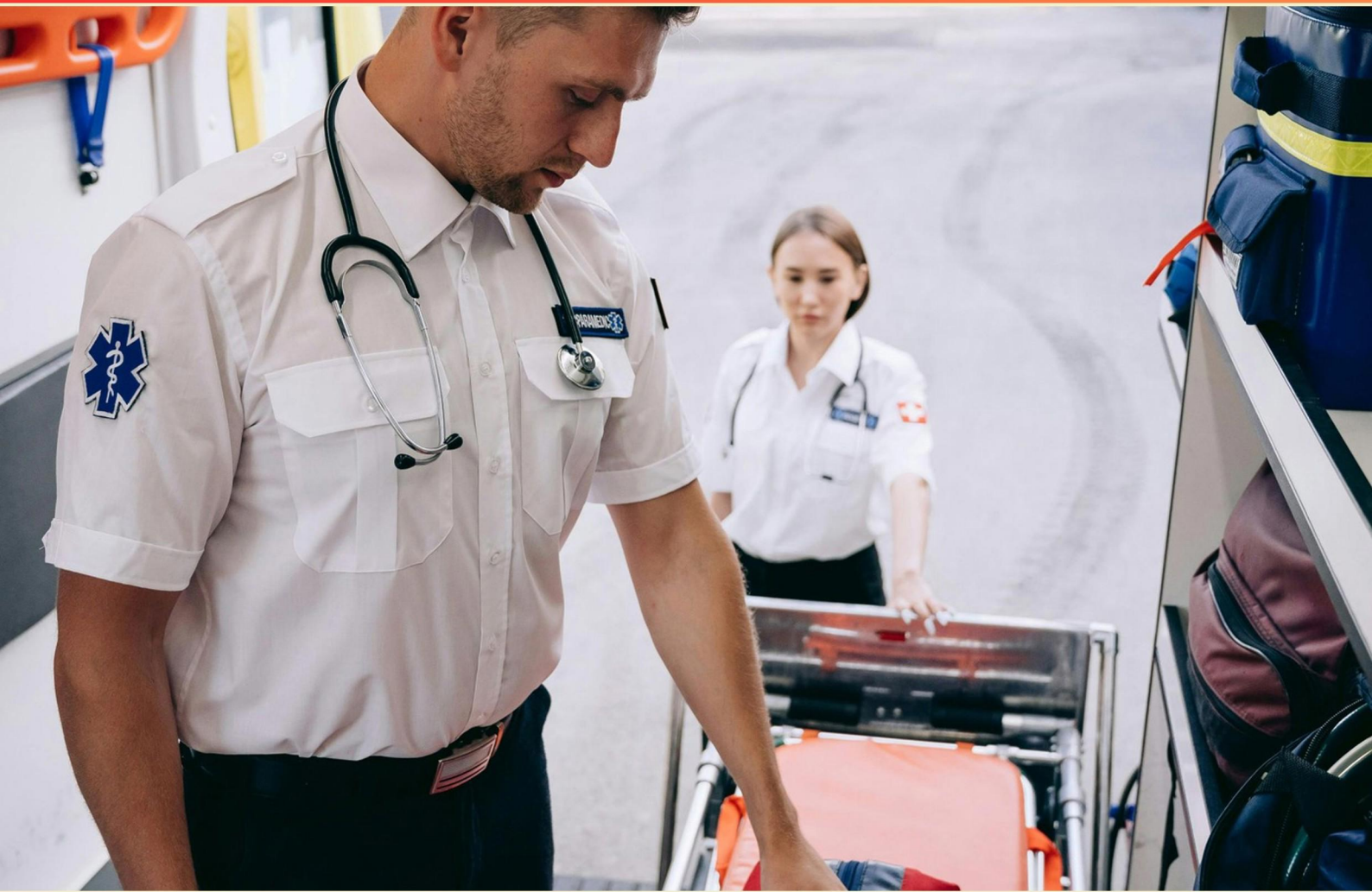


CFD ACADEMY EMS EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://cfdacademyems1.examzify.com>



Copyright © 2026 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 accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

1. Which statement best describes EMS?

- A. A team of health care professionals who are responsible for and provide emergency care and transportation to the sick and injured
- B. A single physician who treats patients at home
- C. A hospital department that only handles non-emergency cases
- D. A government agency that coordinates mass casualty drills

2. Which items are included as parts of the Emergency Patient Care Report (EPCR)?

- A. Chief complaint or concern; mechanism of injury; level of consciousness; vital signs; initial and ongoing assessment; patient demographics; transport information
- B. Chief complaint; diagnosis; treatment plan; billing information
- C. Patient allergies; insurance details; family contact
- D. Time of injury; location; weather conditions

