

EMERGENCY MEDICAL TECHNICIAN (EMT) INTERMEDIATE PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. Which physiological response may occur if a head-injured patient is hyperventilated with 100% oxygen?**
 - A. Vasodilation and increased cerebral perfusion
 - B. Vasoconstriction and decreased cerebral perfusion
 - C. Increased intracranial pressure
 - D. Hypercapnia

- 2. Which factor has the MOST impact on the severity of radiation injury?**
 - A. The distance from the source
 - B. The type of radiation
 - C. The amount and duration of exposure
 - D. The protective measures taken

- 3. What is the primary goal of using an AED?**
 - A. To monitor heart rhythm
 - B. To restart a stopped heart
 - C. To provide high-quality CPR
 - D. To defibrillate an unresponsive patient

- 4. Which of the following is a sign of hypoglycemia?**
 - A. Fever
 - B. Diaphoresis
 - C. Skin rash
 - D. Bradycardia

- 5. After placing a patient with respiratory distress in a comfortable position, what is the next appropriate action?**
 - A. Administering bronchodilators
 - B. Attach the CPAP device
 - C. Apply a nebulizer treatment
 - D. Obtain a blood pressure

- 6. The fifth link in the cardiac chain of survival includes which of the following?**
- A. Appropriate early access to emergency services
 - B. Temperature regulation and maintenance of glucose levels
 - C. Effective CPR by bystanders
 - D. Early defibrillation
- 7. What occurs in the pupil when a light is shone into it?**
- A. It dilates
 - B. It becomes smaller in size
 - C. It remains unchanged
 - D. It blinks rapidly
- 8. In a patient with partial- and full-thickness burns covering 45% of BSA, what volume of IV crystalloid should be administered per hour based on the Parkland formula?**
- A. 450 mL
 - B. 620 mL
 - C. 960 mL
 - D. 1200 mL
- 9. Which of the following statements regarding HIV is correct?**
- A. HIV can survive on surfaces for extended periods
 - B. HIV cannot enter the bloodstream through intact skin
 - C. HIV can be transmitted through casual contact
 - D. HIV only affects drug users and homosexuals
- 10. You are transporting an immobilized patient with severe facial trauma. As you are preparing to give your radio report to the hospital, the patient begins vomiting large amounts of blood. You should:**
- A. Turn the backboard onto its side
 - B. Elevate the patient's head
 - C. Administer oxygen
 - D. Call for immediate backup

Answers

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

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Explanations

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1. Which physiological response may occur if a head-injured patient is hyperventilated with 100% oxygen?

- A. Vasodilation and increased cerebral perfusion
- B. Vasoconstriction and decreased cerebral perfusion**
- C. Increased intracranial pressure
- D. Hypercapnia

When a head-injured patient is hyperventilated with 100% oxygen, the most appropriate physiological response is vasoconstriction and decreased cerebral perfusion. Hyperventilation leads to a decrease in carbon dioxide levels (hypocapnia) in the blood. The body responds to low carbon dioxide by causing the cerebral blood vessels to constrict (vasoconstriction). This vasoconstriction reduces blood flow to the brain, which in turn diminishes cerebral perfusion. Maintaining adequate cerebral perfusion is crucial, especially in head-injured patients, as they are already at risk for complications related to cerebral blood flow. Therefore, the action of hyperventilating with 100% oxygen in this context is not beneficial and can lead to further complications.

2. Which factor has the MOST impact on the severity of radiation injury?

- A. The distance from the source
- B. The type of radiation
- C. The amount and duration of exposure**
- D. The protective measures taken

The severity of radiation injury is most significantly influenced by the amount and duration of exposure. This relationship is fundamental in understanding radiation effects; the more radiation a person is exposed to, and the longer that exposure lasts, the greater the potential for harmful effects on biological tissues. Cumulative dose is a critical factor because radiation interacts with living tissues and can lead to cellular damage or death, depending on how much radiation is absorbed. Short bursts of high-dose radiation can cause acute radiation syndrome, while prolonged exposure, even at lower doses, can increase the risk of long-term effects, such as cancer. While distance from the source, type of radiation, and protective measures taken are certainly important considerations in minimizing radiation effects, the direct relationship between exposure amount and duration makes this factor the most impactful in determining the severity of potential radiation injuries. Thus, attention to controlling not just the intensity of exposure but also its duration is essential for both prevention and treatment in cases of radiation exposure.

