

# Alberta College of Paramedics 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

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- 1. What is the correct sequence of steps when encountering an unresponsive person?**
  - A. Check scene safety, check for responsiveness, call 911, get AED if alone**
  - B. Check for breathing, call 911, begin CPR**
  - C. Ensure personal safety, provide first aid, call emergency services**
  - D. Shout for help, check pulse, begin rescue breaths**
  
- 2. Which of the following is a proper technique for splinting a knee fracture?**
  - A. Use ice packs to reduce swelling**
  - B. Place the patient in a reclined position**
  - C. Utilize pillows to maintain the leg's position**
  - D. Encourage the patient to walk if possible**
  
- 3. Which practice is essential to prevent nosocomial infections in healthcare settings?**
  - A. Ignoring hand hygiene protocols**
  - B. Regularly updating medical technologies**
  - C. Effective infection control practices**
  - D. Minimizing patient interactions**
  
- 4. What is the recommended compression rate during CPR?**
  - A. 60 to 80 compressions per minute**
  - B. 80 to 100 compressions per minute**
  - C. 100 to 120 compressions per minute**
  - D. 120 to 140 compressions per minute**
  
- 5. What is the preferred type of portable suction device for emergency use?**
  - A. Manual suction device**
  - B. Gravity suction device**
  - C. Battery operated device**
  - D. Hand-held vacuum suction device**

- 6. What is considered the normal respiration rate for an adult?**
- A. 10 to 15 breaths per minute**
  - B. 12 to 20 breaths per minute**
  - C. 20 to 30 breaths per minute**
  - D. 15 to 25 breaths per minute**
- 7. What is the focus of the ABCs in a primary survey?**
- A. Airway, Breathing, Circulation**
  - B. Airway, Blood pressure, Consciousness**
  - C. Assessment, Breathing, Care**
  - D. Airway, Blood flow, Cardiac function**
- 8. What is the importance of community paramedicine?**
- A. It increases hospital revenue**
  - B. It reduces the burden on emergency services**
  - C. It allows paramedics to provide surgical care**
  - D. It eliminates the need for emergency services**
- 9. Which type of injuries require a sling and swath style splint?**
- A. Fractures of the femur**
  - B. Clavicular fractures and anterior dislocations of the shoulder**
  - C. Hand injuries**
  - D. Fractures of the spine**
- 10. How deep should chest compressions be during CPR?**
- A. 3 cm**
  - B. 4 cm**
  - C. 5 cm**
  - D. 6 cm**

## Answers

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

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## **Explanations**

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**1. What is the correct sequence of steps when encountering an unresponsive person?**

- A. Check scene safety, check for responsiveness, call 911, get AED if alone**
- B. Check for breathing, call 911, begin CPR**
- C. Ensure personal safety, provide first aid, call emergency services**
- D. Shout for help, check pulse, begin rescue breaths**

The correct sequence for encountering an unresponsive person begins with ensuring scene safety. This is crucial, as assessing the environment ensures that both the responder and the patient are not in any immediate danger that could exacerbate the situation. After confirming safety, the next step is to check for responsiveness, which involves gently shaking the person and shouting to see if they respond. If there is no response, the next step is to call 911 to summon emergency help, making sure to provide information about the situation accurately. Finally, if you are alone, retrieving an Automated External Defibrillator (AED) is essential, as early defibrillation can be life-saving in cases of cardiac arrest. This sequence is based on established protocols in emergency response training, particularly for situations involving unresponsive individuals, where timely action is critical in improving the chance of survival. Other answers may include missteps or lack essential steps required in situations that demand immediate attention.

**2. Which of the following is a proper technique for splinting a knee fracture?**

- A. Use ice packs to reduce swelling**
- B. Place the patient in a reclined position**
- C. Utilize pillows to maintain the leg's position**
- D. Encourage the patient to walk if possible**

Utilizing pillows to maintain the leg's position during a knee fracture is a proper technique for splinting because it helps to stabilize the injured area and prevents further movement, which can exacerbate the injury. By placing pillows around the knee, paramedics can create a supportive structure that immobilizes the joint and surrounding tissue, minimizing pain and potential complications during transport. This technique provides comfort and helps maintain alignment while waiting for further medical intervention. In contrast, using ice packs, while beneficial in reducing swelling and pain, is not a direct splinting technique and does not assist in stabilization. Placing a patient in a reclined position can be suitable for comfort, but does not specifically address the need for immobilization of the knee. Encouraging a patient to walk is counterproductive and can lead to further injury, as it places weight on the fractured knee. Thus, maintaining the leg's position with pillows contributes directly to effective splinting management in knee fractures.

