

CDC 4H BLOCK ONE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. Respiratory therapists may wean patients from mechanical ventilators. Which option correctly reflects that practice?**
 - A. Wean from ventilators
 - B. Administer oxygen
 - C. Perform thoracentesis
 - D. Conduct stress tests
- 2. When should the medication label first be checked?**
 - A. Before reaching for the bottle
 - B. After administration
 - C. When reaching for the drug
 - D. Before pouring
- 3. Which ethical principle focuses on fairness?**
 - A. Beneficence
 - B. Nonmaleficence
 - C. Veracity
 - D. Justice
- 4. Glassware primarily presents which safety concern in a lab?**
 - A. Electrical shock
 - B. Breakage causing cuts
 - C. Radiation exposure
 - D. Chemical fumes
- 5. Which ethical principle requires avoiding harm?**
 - A. Nonmaleficence
 - B. Beneficence
 - C. Justice
 - D. Autonomy
- 6. What does Best Value focus on?**
 - A. Better Health
 - B. Readiness
 - C. Cost-effective care while conserving resources
 - D. Best Value

7. An ICD code represents which of the following?

- A. Treatments administered
- B. Financial categories
- C. Patient demographics
- D. Diagnoses, illnesses, injuries, and causes of death

8. What does PPE stand for?

- A. Personal Protective Equipment
- B. Personal Protective Endowment
- C. Protective Personal Equipment
- D. Personal Performance Equipment

9. PPE precautions are often called what?

- A. Standard Precautions
- B. Universal Precautions
- C. Bloodborne Precautions
- D. Hazard Prevention

10. What does Better Health focus on?

- A. Maintaining medically ready Airmen and supporting operations
- B. Cost-effective care while conserving resources
- C. Resiliency, human performance, and reducing illness
- D. Safe, quality care and positive patient outcomes

Answers

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

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Explanations

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1. Respiratory therapists may wean patients from mechanical ventilators. Which option correctly reflects that practice?

- A. Wean from ventilators**
- B. Administer oxygen
- C. Perform thoracentesis
- D. Conduct stress tests

Weaning from a ventilator means gradually reducing the machine's support and letting the patient breathe more on their own while checking that gas exchange and work of breathing stay adequate. Respiratory therapists manage this by evaluating readiness, conducting spontaneous breathing trials, adjusting ventilator settings, and monitoring breathing effort, oxygenation, ventilation, and vital signs. The goal is to demonstrate the patient can breathe without help and be extubated when appropriate. Administering oxygen is supportive care used during weaning, but it doesn't itself describe reducing ventilator support. Thoracentesis is a procedure to remove pleural fluid, not related to the weaning process. Stress tests assess exercise capacity and cardiovascular-respiratory response, not the step-by-step withdrawal from mechanical ventilation.

2. When should the medication label first be checked?

- A. Before reaching for the bottle
- B. After administration
- C. When reaching for the drug**
- D. Before pouring

The first moment to verify a medication is when you reach for it in storage. This initial check helps catch errors early—confirm the correct drug name, dose, and that it matches the patient's orders before you touch or prepare anything. If you wait until after you've poured or opened it, you've let a potential mistake slip through and you've already handled the wrong item. Checking before pouring is important, but it comes after the initial grab as part of the ongoing verification process. Checking after administration is too late to prevent an error from reaching the patient.

3. Which ethical principle focuses on fairness?

- A. Beneficence
- B. Nonmaleficence
- C. Veracity
- D. Justice**

Fairness in how benefits and burdens are distributed is what Justice focuses on. In healthcare ethics, Justice means treating people impartially, avoiding discrimination, and using fair processes to allocate resources or access to care based on need and potential benefit. This makes it the best answer for a principle centered on fairness. Beneficence guides doing good for the patient, nonmaleficence guides not causing harm, and veracity deals with truth-telling. An example: when resources are scarce, applying just criteria and a transparent process ensures everyone is treated fairly rather than favoring one patient without justification.

4. Glassware primarily presents which safety concern in a lab?

- A. Electrical shock
- B. Breakage causing cuts**
- C. Radiation exposure
- D. Chemical fumes

Glassware safety is mainly about breakage and the sharp edges that can result when it cracks or shatters. Beakers, flasks, and test tubes are strong when used correctly, but they can crack from impacts, thermal stress, or rapid cooling after heating. When glass breaks, the jagged edges can easily cut skin, and tiny shards can pierce fingers or contaminate samples. That's why the standard precautions focus on inspecting glassware for cracks, never using damaged pieces, handling hot glass with tume forceps or gloves, and cleaning up broken glass with a brush and a designated container. The other hazards—electrical shock, radiation exposure, and chemical fumes—are more about the equipment or substances involved, not the glassware itself, so they aren't the primary concern with ordinary glassware use.

