

Canadian Red Cross Emergency Medical Responder Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

- 1. Which body system is responsible for breaking down food and eliminating waste?**
 - A. Circulatory**
 - B. Integumentary**
 - C. Endocrine**
 - D. Digestive**
- 2. Which body system supplies the body with oxygen through breathing?**
 - A. Respiratory**
 - B. Circulatory**
 - C. Endocrine**
 - D. Digestive**
- 3. Which governing document requires an EMA to report any incompetent, illegal, or unethical conduct observed in another EMA?**
 - A. WorkSafe BC**
 - B. The Paramedic Association of Canada**
 - C. The EMA Code of Ethics**
 - D. The Fundamental Principles of the Red Cross**
- 4. What is the maximum time for on-scene cooling of thermal burns according to local BCAS Treatment Guidelines?**
 - A. 30 - 60 seconds**
 - B. 1 - 2 minutes**
 - C. 3-5 minutes**
 - D. 10 - 20 minutes**
- 5. Identify the piece of equipment generally used for CPR with a one-way valve to prevent backflow.**
 - A. Pocket Mask**
 - B. Simple Mask**
 - C. Bag Valve Mask**
 - D. Non-Rebreather Mask**

- 6. A newborn with strong crying, flexed extremities, and a pulse rate of 120 bpm is likely to have what APGAR score?**
- A. 6, Fairly Low**
 - B. 8, Normal**
 - C. 3, Critically Low**
 - D. 5, Fairly Low**
- 7. Blood Sugar is measured in _____.**
- A. Millimeters of Mercury (mmHg)**
 - B. Milligrams of Mercury (mgHg)**
 - C. Millimoles per Liter (MMo/L)**
 - D. Milligrams per Liter (Mg/L)**
- 8. The breathing difficulty in Anaphylactic Shock can lead to an obstructed airway as the _____ and _____ swell.**
- A. Tongue, Throat**
 - B. Face, Hands**
 - C. Feet, Ankles**
 - D. Lips, Eyelids**
- 9. What is the primary goal of using an AED on a patient?**
- A. To provide oxygen to the patient**
 - B. To restart the heart's rhythm**
 - C. To stabilize the patient's general condition**
 - D. To monitor the patient's vital signs**
- 10. An EMA is allowed to administer Glucogel to an unresponsive patient as indicated by local guidelines if the airway is secured. What is one condition for this administration?**
- A. Patient is standing**
 - B. Patient is fully conscious**
 - C. Patient is placed $\frac{3}{4}$ prone**
 - D. Patient is administered insulin beforehand**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which body system is responsible for breaking down food and eliminating waste?

- A. Circulatory**
- B. Integumentary**
- C. Endocrine**
- D. Digestive**

The digestive system is essential for breaking down food and eliminating waste, as it is specifically designed for this function. This system includes various organs such as the mouth, esophagus, stomach, intestines, and anus, each working together to process food. Initially, food is mechanically and chemically broken down into nutrients through chewing and stomach acids. These nutrients are absorbed into the bloodstream for energy and nourishment, while the remaining waste is formed into stool and eliminated from the body. This system is crucial for maintaining overall health, as it allows the body to utilize the nutrients present in our food and properly dispose of non-digestible remnants. In contrast, the circulatory system is responsible for transporting blood, oxygen, and nutrients throughout the body, but it does not directly process food or waste. The integumentary system, composed of the skin and associated structures, primarily protects the body and helps regulate temperature, rather than breaking down food. The endocrine system, involving glands that produce hormones, regulates various functions within the body, including metabolism, but does not eliminate waste or digest food. Thus, the digestive system is the most accurate answer for this question, as its primary function revolves specifically around breaking down food and eliminating waste.

2. Which body system supplies the body with oxygen through breathing?

- A. Respiratory**
- B. Circulatory**
- C. Endocrine**
- D. Digestive**

The respiratory system is directly responsible for supplying the body with oxygen through the process of breathing. When you inhale, air enters the lungs where oxygen is exchanged for carbon dioxide in the alveoli, tiny air sacs within the lungs. This oxygen is essential for cellular respiration, a process that produces energy in the body. The respiratory system works in tandem with the circulatory system, which transports the oxygenated blood throughout the body to deliver oxygen to cells and tissues. However, it is the respiratory system that initiates the oxygen intake process. The other body systems mentioned—such as the endocrine and digestive systems—serve different functions, focusing on hormone regulation and nutrient processing, respectively, rather than the exchange and supply of oxygen.

