

# Emergency Medical Technician (EMT) Trauma Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**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

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>9</b>
<b>Explanations</b> .....	<b>11</b>
<b>Next Steps</b> .....	<b>17</b>

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. You are dispatched to the scene of a motorcycle crash. Upon arrival, you find the patient lying facedown approximately 25 feet from his bike. He is not wearing a helmet and is moaning. You should:**
  - A. Apply a cervical collar**
  - B. Evaluate the status of his airway**
  - C. Log roll him to a supine position**
  - D. Stabilize his head manually**
  
- 2. A 23-year-old unrestrained female struck the steering wheel with her chest when her passenger car collided with a tree at a high rate of speed. Your assessment reveals that she is conscious, but has signs of shock and an irregular pulse. The MOST appropriate treatment for this patient includes:**
  - A. applying an AED in case she develops cardiac arrest, high-flow oxygen, full spinal precautions, and rapid transport.**
  - B. high-flow oxygen, summoning a paramedic unit to the scene to assess her cardiac rhythm, a cervical collar, and transport as soon as possible.**
  - C. high-flow oxygen or assisted ventilations as needed, full spinal precautions, blankets to keep her warm, and rapid transport.**
  - D. insertion of an oral airway, assisted ventilations with a bag-mask device, full spinal precautions, and rapid transport.**
  
- 3. A young male has an open abdominal wound through which a small loop of bowel is protruding. There is minimal bleeding. The BEST way to treat his injury is to:**
  - A. Apply a sterile trauma dressing moistened with sterile saline directly to the wound and secure the moist dressing in place with a dry sterile dressing**
  - B. Apply dry sterile gauze pads to the wound and then keep them continuously moist by pouring sterile saline or water on them throughout transport**
  - C. Cover the wound with a dry sterile trauma dressing and tightly secure it in place by circumferentially wrapping roller gauze around the abdomen**
  - D. Gently clean the exposed loop of bowel with warm sterile saline, carefully replace it back into the wound, and cover it with a dry sterile dressing**

- 4. Distal circulation should be assessed at which of the following pulse locations for a young man who fell and landed on his outstretched hand, resulting in pain and deformity to the left midshaft forearm?**
- A. brachial**
  - B. pedal**
  - C. popliteal**
  - D. radial**
- 5. What is the preferred method for controlling external bleeding in trauma patients?**
- A. Applying a tourniquet immediately**
  - B. Direct pressure**
  - C. Elevation of the wound**
  - D. Cold pack application**
- 6. During transport of a patient with a head injury, which of the following will provide you with the MOST information regarding the patient's condition?**
- A. Blood pressure**
  - B. Heart rate**
  - C. Mental status**
  - D. Pupil size**
- 7. How should a patient with potential spinal injury be positioned?**
- A. Seated upright with support**
  - B. Supine on a backboard with head and neck immobilized**
  - C. Fetal position on the ground**
  - D. Prone with head turned to the side**
- 8. In which situation should you immediately remove a crash helmet to provide care?**
- A. the helmet fits snugly and immobilizes the head**
  - B. the patient is cyanotic and respirations are slow**
  - C. the patient is not alert and there are no airway issues**
  - D. the patient is not moving but has stable vital signs**

- 9. What is the primary concern when treating an elderly patient with 50% full-thickness burns?**
- A. Cover with moist dressings and prevent infection**
  - B. Cover with dry dressings and prevent heat loss**
  - C. Cool burns with saline and cover**
  - D. Remove burned clothing and jewelry**
- 10. What is the primary role of a trauma center?**
- A. To provide emergency transportation to patients**
  - B. To offer specialized care for patients with severe injuries**
  - C. To conduct research on trauma treatments**
  - D. To manage outpatient services for minor injuries**

**SAMPLE**

## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

1. **You are dispatched to the scene of a motorcycle crash. Upon arrival, you find the patient lying facedown approximately 25 feet from his bike. He is not wearing a helmet and is moaning. You should:**
  - A. Apply a cervical collar
  - B. Evaluate the status of his airway
  - C. Log roll him to a supine position
  - D. Stabilize his head manually**

In this scenario, the correct action to take is to stabilize the patient's head manually. The patient is found facedown and moaning after a motorcycle crash, indicating a potential cervical spine injury. By manually stabilizing the patient's head, you can prevent further movement that may worsen any spinal injury. This action helps in maintaining the alignment of the spine and reduces the risk of spinal cord damage. Assessing the airway is crucial, but in this particular situation, stabilizing the patient's head takes precedence due to the mechanism of injury and the patient's position. Applying a cervical collar should only be done after manually stabilizing the head. Log rolling the patient to a supine position is also not recommended without properly stabilizing the head first to prevent further injury.