3. What is the primary goal of using an AED?

- A. To monitor heart rhythm
- B. To restart a stopped heart
- C. To provide high-quality CPR
- D. To defibrillate an unresponsive patient**

The primary goal of using an AED, or Automated External Defibrillator, is to defibrillate an unresponsive patient experiencing sudden cardiac arrest. This device is designed to analyze the heart rhythm and, if a shockable rhythm is detected (like ventricular fibrillation or pulseless ventricular tachycardia), it delivers an electrical shock to the heart. This shock aims to reset the heart's electrical activity, allowing it to return to a normal rhythm. When a patient is unresponsive and in cardiac arrest, time is critical. The use of an AED can significantly increase the chances of survival by attempting to restore an effective heart rhythm. While monitoring heart rhythm and performing high-quality CPR are essential components of the overall response to cardiac arrest, they are not the primary function of the AED itself. Rather, AEDs are tools that specifically provide the critical electrical shock necessary to defibrillate the heart in these emergency situations.

4. Which of the following is a sign of hypoglycemia?

- A. Fever
- B. Diaphoresis**
- C. Skin rash
- D. Bradycardia

Diaphoresis, or excessive sweating, is a classic sign of hypoglycemia. When blood sugar levels drop, the body responds by releasing adrenaline (epinephrine), which triggers the fight-or-flight response. This response leads to physical symptoms such as sweating, increased heart rate, and tremors. In the context of hypoglycemia, diaphoresis occurs as a means for the body to alert the individual to a critical health condition that needs to be addressed quickly. Fever, on the other hand, is not directly related to low blood sugar levels but may suggest an infection or another medical condition. Skin rash typically indicates an allergic reaction or dermatological issue, and bradycardia refers to a slower-than-normal heart rate, which is not a prominent feature of hypoglycemia. Understanding these distinctions helps in recognizing the symptoms associated with different medical emergencies.

5. After placing a patient with respiratory distress in a comfortable position, what is the next appropriate action?

- A. Administering bronchodilators
- B. Attach the CPAP device**
- C. Apply a nebulizer treatment
- D. Obtain a blood pressure

In cases of respiratory distress, it's essential to prioritize the management of the patient's airway and breathing. After initially placing the patient in a comfortable position, the use of a Continuous Positive Airway Pressure (CPAP) device is highly effective in improving oxygenation and relieving respiratory distress. CPAP helps to keep the alveoli open, enhances lung compliance, and reduces the work of breathing. It also can prevent the need for intubation by providing non-invasive ventilation support, making it a crucial next step in care. While administering bronchodilators, applying nebulizer treatments, or obtaining blood pressure readings are relevant actions, they may not address the immediate need for airway support as effectively as using CPAP. Bronchodilators and nebulizers are beneficial in specific cases, such as bronchospasm, but they may not provide the same level of support for the overall respiratory distress. Blood pressure monitoring is important but does not directly address the patient's respiratory needs at this critical stage. Thus, applying the CPAP device is the most appropriate next action to enhance the patient's breathing and overall stabilization.

6. The fifth link in the cardiac chain of survival includes which of the following?

- A. Appropriate early access to emergency services
- B. Temperature regulation and maintenance of glucose levels**
- C. Effective CPR by bystanders
- D. Early defibrillation

The fifth link in the cardiac chain of survival is crucial for improving outcomes in victims of cardiac arrest. It specifically encompasses the growth of post-cardiac arrest care, which is vital for surviving patients after defibrillation and advanced life support have been administered. Post-cardiac arrest care includes several important aspects, such as maintaining optimal temperature and glucose levels, which are essential for protecting the brain and other vital organs. This care often involves interventions to ensure the patient is stabilized, monitored, and treated for any complications that might arise following a return of spontaneous circulation (ROSC). Thus, managing temperature and glucose levels helps improve the patient's chances of recovery and reduces the risk of poor neurological outcomes. The other options focus on earlier elements of the cardiac chain of survival. Early access to emergency services, effective CPR, and early defibrillation are critical steps that need to occur immediately after cardiac arrest. However, they precede the fifth link, which emphasizes comprehensive post-cardiac arrest care to enhance the overall survival and recovery process.

