as a Sanitarian in the State of Arkansas. This is in no way a complete listing of study materials. However, to assist the prospective registrant, listed below are both State and Federal Regulations, Acts, and reference books and materials from which the registration exam questions were taken. Because of the broad spectrum in which “Environmental Health” is found, the resource materials are quite diverse. The prospective examinee should not allow this to deter or sidetrack him/her. The majority of these resources are relatively small documents and can be quickly reviewed.

The exam consists of 100 questions, divided into 8 areas of environmental health. These sections cover: Food, Swimming Pools/Marine Sanitation, Vector Control, Soils/Wastewater Treatment, Hazardous Waste/Bioterrorism, Tattooing, and State Board Requirements. In the Environmental Health Profession, all of these areas are equally important, however, some sections contain as many as 25 questions, where a few sections may only contain 5 questions.

## **Resource Material**

- Food and Drug Administration Food Code
- Arkansas Department of Health Rules and Regulations Pertaining to Food Service Establishments
- Arkansas Department of Health Rules and Regulations Pertaining to Swimming Pools and other Related Facilities
- Arkansas Department of Health Rules and Regulations Pertaining to Sewage Disposal Systems, Designated Representatives and Installers
- Arkansas Department of Health Guidelines for Pool and Spa Operators
- Arkansas Department of Health Rules and Regulations Pertaining to Grade A Milk and Milk Products
- Alternate Systems Manual
- Act 402 of 1977 – Sewage Disposal Systems

- Act 71 of 1973 – Septic Tank Cleaning Operations
- Arkansas Department of Environmental Quality Regulation 23
- OSHA Regulations
- Environmental Protection Agency Hazardous Materials Requirements
- Arkansas Department of Health Rules and Regulations Pertaining to Tattooing
- General Sanitation Regulations
- Vector Control Regulations
- Rules and Regulations Pertaining to the State Board of Registered Professional Sanitarians
- “Serv-Safe Essentials Handbook” – National Sanitation Foundation
- “Environmental Health” Monroe T. Morgan
- “When Every Moment Counts” – Bioterrorism – Senator Bill Frist, M.D.

## **Study Guide**

### Food -

This section of the proficiency exam covers food safety and handling requirements as specified in both Arkansas regulations and Federal regulations. For the most part, the ADH regulations are referenced by the questions, for example, temperature requirements, handling requirements, and facility construction requirements. In addition, there may be questions concerning chemical, biological and physical hazards in food preparation and consumption.

### Swimming Pools/ Marine Sanitation

This section of the proficiency exam covers pool, spa and marine sanitation, facility construction and sampling requirements. The examinee should be prepared to perform calculations for both construction of facilities as well as chemical demand. He/she should also be prepared to understand regulation requirements and environmental concerns in regards to pools, spas and marine sanitation.

### Vector Control –

This section of the proficiency exam covers vectors and the regulations pertaining to them. The examinee should be prepared to answer questions regarding specific vector organisms and diseases associated with them, as well as modes of transmission of the diseases.

### Soils/Wastewater Treatment/Alternate Systems

This area of the test is divided into two sections, Alternate Systems being separate. However, for study purposes, the requirements are the same. The examinee should be prepared to answer questions regarding design and construction of sewage disposal systems as well as be familiar with individuals responsible for design, construction and inspection of the systems. In addition, a familiarity with soil description

may be necessary. Other topics covered may include septic tank pumping, wastewater components and discharge requirements.

#### Hazardous Waste/Bioterrorism –

This section of the proficiency exam covers hazardous waste requirements as well as Bioterrorism information. The examinee should be prepared to answer questions concerning State and Federal hazardous waste material classification, handling and disposal. In regards to Bioterrorism, the examinee should be prepared to answer general questions regarding common chemical, biological and viral Bioterrorism agents.

#### State Board of Sanitarians –

This section of the proficiency exam covers regulations and Acts pertaining to the Board. The examinee should be prepared to answer questions regarding the regulations from an appointment standpoint as well as general regulation information.

#### Tattooing and Body Piercing –

This section of the proficiency exam covers regulations pertaining to body art and piercing. The examinee should be prepared to answer questions concerning health and safety requirements for administering the art as well as equipment handling and sanitizing requirements.

This study guide should not be considered a complete description of areas in which the examinee should study to prepare for the exam. However, using this guide and review materials will assist in understanding the requirements for setting for the exam and in turn provide a direction for preparation studies.