2. **A 23-year-old unrestrained female struck the steering wheel with her chest when her passenger car collided with a tree at a high rate of speed. Your assessment reveals that she is conscious, but has signs of shock and an irregular pulse. The MOST appropriate treatment for this patient includes:**
  - A. applying an AED in case she develops cardiac arrest, high-flow oxygen, full spinal precautions, and rapid transport.**
  - B. high-flow oxygen, summoning a paramedic unit to the scene to assess her cardiac rhythm, a cervical collar, and transport as soon as possible.
  - C. high-flow oxygen or assisted ventilations as needed, full spinal precautions, blankets to keep her warm, and rapid transport.
  - D. insertion of an oral airway, assisted ventilations with a bag-mask device, full spinal precautions, and rapid transport.

In this scenario, the patient has signs of shock and an irregular pulse following a chest injury sustained in a high-speed motor vehicle collision. The correct treatment approach for this patient includes applying high-flow oxygen to ensure adequate oxygenation, as shock can lead to inadequate tissue perfusion and impaired oxygen delivery. Additionally, monitoring for signs of deterioration such as cardiac arrest is crucial, hence the potential need for an AED. Full spinal precautions are essential in cases of significant trauma, especially when there is a mechanism like striking the steering wheel in play. Rapid transport to a trauma center is vital for definitive care and further management of the patient's condition. Therefore, the MOST appropriate treatment for this patient includes high-flow oxygen, full spinal precautions, being ready for potential cardiac arrest and transporting the patient promptly for further evaluation and treatment.

3. A young male has an open abdominal wound through which a small loop of bowel is protruding. There is minimal bleeding. The BEST way to treat his injury is to:

- A. Apply a sterile trauma dressing moistened with sterile saline directly to the wound and secure the moist dressing in place with a dry sterile dressing**
- B. Apply dry sterile gauze pads to the wound and then keep them continuously moist by pouring sterile saline or water on them throughout transport**
- C. Cover the wound with a dry sterile trauma dressing and tightly secure it in place by circumferentially wrapping roller gauze around the abdomen**
- D. Gently clean the exposed loop of bowel with warm sterile saline, carefully replace it back into the wound, and cover it with a dry sterile dressing**

In this scenario, the correct answer is to apply a sterile trauma dressing moistened with sterile saline directly to the wound and secure it in place with a dry sterile dressing. This is the best course of action because covering the exposed bowel with a moist dressing helps to prevent it from drying out and becoming damaged. Additionally, securing the moist dressing in place with a dry sterile dressing helps to maintain a clean and moist environment for the exposed bowel, which is crucial for reducing the risk of infection and further damage. Option B is incorrect because continuously pouring sterile saline or water on the gauze pads throughout transport can lead to hypothermia and is not the recommended approach for managing an open abdominal wound with exposed bowel. Option C is incorrect because circumferentially wrapping roller gauze tightly around the abdomen can increase the risk of compartment syndrome and impede circulation. It is important to secure the dressing in place without applying excessive pressure. Option D is incorrect because attempting to clean the exposed loop of bowel and replace it back into the wound without medical expertise can lead to further injury and contamination. It is essential to leave the bowel in place and cover it with a moistened sterile dressing.

4. Distal circulation should be assessed at which of the following pulse locations for a young man who fell and landed on his outstretched hand, resulting in pain and deformity to the left midshaft forearm?

- A. brachial**
- B. pedal**
- C. popliteal**
- D. radial**

Assessing the distal circulation in this scenario is crucial to evaluate the vascular status beyond the site of injury. In the case of a young man with potential trauma to the left midshaft forearm after a fall, the brachial pulse should be assessed. This location is the most appropriate as it is proximal to the injury site, allowing for the assessment of blood flow beyond the potentially affected area. Checking the brachial pulse will provide essential information on perfusion to the injured extremity. The other pulse locations mentioned in the question, such as pedal, popliteal, and radial, are further distal and not as suitable for assessing circulation in this specific scenario.

**5. What is the preferred method for controlling external bleeding in trauma patients?**

- A. Applying a tourniquet immediately**
- B. Direct pressure**
- C. Elevation of the wound**
- D. Cold pack application**

The preferred method for controlling external bleeding in trauma patients is applying direct pressure. This technique is considered the first line of defense in managing bleeding because it is effective at promoting clot formation in the wound. By applying firm, direct pressure to the injury site, you're helping to compress the blood vessels and minimize blood loss, which can be critical for the patient's survival, especially in cases of severe bleeding. In many situations, direct pressure can often stop bleeding effectively and is easily applicable in the field. It's important to maintain pressure for several minutes without lifting the bandage, as this allows the body's natural clotting mechanisms to function. If bleeding does not stop with direct pressure alone, other methods—such as applying a tourniquet—may be considered, typically for more severe injuries where direct pressure is insufficient. Elevation of the wound can help by encouraging venous return and possibly reducing blood flow to the injury, but it is not as reliable or effective on its own as direct pressure. Cold packs can help manage swelling or provide comfort, but they do not play a critical role in controlling bleeding, especially in urgent trauma situations.