3. Ventilation refers to what?

- A. Movement of air between lungs and environment
- B. Gas exchange between air and blood
- C. Gas exchange between blood and tissues
- D. Movement of blood through arteries

4. A microorganism that is capable of causing disease in a susceptible host is

- A. Pathogen
- B. Contamination
- C. Exposure
- D. Direct contact

5. Which of the following is a peripheral pulse?

- A. Carotid artery pulse
- B. Radial artery pulse
- C. Pulmonary artery pulse
- D. Aortic pulse

6. What is the systolic blood pressure range for an adolescent (12 to 18 years)?
- A. 90 to 110
 - B. 70 to 95
 - C. 110 to 130
 - D. 80 to 100
7. Which of the following is NOT an element of negligence?
- A. Duty
 - B. Breach of Duty
 - C. Damages
 - D. Informed Consent
8. What is the respiratory rate range for an infant (1 month to 1 year)?
- A. 25 to 50
 - B. 12 to 20
 - C. 30 to 60
 - D. 40 to 70
9. Which of the following is included in the appendicular skeleton?
- A. Arms
 - B. Facial bones
 - C. Ribs
 - D. Vertebral column
10. What component occurs after the word root in a term?
- A. Word root
 - B. Prefix
 - C. Suffix
 - D. Combining vowel

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which statement best describes EMS?

- A. A team of health care professionals who are responsible for and provide emergency care and transportation to the sick and injured**
- B. A single physician who treats patients at home
- C. A hospital department that only handles non-emergency cases
- D. A government agency that coordinates mass casualty drills

EMS is a coordinated system of health care professionals and resources that delivers emergency medical care in the field and transports patients to definitive care. The statement describing EMS as a team of health care professionals who provide emergency care and transportation to the sick and injured captures this idea, because EMS includes EMTs, paramedics, dispatchers, ambulances, and other resources working together to deliver prehospital care and rapid transport. It's broader than a single physician at home, and it isn't a hospital department that only handles non-emergency cases, nor a government agency focused solely on drills. EMS aims to bring timely, appropriate medical care to patients where they are and move them quickly to the right facility.

2. Which items are included as parts of the Emergency Patient Care Report (EPCR)?

- A. Chief complaint or concern; mechanism of injury; level of consciousness; vital signs; initial and ongoing assessment; patient demographics; transport information**
- B. Chief complaint; diagnosis; treatment plan; billing information
- C. Patient allergies; insurance details; family contact
- D. Time of injury; location; weather conditions

Emergency Patient Care Report focuses on capturing the patient's presentation and the care delivered during the EMS encounter. The items listed—chief complaint or concern, mechanism of injury, level of consciousness, vital signs, initial and ongoing assessment, patient demographics, and transport information—together provide a complete snapshot of why help was sought, what happened, how the patient is doing, what was found on examination, and where the patient is going. The chief complaint or concern explains the reason for EMS involvement. The mechanism of injury describes how the injury occurred, guiding suspicion for related injuries. Level of consciousness shows responsiveness and guides decisions about airway management and safety. Vital signs offer current physiologic status and trends that influence treatment decisions. The initial and ongoing assessment records the findings from the primary survey and any reassessment during transport, which is essential for tracking changes. Patient demographics ensure correct identification and continuity of care, while transport information documents where the patient is headed, the mode of transport, and timing, which helps hospital staff prepare for arrival and continues care seamlessly. Other options mix elements that belong to different types of records. Diagnosis, treatment plan, and billing information are typically hospital or administrative records rather than EMS run-sheet content. Insurance details and family contact are not central to the EMS clinical record, though some agencies may collect basic identifiers. Time of injury, location, and weather conditions may be noted in scene reports or additional documentation, but they are not the core clinical components listed for the Emergency Patient Care Report.

3. Ventilation refers to what?

- A. Movement of air between lungs and environment**
- B. Gas exchange between air and blood
- C. Gas exchange between blood and tissues
- D. Movement of blood through arteries

Ventilation is the movement of air between the environment and the lungs. It encompasses inhalation and exhalation, driven by pressure changes created when the diaphragm and chest muscles expand and contract. This process brings fresh oxygen-containing air into the lungs and clears carbon dioxide from the body. It is distinct from gas exchange, which is the diffusion of gases between the air in the alveoli and the blood, and from internal respiration, which is gas exchange between blood and body tissues. It's also separate from circulation, the movement of blood through the vessels.

