

# Combat Medic 68W: Field Craft 1 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

- 1. What is the primary cause of internal damage to hollow organs during a blast?**
  - A. Secondary blast**
  - B. Tertiary blast**
  - C. Primary blast**
  - D. Quaternary blast**
- 2. What specialized cells are responsible for forming clots in the blood?**
  - A. Erythrocytes**
  - B. Thrombocytes**
  - C. Plasma cells**
  - D. Leukocytes**
- 3. What are the three most common devices used in hoist operations?**
  - A. Ambulance, stretcher, helicopter**
  - B. Sked, jungle penetrator, stokes basket**
  - C. Rescue raft, harness vest, lifeboat**
  - D. Chinook, litter, aircraft**
- 4. What is the correct order of precedence for vascular access veins?**
  - A. Cephalic, basilic, median cubital**
  - B. Basilic, median cubital, cephalic**
  - C. Median cubital, cephalic, basilic**
  - D. Cephalic, median cubital, basilic**
- 5. What evaluation method can help detect abnormal consciousness levels?**
  - A. Assessing the patient's responsiveness to verbal and painful stimuli**
  - B. Using a pulse oximeter to measure oxygen levels**
  - C. Monitoring the patient's heart rate**
  - D. Performing a comprehensive physical exam**

- 6. What is the primary function of the heart?**
- A. To pump blood and deliver oxygen to tissues**
  - B. To filter toxins from the blood**
  - C. To regulate body temperature**
  - D. To control respiratory rate**
- 7. How does the body respond to increased CO<sub>2</sub> production during respiration?**
- A. The respiratory rate decreases**
  - B. The heart rate slows down**
  - C. The respiratory rate increases**
  - D. The blood pressure lowers**
- 8. How should a combat medic assess for a spinal injury?**
- A. By checking the patient's pulse**
  - B. By looking for signs of shock**
  - C. By identifying the mechanism of injury and assessing neurological function**
  - D. By examining the patient's blood pressure**
- 9. What does the term "mechanism of injury" refer to?**
- A. The way a particular injury occurred**
  - B. The biological response to trauma**
  - C. The names of injuries sustained**
  - D. The patient's emotional response to injury**
- 10. What is meant by "stress management" in a combat environment?**
- A. Practicing relaxation techniques during lulls in combat**
  - B. Techniques used to maintain performance and decision-making under pressure**
  - C. Taking breaks to avoid mental fatigue**
  - D. Limiting communication during stressful situations**



## **Answers**

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

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## **Explanations**

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**1. What is the primary cause of internal damage to hollow organs during a blast?**

- A. Secondary blast**
- B. Tertiary blast**
- C. Primary blast**
- D. Quaternary blast**

The primary cause of internal damage to hollow organs during a blast is attributed to primary blast effects. This refers to the initial shock wave created by an explosion, which exerts significant pressure on surrounding structures. This rapid expansion of air and the resulting blast wave can cause a violent compressive force on hollow organs, leading to rupture or other forms of internal injury. Hollow organs, such as the stomach, intestines, and bladder, are particularly vulnerable during this initial phase due to their air or fluid-filled nature. The pressure differential created by the blast can result in the collapse or explosion of these organs from the inside out, causing severe physiological damage. Understanding this mechanism is critical for medics when assessing and managing blast injuries, as immediate recognition and intervention can greatly influence patient outcomes.

**2. What specialized cells are responsible for forming clots in the blood?**

- A. Erythrocytes**
- B. Thrombocytes**
- C. Plasma cells**
- D. Leukocytes**

Thrombocytes, commonly known as platelets, are the specialized cells responsible for forming clots in the blood. When a blood vessel is injured, platelets quickly accumulate at the site of damage. They adhere to the exposed collagen and other substances in the vascular wall, initiating the clotting process. Through a series of changes, platelets become activated, releasing chemicals that attract even more platelets to the site, eventually leading to the formation of a stable blood clot. This process is critical in preventing excessive bleeding and is the first line of defense in hemostasis. Understanding the role of thrombocytes is essential for recognizing how the body responds to injury and maintains vascular integrity. The other options refer to different types of blood components and cells that do not have a primary role in clot formation. Erythrocytes are red blood cells responsible for oxygen transport; plasma cells are involved in antibody production; and leukocytes are white blood cells that play key roles in the immune response, but not in clot formation. Therefore, the significance of thrombocytes in hemostasis is both specific and crucial to maintaining bodily functions.