### **3. Which practice is essential to prevent nosocomial infections in healthcare settings?**

- A. Ignoring hand hygiene protocols**
- B. Regularly updating medical technologies**
- C. Effective infection control practices**
- D. Minimizing patient interactions**

Effective infection control practices are crucial in preventing nosocomial infections, which are infections acquired in healthcare settings. Such infections can arise from various sources, including improper sterilization, inadequate hygiene, and transmission from healthcare workers. By implementing comprehensive infection control protocols—such as hand hygiene, use of personal protective equipment, appropriate cleaning and disinfection of surfaces, and proper waste disposal—healthcare providers significantly reduce the risk of infection. Additionally, infection control practices encompass the education and training of staff on recognizing and managing infections, as well as the proper protocols to follow for various situations. These practices are a cornerstone of patient safety in healthcare environments, helping to protect both patients and healthcare workers from the spread of infections. Other practices mentioned, such as ignoring hand hygiene protocols or minimizing patient interactions, are contrary to the principles of effective infection control. While regularly updating medical technologies may contribute to overall healthcare quality, it does not directly address the specific mechanisms of infection transmission that effective control practices target. Hence, focusing on robust infection control measures ultimately strengthens prevention efforts and enhances patient outcomes in healthcare settings.

### **4. What is the recommended compression rate during CPR?**

- A. 60 to 80 compressions per minute**
- B. 80 to 100 compressions per minute**
- C. 100 to 120 compressions per minute**
- D. 120 to 140 compressions per minute**

The recommended compression rate during CPR (cardiopulmonary resuscitation) is between 100 to 120 compressions per minute. This range is supported by guidelines from various reputable organizations, including the American Heart Association and the European Resuscitation Council. This compression rate is optimal for maintaining adequate blood flow to the brain and vital organs during cardiac arrest. At this pace, the compressions are effective in creating enough pressure to circulate blood, which is critical for sustaining life until advanced medical help arrives. Compounding this, a rate that is too slow (like 60 to 80 compressions per minute) would not generate sufficient blood flow, while a rate exceeding 120 compressions per minute may lead to ineffective compressions and reduce the quality of cardiac output. Therefore, adhering to the recommended 100 to 120 compressions per minute ensures a balance between effectiveness and the ability to maintain high-quality CPR.

**5. What is the preferred type of portable suction device for emergency use?**

- A. Manual suction device**
- B. Gravity suction device**
- C. Battery operated device**
- D. Hand-held vacuum suction device**

The preferred type of portable suction device for emergency use is a battery-operated device. This choice is advantageous because battery-operated suction devices provide reliable and consistent suction power, which is essential in urgent situations where time is critical. Having a portable, battery-powered option allows paramedics to efficiently clear the airway of patients who may be experiencing respiratory distress or have obstructed airways. Battery-operated devices also offer more mobility and flexibility compared to other types of suction devices, enabling responders to provide care in various environments, including those without easy access to electrical outlets. The ability to operate without being tethered to a power source ensures that the suction device can be effectively utilized in any scenario, whether in an ambulance, at the scene of an incident, or even during transport to a healthcare facility. In contrast, other types of suction devices may have limitations in terms of portability and effectiveness during emergencies, making them less desirable options in urgent care situations.

**6. What is considered the normal respiration rate for an adult?**

- A. 10 to 15 breaths per minute**
- B. 12 to 20 breaths per minute**
- C. 20 to 30 breaths per minute**
- D. 15 to 25 breaths per minute**

The normal respiration rate for an adult is typically between 12 to 20 breaths per minute. This range is accepted as standard in clinical practice and reflects the typical respiratory function of a resting adult in a calm state. The body's need for oxygen and the process of carbon dioxide removal are balanced within this range, ensuring adequate gas exchange in the lungs. Deviations from this rate can indicate various physiological conditions or distress. Understanding this normal range is essential for paramedics and healthcare providers, as it helps in assessing a patient's respiratory status and identifying potential health issues. Additionally, knowing the respiratory rate can aid in monitoring changes in a patient's condition during an emergency response or treatment.