3. Which governing document requires an EMA to report any incompetent, illegal, or unethical conduct observed in another EMA?

A. WorkSafe BC

B. The Paramedic Association of Canada

C. The EMA Code of Ethics

D. The Fundamental Principles of the Red Cross

The correct choice highlights the significance of the EMA Code of Ethics in establishing professional conduct standards for Emergency Medical Assistants (EMAs). This document outlines the ethical responsibilities and expectations that EMAs must uphold in their practice, emphasizing the need for integrity and accountability. By requiring EMAs to report any incompetent, illegal, or unethical behavior observed in their peers, the EMA Code of Ethics fosters a culture of safety and professionalism within the emergency medical services field. This obligation not only protects patients but also upholds the reputation of the profession as a whole. The role of such a code is critical in ensuring that EMAs understand the importance of maintaining high ethical standards, thereby ensuring public trust in emergency medical services. Other governing documents, while significant in their own rights, do not specifically mandate this reporting responsibility in the same context as the Code of Ethics does.

4. What is the maximum time for on-scene cooling of thermal burns according to local BCAS Treatment Guidelines?

A. 30 - 60 seconds

B. 1 - 2 minutes

C. 3-5 minutes

D. 10 - 20 minutes

The recommendation for a maximum time of 3-5 minutes for on-scene cooling of thermal burns aligns with established protocols that emphasize the importance of rapid cooling to lessen tissue damage and mitigate pain. This duration allows for adequate cooling to reduce the temperature of the burned area, thereby decreasing the severity of the burn, while also being mindful of the need to avoid prolonged exposure, which can lead to hypothermia or other complications. The 3-5 minute window ensures that cooling is effective without overextending the time spent at the scene when the injured person may need to be transported for further care. This guideline is informed by evidence suggesting that cooling burns within this timeframe is beneficial, while also considering practical aspects of emergency response in the field. Cooling beyond this recommended time can have diminishing returns and might complicate further treatment.

5. Identify the piece of equipment generally used for CPR with a one-way valve to prevent backflow.

A. Pocket Mask

B. Simple Mask

C. Bag Valve Mask

D. Non-Rebreather Mask

The piece of equipment typically used for CPR that includes a one-way valve to prevent backflow is the pocket mask. This device is designed for delivering rescue breaths during cardiopulmonary resuscitation (CPR) to a victim. The one-way valve allows the rescuer to provide air to the patient while ensuring that any expired air or potential contaminants do not return to the rescuer. This helps to maintain hygiene and reduce the risk of infection for both the rescuer and the patient. In contrast, the other options serve different purposes or lack the specific features of the pocket mask. The simple mask does not have the one-way valve and is not intended for the same type of emergency situations as the pocket mask. The bag valve mask is essentially a more complex piece of equipment used for ventilating patients and requires more training to use effectively. The non-rebreather mask is designed primarily for providing high concentrations of oxygen and is not utilized for CPR.

6. A newborn with strong crying, flexed extremities, and a pulse rate of 120 bpm is likely to have what APGAR score?

A. 6, Fairly Low

B. 8, Normal

C. 3, Critically Low

D. 5, Fairly Low

The APGAR score is a quick assessment tool used to evaluate the health of newborns immediately after birth, typically at one and five minutes of life. It assesses five criteria: Appearance (skin color), Pulse (heart rate), Grimace response (reflexes), Activity (muscle tone), and Respiration (breathing effort). Each of these criteria is scored from 0 to 2, with higher scores indicating better health. In this scenario, the newborn exhibits strong crying, which indicates good respiratory effort (score of 2). Flexed extremities suggest good muscle tone (score of 2), and a pulse rate of 120 bpm shows an acceptable heart rate (score of 2). With these observations, the newborn scores highly in all relevant categories. The expected total score from these observations would be 2 (crying) + 2 (flexed extremities) + 2 (heart rate) = 6, but we still lack information about the appearance (skin color) and grimace response, which could affect the total score. However, with strong crying and other positive signs, it is reasonable to deduce that the newborn could likely score an 8 if appearance and grimace response were also satisfactory. Thus,