**3. What are the three most common devices used in hoist operations?**

- A. Ambulance, stretcher, helicopter**
- B. Sked, jungle penetrator, stokes basket**
- C. Rescue raft, harness vest, lifeboat**
- D. Chinook, litter, aircraft**

The correct answer highlights three specialized devices utilized in hoist operations, particularly within search and rescue contexts. The sked, jungle penetrator, and stokes basket are all specifically designed for the safe transport of individuals in various challenging environments. The sked is a flexible, lightweight rescue sled that can easily maneuver over rough terrain and can be used in water. The jungle penetrator is designed for quick pickup and transport of personnel from densely vegetated or remote locations, integrating a harness system that allows for secure attachment to helicopters. Lastly, the stokes basket provides a rigid structure that can securely carry a patient and is typically used for transporting injured individuals in a rescue scenario, ensuring stability and safety during the hoist operation. The other options do not focus on devices that are specifically designed for hoisting operations, as indicated in the question.

**4. What is the correct order of precedence for vascular access veins?**

- A. Cephalic, basilic, median cubital**
- B. Basilic, median cubital, cephalic**
- C. Median cubital, cephalic, basilic**
- D. Cephalic, median cubital, basilic**

The correct order of precedence for vascular access veins is based on accessibility, size, and the potential for complications. The median cubital vein is typically considered the best choice for venipuncture and vascular access due to its central location and relative size, making it easy to locate and access. It is less mobile compared to the other veins, which reduces the risk of complications during the procedure. The cephalic vein, while also accessible, is located along the outer side of the arm and can sometimes be more difficult to palpate in certain individuals. Additionally, it is often smaller than the median cubital vein, which can lead to complications such as difficult cannulation. The basilic vein is located on the inner side of the arm and, although it is one of the largest veins, it is associated with a greater risk of complications due to its proximity to major arteries and nerves. This makes it a less preferable option when easier and safer alternatives are available. Thus, the sequence of median cubital, cephalic, and basilic reflects the most logical choice for vascular access based on these factors.

**5. What evaluation method can help detect abnormal consciousness levels?**

- A. Assessing the patient's responsiveness to verbal and painful stimuli**
- B. Using a pulse oximeter to measure oxygen levels**
- C. Monitoring the patient's heart rate**
- D. Performing a comprehensive physical exam**

Assessing the patient's responsiveness to verbal and painful stimuli is crucial for evaluating consciousness levels because it provides direct insight into the patient's neurological status. This method helps determine both the level of consciousness and the degree of responsiveness, which are vital parameters in emergency and clinical settings. Verbal stimuli help gauge the patient's ability to respond to spoken commands or questions, while painful stimuli can further assess responsiveness in those who may not react to verbal prompts. This approach is foundational in systems like the Glasgow Coma Scale, which categorizes consciousness levels based on a patient's ability to open their eyes, respond verbally, and exhibit motor responses. The other methods do provide some health information but do not specifically assess consciousness levels. For example, monitoring heart rate or measuring oxygen levels with a pulse oximeter may indicate physiological status, but they do not reveal how alert or responsive a patient is. A comprehensive physical exam can uncover various issues, but it does not focus directly on the conscious state. Thus, evaluating responsiveness through both verbal and painful stimuli stands out as the most direct and relevant method for assessing levels of consciousness.

**6. What is the primary function of the heart?**

- A. To pump blood and deliver oxygen to tissues**
- B. To filter toxins from the blood**
- C. To regulate body temperature**
- D. To control respiratory rate**

The primary function of the heart is to pump blood and deliver oxygen to tissues. This crucial role ensures that all cells in the body receive the oxygen and nutrients they need to function properly, while also facilitating the removal of carbon dioxide and other metabolic waste products. The heart achieves this through its rhythmic contractions, which propel blood through a vast network of arteries and veins, continuously circulating it throughout the body. While filtering toxins from the blood is an essential function, this task is primarily carried out by the kidneys. Regulation of body temperature is managed by the hypothalamus and other systems, rather than the heart itself, and controlling respiratory rate is primarily influenced by the brainstem and chemoreceptors responding to carbon dioxide levels in the blood. Therefore, the heart's main responsibility remains focused on the vital task of pumping blood, which underpins most physiological functions in the body.