4. A microorganism that is capable of causing disease in a susceptible host is

- A. Pathogen**
- B. Contamination
- C. Exposure
- D. Direct contact

A pathogen is a microorganism that can cause disease in a susceptible host. It has the potential to harm; whether disease actually occurs depends on factors like the dose, virulence of the organism, the host's immune status, and the route of entry. Contamination just means the organism is present somewhere, not necessarily capable of causing disease. Exposure refers to coming into contact with the organism, which is a step toward possible infection but does not define the organism itself. Direct contact is a way the pathogen can be transmitted, not the name of the organism. So, the best description for a microorganism capable of causing disease is a pathogen.

5. Which of the following is a peripheral pulse?

- A. Carotid artery pulse
- B. Radial artery pulse**
- C. Pulmonary artery pulse
- D. Aortic pulse

A peripheral pulse is a pulse felt in arteries away from the heart, usually in the limbs. The radial artery pulse fits this description because it's at the wrist, a distant site from the heart and easily palpated during a routine exam. The carotid artery pulse is considered central since it's in the neck near the heart and is used when peripheral pulses are hard to detect. The pulmonary artery pulse isn't palpated in normal exams; it relates to central circulation and is measured with a catheter. The aorta isn't palpated as a standard peripheral pulse in routine practice either. So the radial artery pulse is the peripheral pulse.

6. What is the systolic blood pressure range for an adolescent (12 to 18 years)?

- A. 90 to 110**
- B. 70 to 95
- C. 110 to 130
- D. 80 to 100

Systolic blood pressure in teens is higher than in younger children but is recalled in many quick-reference guides as a rough resting range around the low hundreds. The idea here is that a typical healthy adolescent sits near 100 mmHg, with normal variation roughly from about 90 to 110 mmHg. That makes the option 90–110 the best fit among the choices, since it centers on that common teen baseline. The other ranges pull away from what's usually considered a central adolescent resting value: 70–95 and 80–100 are generally more representative of younger ages or lower ends of normal, while 110–130, though not dangerous, sits higher on the scale and isn't the central adolescent range used in many quick-reference schemes. In practice, exact assessment uses age, sex, and height percentiles, but for a straightforward recall, 90–110 mmHg reflects the typical adolescent resting systolic pressure.

7. Which of the following is NOT an element of negligence?

- A. Duty
- B. Breach of Duty
- C. Damages
- D. Informed Consent**

Negligence hinges on four pieces: there is a duty to exercise reasonable care, that duty is breached, the breach causes damages, and those damages occur as a result of the breach (causation). Informed consent is not one of these core elements. It concerns a patient's permission after being told risks and alternatives, which is a separate ethical and legal concept. If a lack of informed consent happens, it can show a breach of the duty to disclose or influence a negligence claim, but it isn't itself an element you must prove to establish negligence. So the item that doesn't fit as an element is the idea of informed consent.

8. What is the respiratory rate range for an infant (1 month to 1 year)?

- A. 25 to 50**
- B. 12 to 20
- C. 30 to 60
- D. 40 to 70

Infants breathe faster and more variably than older children and adults, and normal values depend on age and state (resting, sleeping, or reacting to a cause like fever or crying). For an infant from 1 month to 1 year, a typical resting respiratory rate is around the mid-20s to mid-50s breaths per minute. The range of 25 to 50 fits this window well, allowing for slightly lower rates when calm or asleep and higher rates when the infant is awake or unsettled, while still staying within a normal spectrum. Other ranges don't fit as well. A rate of 12–20 is more like adult norms and is too low for this age group. A range of 30–60 is plausible but misses lower normal rates that occur in calm infants and can imply a higher baseline than usual. A range of 40–70 is too high for resting infants and would capture rates that suggest distress or illness.

9. Which of the following is included in the appendicular skeleton?

- A. Arms**
- B. Facial bones
- C. Ribs
- D. Vertebral column

The main idea here is what parts of the skeleton are considered appendicular. The appendicular skeleton includes the limbs and the girdles that attach them to the body's central axis. That means the upper limb—the arm, along with its forearm and hand—is part of this group, as is the lower limb and the shoulder and pelvic girdles that anchor them. In contrast, facial bones, the ribs, and the vertebral column belong to the axial skeleton, which forms the body's central framework. So arms are included in the appendicular skeleton, while facial bones, ribs, and the vertebral column are not.

10. What component occurs after the word root in a term?

- A. Word root
- B. Prefix
- C. Suffix**
- D. Combining vowel

The suffix is what comes after the word root. The root carries the main meaning, while the suffix adds details such as a condition, disease, procedure, or process. Prefixes, when present, go before the root, and a combining vowel is a linking sound used to connect parts and may appear between the root and suffix, but it is not the part that follows the root. For example, gastr- with the suffix -itis forms gastritis, meaning inflammation of the stomach. Therefore, the component that occurs after the word root is the suffix.

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://cfdacademyems1.examzify.com>

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

SAMPLE