5. Which ethical principle requires avoiding harm?

- A. Nonmaleficence**
- B. Beneficence
- C. Justice
- D. Autonomy

Nonmaleficence is the obligation to avoid harming others. In healthcare, it means practitioners should refrain from actions that could injure patients and should minimize risks, avoiding unnecessary or dangerous interventions. When a question asks which principle requires avoiding harm, this principle is the best fit because its central idea is harm avoidance itself. Beneficence focuses on promoting well-being, justice on fair treatment, and autonomy on respecting patient choices, so they don't center on the act of not harming in the same direct way.

6. What does Best Value focus on?

- A. Better Health
- B. Readiness
- C. Cost-effective care while conserving resources**
- D. Best Value

Best Value means choosing options that provide the most benefit for the resources used. It balances quality and effectiveness of care with the price and the resources required, aiming for care that is cost-effective while conserving resources for other needs. In practice, this looks at not just the upfront cost, but outcomes, safety, reliability, and long-term costs like maintenance and waste. So the focus is on getting high-quality care while using resources wisely, rather than simply choosing the lowest price or the highest-quality outcome in isolation.

7. An ICD code represents which of the following?

- A. Treatments administered
- B. Financial categories
- C. Patient demographics
- D. Diagnoses, illnesses, injuries, and causes of death**

ICD codes classify diagnoses, illnesses, injuries, and causes of death. They provide a standardized way to document the health problems a patient has, which supports epidemiological tracking, quality measurement, and billing. They aren't used to record treatments administered—that's done with procedure codes. They also don't capture financial categories or patient demographics, which live in other parts of the medical record. For example, a pneumonia diagnosis would have a specific ICD code, while the antibiotics or imaging used to treat it have separate procedure codes, and the patient's age or payer information is stored separately. This focus on health problems is why the code is used to represent diagnoses and related conditions.

8. What does PPE stand for?

- A. Personal Protective Equipment**
- B. Personal Protective Endowment
- C. Protective Personal Equipment
- D. Personal Performance Equipment

PPE stands for Personal Protective Equipment. This term is used for gear that a person wears to guard against hazards in the workplace or other settings. The words describe who wears it (personal), what its purpose is (protective), and what it is (equipment). PPE is used when hazards can't be eliminated or fully controlled by other means, to reduce risk to skin, eyes, lungs, ears, and other parts of the body. Examples include gloves, gowns or lab coats, safety glasses or face shields, respirators, hard hats, hearing protection, and safety shoes. The other phrases don't reflect standard safety terminology and would not correctly convey the idea of gear designed to protect the wearer.

9. PPE precautions are often called what?

- A. Standard Precautions
- B. Universal Precautions**
- C. Bloodborne Precautions
- D. Hazard Prevention

PPE precautions are historically labeled Universal Precautions because the idea was to treat all blood and certain body fluids as potentially infectious and to use barriers like gloves, gowns, masks, and eye protection with every patient encounter. This naming emphasizes consistent protection for anyone who might be exposed, which is why it's the best answer for what PPE precautions have long been called. Today, the same practices are encompassed under Standard Precautions, which broadens the scope to all body fluids and non intact skin, but you'll still see the older term used in many trainings and materials. The other options aren't the standard labels used for PPE practices.

10. What does Better Health focus on?

- A. Maintaining medically ready Airmen and supporting operations
- B. Cost-effective care while conserving resources
- C. Resiliency, human performance, and reducing illness
- D. Safe, quality care and positive patient outcomes

Better Health centers on resiliency, human performance, and reducing illness. It aims to keep Airmen healthy and capable by strengthening the ability to adapt to stress (resiliency), optimizing physical and cognitive performance through sleep, nutrition, exercise, recovery, and mental well-being (human performance), and preventing sickness through preventive measures and healthy behaviors to minimize days lost to illness. This combination supports readiness and sustained operations. Other options describe medical readiness, cost efficiency, or quality-care delivery, which are not the primary focus of Better Health.

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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://cdc4hblock1.examzify.com>

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

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