## 7. What is the focus of the ABCs in a primary survey?

- A. Airway, Breathing, Circulation**
- B. Airway, Blood pressure, Consciousness**
- C. Assessment, Breathing, Care**
- D. Airway, Blood flow, Cardiac function**

The focus of the ABCs in a primary survey is centered on Airway, Breathing, and Circulation. This sequence is crucial because it establishes a systematic approach to assessing and addressing life-threatening conditions in a patient. Airway management is the first priority. Ensuring that the airway is clear and patent is essential, as an obstructed airway can lead to inadequate ventilation and oxygenation, which can be fatal. Following airway assessment, the paramedic evaluates breathing. This step involves checking for the effectiveness of the patient's breathing, looking for signs of distress or inadequate ventilation. If the patient is not breathing adequately, immediate interventions may be required to provide supplemental oxygen or mechanical ventilation. Finally, circulation is assessed to ensure that the heart is effectively pumping blood and that there is adequate perfusion to the body's organs and tissues. This includes checking the pulse, skin signs, and blood pressure. Recognizing the state of circulation allows for the identification of conditions such as shock or cardiac arrest, which require prompt treatment. The ABCs framework is foundational in emergency medical services and serves as a guideline for the initial assessment and intervention in any patient who may be critically ill or injured. Understanding this order of priority is key for any responder dealing with emergencies.

## 8. What is the importance of community paramedicine?

- A. It increases hospital revenue**
- B. It reduces the burden on emergency services**
- C. It allows paramedics to provide surgical care**
- D. It eliminates the need for emergency services**

Community paramedicine plays a crucial role in reducing the burden on emergency services by providing alternative care options within the community setting. This innovative model focuses on addressing non-emergent health issues and preventive care, allowing paramedics to engage with patients in their homes or community environments, thereby alleviating pressure on emergency departments. By managing chronic illnesses, providing education, and facilitating access to healthcare resources, community paramedicine helps ensure that individuals receive appropriate care without resorting to emergency services for minor or non-urgent issues. This not only improves patient outcomes but also contributes to a more efficient healthcare system, as resources can be allocated more effectively to those who truly require emergency intervention. The other options do not accurately reflect the goals or benefits of community paramedicine. For instance, while it may contribute to certain financial aspects of healthcare, increasing hospital revenue is not a primary focus. Providing surgical care is outside the scope of basic paramedic practice. Additionally, community paramedicine does not eliminate the need for emergency services; rather, it enhances the overall healthcare model by reducing unnecessary use of those services.

**9. Which type of injuries require a sling and swath style splint?**

- A. Fractures of the femur
- B. Clavicular fractures and anterior dislocations of the shoulder**
- C. Hand injuries
- D. Fractures of the spine

The appropriate choice points to clavicular fractures and anterior dislocations of the shoulder as the injuries that necessitate a sling and swath style splint. A sling and swath is designed to immobilize the arm and shoulder, providing support while minimizing movement, which is critical in the case of these specific injuries. Clavicular fractures and anterior shoulder dislocations often result in pain and instability in the shoulder joint. Using a sling allows the arm to rest in an elevated position against the body, while the swath—typically a bandage or cloth—serves to secure the arm and restrict its movement, thus reducing discomfort and preventing further injury. Other types of injuries, such as fractures of the femur, would require different stabilizing techniques due to the nature and location of the fracture, which involves the thigh and necessitates more extensive immobilization methods. Hand injuries often can be managed with splints that focus specifically on the fingers and wrist, rather than the entirety of the arm. Lastly, fractures of the spine typically require rigid immobilization of the entire spine, using devices such as backboards or cervical collars, rather than a sling and swath designed for upper limb support.

**10. How deep should chest compressions be during CPR?**

- A. 3 cm
- B. 4 cm
- C. 5 cm**
- D. 6 cm

Chest compressions during CPR should be performed to a depth of at least 5 cm (approximately 2 inches) in adults. This depth is essential to effectively circulate blood to vital organs, particularly the brain and heart. Research has shown that compressions that are too shallow can significantly decrease the chances of survival in cardiac arrest situations. The recommendation for 5 cm is based on providing enough force to overcome chest wall resistance while minimizing the risk of injury. Maintaining this depth is crucial throughout the CPR process, ensuring that each compression is firm and delivered at a rate of 100 to 120 compressions per minute. This helps ensure effective and consistent blood flow. The depth of 5 cm strikes a balance between being adequate to generate blood flow and being safe, avoiding excessive depth that could lead to injuries. By adhering to these guidelines, responders can maximize the chances of returning spontaneous circulation until advanced medical help arrives.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://albertacollegeofparamedics.examzify.com>**

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

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