**7. How does the body respond to increased CO<sub>2</sub> production during respiration?**

- A. The respiratory rate decreases**
- B. The heart rate slows down**
- C. The respiratory rate increases**
- D. The blood pressure lowers**

The body responds to increased carbon dioxide (CO<sub>2</sub>) production during respiration by increasing the respiratory rate. When CO<sub>2</sub> levels rise, it indicates that the body's metabolic activity has increased, leading to a requirement for more oxygen intake to meet energy demands and to expel the excess CO<sub>2</sub>, which is a waste product of metabolism. The medulla oblongata in the brainstem detects this increased concentration of CO<sub>2</sub> through chemoreceptors. In response, it stimulates the respiratory center to increase the rate and depth of breathing. This process helps restore homeostasis by allowing for greater oxygen intake and more effective removal of CO<sub>2</sub>, thus maintaining proper blood pH levels and ensuring efficient respiratory function. In contrast, other responses such as a decrease in respiratory rate or heart rate do not align with the body's immediate need to regulate CO<sub>2</sub> levels effectively. Lowering blood pressure is also not a direct response to increased CO<sub>2</sub>; rather, the body's priority is to enhance ventilation to correct the imbalance.

**8. How should a combat medic assess for a spinal injury?**

- A. By checking the patient's pulse**
- B. By looking for signs of shock**
- C. By identifying the mechanism of injury and assessing neurological function**
- D. By examining the patient's blood pressure**

The assessment of a spinal injury is critical for a combat medic, as such injuries can lead to significant complications, including paralysis. Identifying the mechanism of injury is essential because certain types of trauma, such as falls from heights, vehicle collisions, or penetrating injuries, are more likely to result in spinal cord damage. Additionally, assessing neurological function is crucial. This involves checking for motor and sensory responses, such as the patient's ability to move their limbs or to feel touch or pain sensations. These assessments help determine whether there has been any impact on the spinal cord and the extent of the injury. Thus, option C encapsulates the key components in effectively assessing for a spinal injury, making it the correct choice.

**9. What does the term "mechanism of injury" refer to?**

- A. The way a particular injury occurred**
- B. The biological response to trauma**
- C. The names of injuries sustained**
- D. The patient's emotional response to injury**

The term "mechanism of injury" refers to the way a particular injury occurred. Understanding the mechanism of injury is crucial for combat medics and healthcare providers because it helps them assess the potential damage that may have occurred within the body based on the forces involved. For instance, knowing whether an injury was caused by a blunt force impact, a penetrating object, or a fall can guide the medic in the evaluation and treatment process. This knowledge allows medics to anticipate complications, prioritize care effectively, and make informed decisions regarding transport, interventions, and further evaluations. Understanding the specifics of the injury allows healthcare professionals to provide more targeted and appropriate care. Other options, while relevant to injury and trauma, address different aspects. The biological response to trauma is important in understanding how the body reacts to injuries but does not define how the injury itself occurred. Similarly, the names of injuries sustained represent the outcomes rather than the event that caused them, and the patient's emotional response to injury, while significant in a holistic view of patient care, does not pertain to the mechanics of how the injury occurred.

**10. What is meant by "stress management" in a combat environment?**

- A. Practicing relaxation techniques during lulls in combat**
- B. Techniques used to maintain performance and decision-making under pressure**
- C. Taking breaks to avoid mental fatigue**
- D. Limiting communication during stressful situations**

In a combat environment, "stress management" refers to techniques and strategies utilized to maintain performance and enhance decision-making even when under extreme pressure. The ability to function effectively amid chaos and high-stress situations is crucial for military personnel, as decisions made in these scenarios can have life-or-death consequences. Maintaining a clear mind can mitigate the adverse effects of stress, allowing individuals to respond appropriately, assess risks, and carry out their duties efficiently. Techniques might include mental conditioning, situational awareness training, and developing coping mechanisms to manage anxiety, all aimed at improving focus and combat readiness despite the surrounding stressors. The other options discuss aspects of stress management, such as relaxation techniques and breaks, which can be helpful but do not capture the broader significance of sustaining performance and decision-making amidst the intense and often unpredictable challenges faced in combat.



## 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://combatmedic68wfieldcraft1.examzify.com>**

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