**6. During transport of a patient with a head injury, which of the following will provide you with the MOST information regarding the patient's condition?**

- A. Blood pressure**
- B. Heart rate**
- C. Mental status**
- D. Pupil size**

Monitoring the patient's blood pressure during transport of a patient with a head injury will provide the EMT with the most critical information regarding the patient's condition. Changes in blood pressure can indicate worsening intracranial pressure, which is a significant concern in patients with head injuries. A sudden increase in blood pressure may suggest the need for immediate intervention to prevent further damage. Therefore, continuous monitoring of blood pressure is crucial in managing patients with head injuries. While heart rate, mental status, and pupil size are also important indicators to assess, blood pressure plays a more significant role in monitoring and managing patients with head injuries.

**7. How should a patient with potential spinal injury be positioned?**

- A. Seated upright with support**
- B. Supine on a backboard with head and neck immobilized**
- C. Fetal position on the ground**
- D. Prone with head turned to the side**

The appropriate positioning for a patient with a potential spinal injury is to place them supine on a backboard with their head and neck immobilized. This method is crucial because it minimizes any movement of the spine, which could exacerbate a potential injury. By using a backboard, the patient's body is stabilized, and the risk of further damaging the spinal column is significantly reduced. When immobilized correctly, there is less chance of misalignment or additional stress on the spine during transportation. This position also allows for better access to the patient's airway and circulation, which is vital in emergency situations. Keeping the spine in a neutral position minimizes the risk of exacerbating any potential spinal cord injuries and is a standard practice in traumatic care scenarios. Other positioning methods, such as seated or fetal positions, can allow for increased movement and variability in spinal alignment, which poses risks to patients with suspected spinal injuries. Prone positioning could also lead to complications in managing the airway or performing necessary assessments and interventions. Therefore, supine positioning on a backboard is the safest option.

**8. In which situation should you immediately remove a crash helmet to provide care?**

- A. the helmet fits snugly and immobilizes the head**
- B. the patient is cyanotic and respirations are slow**
- C. the patient is not alert and there are no airway issues**
- D. the patient is not moving but has stable vital signs**

In an emergency situation, it is crucial to quickly assess and provide care to a patient. In this scenario, the most important factor is the patient's ability to breathe. Option A states that the helmet fits snugly and immobilizes the head, which may be a necessary precaution for serious head injuries. Option C mentions that the patient is not alert and there are no airway issues, but we cannot assume that there are no airway issues without proper evaluation. Option D states that the patient is not moving but has stable vital signs, which may indicate other injuries that require immediate care but not necessarily the removal of the helmet. Option B, on the other hand, indicates that the patient is cyanotic and respirations are slow, meaning that the patient is not getting enough oxygen and is in potential respiratory distress. In this case, it is crucial to remove the helmet to ensure proper airway management and provide necessary care to the patient.

**9. What is the primary concern when treating an elderly patient with 50% full-thickness burns?**

- A. Cover with moist dressings and prevent infection**
- B. Cover with dry dressings and prevent heat loss**
- C. Cool burns with saline and cover**
- D. Remove burned clothing and jewelry**

When treating an elderly patient with 50% full-thickness burns, the primary concern is covering the burns with moist dressings and preventing infection. Full-thickness burns involve damage to both the outer layer of the skin (epidermis) and the layer underneath (dermis), which can compromise the skin's ability to protect against infection. Moist dressings help maintain a clean and moist environment that promotes healing while also reducing the risk of infection. Therefore, ensuring proper wound care by covering the burns with moist dressings is crucial in managing these severe burns in elderly patients. While the other options may be important in certain situations, such as removing burned clothing and jewelry to prevent further injury or cooling burns with saline to help alleviate pain and reduce tissue damage, the highest priority in this case is preventing infection by using moist dressings.

**10. What is the primary role of a trauma center?**

- A. To provide emergency transportation to patients**
- B. To offer specialized care for patients with severe injuries**
- C. To conduct research on trauma treatments**
- D. To manage outpatient services for minor injuries**

The primary role of a trauma center is to offer specialized care for patients with severe injuries. Trauma centers are equipped with advanced resources and personnel trained specifically to handle critical situations, such as traumatic injuries that may result from accidents, falls, or violence. They provide immediate and comprehensive care including surgical interventions, critical care support, and rehabilitation services tailored to the unique needs of trauma patients. This specialization is vital because trauma cases often require prompt and complex medical interventions that general emergency departments may not be as equipped to handle. The presence of specialized teams, including trauma surgeons, anesthesiologists, and emergency physicians, allows for a coordinated approach to manage life-threatening situations effectively. While emergency transportation and outpatient services may be components of overall trauma care, they are not the primary focus of a trauma center. Research activities may also be part of the mission of trauma centers, but the core function remains delivering high-level care to those with severe and potentially life-threatening injuries.

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

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

SAMPLE