7. What occurs in the pupil when a light is shone into it?

- A. It dilates
- B. It becomes smaller in size**
- C. It remains unchanged
- D. It blinks rapidly

When light is shone into the pupil, the correct response is that it becomes smaller in size, which is referred to as constriction. This process is part of the pupillary light reflex, a protective mechanism that helps regulate the amount of light entering the eye, thus avoiding damage to the retina from excessive brightness. The constriction occurs because of the contraction of the muscles in the iris. When bright light is detected, sensory information is transmitted to the brain, which sends signals to the iris muscles to constrict the pupil. This adjustment ensures that the correct amount of light enters the eye for optimal vision. Understanding this process is critical for emergency medical responders, as changes in pupil size and reactivity can indicate various clinical conditions. For instance, unresponsive pupils or pupils that do not react to light may suggest neurological impairment or drug effects. Thus, knowledge of normal pupil responses to light is essential in assessing a patient's condition.

8. In a patient with partial- and full-thickness burns covering 45% of BSA, what volume of IV crystalloid should be administered per hour based on the Parkland formula?

- A. 450 mL
- B. 620 mL**
- C. 960 mL
- D. 1200 mL

To determine the correct volume of IV crystalloid to be administered per hour based on the Parkland formula, it's essential to understand how the formula is applied in the context of burn injuries. The Parkland formula is used to calculate the fluid resuscitation requirements for burn patients, and it states that the total fluid volume required in the first 24 hours after a burn injury is equal to 4 mL multiplied by the patient's weight in kilograms and the total body surface area (BSA) burned expressed as a percentage. In this scenario, we begin with the understanding that the burn covers 45% of the total body surface area. If we assume a typical adult weight for ease of calculation, let's use a weight of 70 kg for this example. According to the formula: Total volume in the first 24 hours = 4 mL x weight (kg) x BSA burned (%) = 4 mL x 70 kg x 45% = 4 mL x 70 x 0.45 = 126 mL per hour. However, since the total volume calculated is for a full 24 hours, for the first half of this period—in the first 8 hours, patients receive half of the calculated

9. Which of the following statements regarding HIV is correct?

- A. HIV can survive on surfaces for extended periods
- B. HIV cannot enter the bloodstream through intact skin**
- C. HIV can be transmitted through casual contact
- D. HIV only affects drug users and homosexuals

The statement that HIV cannot enter the bloodstream through intact skin is correct because the virus requires access to the bloodstream through a specific route, such as through mucous membranes or open wounds. Intact skin serves as a robust barrier that effectively prevents the entry of HIV. This characteristic is important in understanding how HIV transmission occurs, emphasizing the need for exposure to fluids such as blood, semen, vaginal fluids, or breast milk for potential infection. Other statements presented in the question contain inaccuracies that highlight the complexities of HIV transmission and its nature. For instance, HIV does not survive on surfaces for extended periods, as it is sensitive and does not remain viable outside the human body for long. The idea that HIV can be transmitted through casual contact is misleading since the virus is not spread through airborne means, touching, or sharing everyday items. Lastly, the misconception that HIV only affects drug users and homosexuals fails to recognize that HIV can impact anyone, regardless of their background, if they engage in behaviors that expose them to the virus. Understanding these nuances is crucial in combating misinformation about HIV and promoting awareness of safe practices.

10. You are transporting an immobilized patient with severe facial trauma. As you are preparing to give your radio report to the hospital, the patient begins vomiting large amounts of blood. You should:

A. Turn the backboard onto its side

B. Elevate the patient's head

C. Administer oxygen

D. Call for immediate backup

Turning the backboard onto its side is the most appropriate action when an immobilized patient begins to vomit large amounts of blood. This position helps to prevent the patient from aspirating the blood, which can lead to serious complications such as airway obstruction or respiratory distress. By positioning the patient on their side, you are allowing the blood to drain out of the mouth rather than pooling, which can obstruct the airway. It's crucial in this scenario to maintain the spine's immobilization, which is achieved by holding the patient still while managing the airway and preventing aspiration. While administering oxygen is important in trauma situations, if the patient is actively vomiting blood, ensuring that the airway is clear takes priority. Elevating the head might not be advisable because it can compromise the immobilization and potentially worsen any spinal injuries. Calling for immediate backup may be necessary, but the immediate priority in managing the airway is turning the patient to prevent choking on blood.

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://emt-intermediate.examzify.com>

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

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