7. Blood Sugar is measured in _____.

A. Millimeters of Mercury (mmHg)

B. Milligrams of Mercury (mgHg)

C. Millimoles per Liter (MMo/L)

D. Milligrams per Liter (Mg/L)

Blood sugar, which refers to the concentration of glucose in the blood, is measured in millimoles per liter (mmol/L). This measurement is crucial in various medical contexts, particularly for managing conditions like diabetes. A reading in millimoles per liter reflects the amount of glucose present in a given volume of blood, providing healthcare professionals with essential information regarding a person's metabolic state. The use of millimoles per liter is standardized in many countries, making it a commonly accepted unit for reporting blood sugar levels. Understanding this unit is vital for both patients and healthcare providers to ensure appropriate monitoring and management of blood glucose, which is essential for maintaining overall health, especially in individuals with diabetes.

8. The breathing difficulty in Anaphylactic Shock can lead to an obstructed airway as the _____ and _____ swell.

A. Tongue, Throat

B. Face, Hands

C. Feet, Ankles

D. Lips, Eyelids

In cases of anaphylactic shock, the body's severe allergic reaction can lead to the swelling of the airway structures, specifically the tongue and throat. This swelling occurs as part of the body's inflammatory response to allergens, which results in increased blood flow and fluid accumulation in tissues. When the tongue swells, it can obstruct the space at the back of the throat, and when the throat itself swells, it further narrows the airway, making it difficult for the person to breathe. This scenario is critical and requires immediate medical attention, as an obstructed airway can quickly become life-threatening. The other options do refer to body parts that can swell during allergic reactions or anaphylaxis, but they do not have the same direct impact on the airway as the tongue and throat do. Therefore, recognizing the correct answer emphasizes the importance of monitoring and addressing airway obstruction in emergency situations related to anaphylaxis.

9. What is the primary goal of using an AED on a patient?

- A. To provide oxygen to the patient**
- B. To restart the heart's rhythm**
- C. To stabilize the patient's general condition**
- D. To monitor the patient's vital signs**

Using an Automated External Defibrillator (AED) primarily aims to restart the heart's normal rhythm when a patient is experiencing a sudden cardiac arrest. When someone suffers a cardiac arrest, their heart often enters a state of ventricular fibrillation or pulseless ventricular tachycardia, where it quivers instead of pumping effectively. The AED analyzes the heart's rhythm and delivers an electrical shock if it detects these life-threatening arrhythmias. This shock can help restore a normal rhythm, allowing the heart to resume its role in effectively pumping blood throughout the body and delivering oxygen to vital organs. The prompt use of an AED in conjunction with CPR can significantly improve the likelihood of survival for a cardiac arrest victim. The other choices don't represent the primary function of an AED. While monitoring vital signs and providing oxygen are essential aspects of patient care during an emergency, they are not the direct functions of the AED. Stabilizing a patient's general condition can be a part of the emergency response but does not encompass the specific action provided by the AED.

10. An EMA is allowed to administer Glucogel to an unresponsive patient as indicated by local guidelines if the airway is secured. What is one condition for this administration?

- A. Patient is standing**
- B. Patient is fully conscious**
- C. Patient is placed $\frac{3}{4}$ prone**
- D. Patient is administered insulin beforehand**

Administering Glucogel to an unresponsive patient is permissible under local guidelines when the airway is secured, indicating that the patient can safely receive oral glucose without the risk of choking or aspiration. The stipulation that the patient be placed in a $\frac{3}{4}$ prone position is crucial because it aids in maintaining an open airway while minimizing the risk of aspiration of the glucose gel should the patient start to become more responsive or if any liquid is inadvertently spat out. This position allows for better drainage if the patient regurgitates any substances, thus enhancing safety. Other choices would not provide the necessary safety or appropriateness of the administration in this scenario. For example, having the patient standing or fully conscious goes against the nature of the scenario, as they are characterized as unresponsive. Moreover, administering insulin beforehand is not only unnecessary but could potentially complicate the patient's condition if they are hypoglycemic, as the use of glucose is intended to raise the blood sugar levels. Thus, positioning the patient appropriately is essential for safe administration.