

Emergency Medical Technicians (EMT) Moving and Lifting 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

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- 1. How should EMTs use their legs when lifting?**
 - A. To push the load away from the body**
 - B. To provide power while keeping the back straight**
 - C. To stabilize themselves during the lift**
 - D. To bend and twist for better grip**

- 2. What technique should be used when lifting a patient over uneven terrain?**
 - A. Use the “carry” method, keeping the weight balanced**
 - B. Lift with one arm while pulling with the other**
 - C. Carry the patient upright to maintain awareness**
 - D. Use a wheeled stretcher regardless of terrain**

- 3. Why is teamwork essential during patient lifting?**
 - A. It makes lifting heavier patients easier**
 - B. It ensures coordination and safety**
 - C. It allows one person to direct all actions**
 - D. Only one EMT is needed with teamwork**

- 4. When is it considered safe to perform a lift?**
 - A. When the EMT feels confident**
 - B. Only when all team members agree**
 - C. When the situation has been assessed for risk**
 - D. When the patient is cooperative**

- 5. What is the best way to transport a combative patient?**
 - A. Use no restraints to avoid distress**
 - B. Restrain safely using appropriate methods**
 - C. Transport them without any assistance**
 - D. Ignore their behavior during transport**

- 6. What should an EMT maintain to improve safety during a lift?**
 - A. A large distance between the load and the body**
 - B. A relaxed grip to avoid fatigue**
 - C. A close proximity to the load being lifted**
 - D. A high speed of movement**

- 7. What is a crucial element of proper lifting techniques?**
- A. Bending at the knees and keeping the back straight**
 - B. Lifting with only the arms**
 - C. Twisting the torso while lifting**
 - D. Using only upper body strength**
- 8. What is the recommended position for EMTs while lifting a patient?**
- A. Standing on their toes**
 - B. With feet shoulder-width apart for stability**
 - C. One foot forward to enhance reach**
 - D. In a crouched position to minimize height**
- 9. What should be done if a patient's injuries appear life-threatening during transport?**
- A. Continue transport and assess during transit**
 - B. Immediately call for a helicopter evacuation**
 - C. Prepare for rapid extraction**
 - D. Leverage the presence of family for extra support**
- 10. When should the emergency services system be activated?**
- A. When the patient is awake and responsive**
 - B. When the patient has a minor injury**
 - C. When the patient is unresponsive or needs immediate help**
 - D. When the patient is stable and alert**

Answers

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

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Explanations

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1. How should EMTs use their legs when lifting?

- A. To push the load away from the body
- B. To provide power while keeping the back straight**
- C. To stabilize themselves during the lift
- D. To bend and twist for better grip

When lifting, EMTs should primarily utilize their legs to provide power while maintaining a straight back. This technique is crucial because the legs are significantly stronger than the back, allowing for a safer and more efficient lift. By bending at the knees and keeping the back straight, EMTs can use the strength of their leg muscles to raise the load without placing undue stress on the spine. This not only reduces the risk of injury to the back but also promotes proper body mechanics. Moreover, engaging the legs in this manner enhances balance and stability during the lift, further ensuring safety while handling patients or equipment. Proper lifting techniques, including the use of legs, are fundamental in the field of emergency medical services, as they help EMTs perform their duties effectively while minimizing the risk of musculoskeletal injuries.

2. What technique should be used when lifting a patient over uneven terrain?

- A. Use the "carry" method, keeping the weight balanced**
- B. Lift with one arm while pulling with the other
- C. Carry the patient upright to maintain awareness
- D. Use a wheeled stretcher regardless of terrain

Using the "carry" method while keeping the weight balanced is the most appropriate technique for lifting a patient over uneven terrain. This method is designed to ensure the safety of both the patient and the EMT, prioritizing stability and control during the lift and transport. When uneven terrain is present, maintaining balance is crucial to reduce the risk of falls or injuries. The carry method involves distributing the weight evenly between the rescuers, allowing for better maneuverability and support, which is essential when navigating obstacles and maintaining the safety of everyone involved. This technique also allows the EMTs to coordinate their movements and communicate effectively, ensuring that both the patient and caregivers are supported throughout the process. Choosing this method helps to minimize the risk of back strain or other injuries that can occur when lifting improperly or without proper support.

3. Why is teamwork essential during patient lifting?

- A. It makes lifting heavier patients easier
- B. It ensures coordination and safety**
- C. It allows one person to direct all actions
- D. Only one EMT is needed with teamwork

Teamwork is essential during patient lifting primarily because it ensures coordination and safety. When multiple EMTs work together, they can communicate effectively to plan the lift, manage the patient's movements, and provide the necessary support to each other. This collaborative approach minimizes the risk of injury to both the patient and the EMTs. Coordinated lifting techniques help distribute the physical effort among team members, which reduces strain on individual EMTs and enhances the stability and control of the lift. Effective teamwork enables members to respond promptly to any changes in the patient's condition or unexpected challenges during the lift, thereby prioritizing safety for everyone involved. In contrast, the idea that teamwork makes lifting heavier patients easier might seem valid, but it doesn't encompass the broader scope of patient safety and the necessity for clear communication during the lifting process. The concept of one person directing all actions is counterproductive as it undermines collaborative effort, which is crucial for effective lifting. The notion that only one EMT is needed with teamwork also contradicts the fundamental principle that teamwork involves multiple individuals to enhance safety and efficiency.

4. When is it considered safe to perform a lift?

- A. When the EMT feels confident
- B. Only when all team members agree
- C. When the situation has been assessed for risk**
- D. When the patient is cooperative

Performing a lift safely is fundamentally determined by assessing the situation for risk. This involves evaluating various factors such as the environment, the patient's condition, and the capabilities of the personnel involved. By conducting a thorough risk assessment, EMTs can identify potential hazards, such as obstacles in the way or the physical condition of the patient that could complicate the lift. This approach enables the team to implement appropriate techniques and safety measures, ensuring that both the patient and crew remain safe during the process. Other considerations, like team agreement or patient cooperation, are important but are secondary to a comprehensive risk assessment. Feeling confident or relying solely on team consensus does not account for the various factors that could affect the safety of the lift. Thus, a methodical assessment of risks is essential to minimize the likelihood of injury to both the EMTs and the patient.

5. What is the best way to transport a combative patient?

- A. Use no restraints to avoid distress**
- B. Restrain safely using appropriate methods**
- C. Transport them without any assistance**
- D. Ignore their behavior during transport**

When transporting a combative patient, the safest and most appropriate method is to restrain them using appropriate methods. This is essential for the safety of both the patient and the healthcare providers involved in the transport. Restraining a combative patient helps to prevent harm that could occur if the patient were to struggle or attempt to escape during transport. Proper restraint techniques ensure that the patient cannot injure themselves or others while allowing the EMTs to focus on safely moving them to the appropriate medical facility. Additionally, using restraints can prevent the potential for further agitation or violent behavior, which could complicate the situation. It's important to follow protocols and use restraints that are designed to be safe and effective for individuals in a medical emergency. The choice of using no restraints may lead to greater distress for the patient, as they might feel overwhelmed and continue to exhibit combative behavior. Transporting a combative patient without assistance increases risks for both the patient and the EMTs, and ignoring the patient's behavior can lead to a dangerous situation during transport. Employing appropriate restraint techniques is crucial to maintaining control and ensuring safety during the transport process.

6. What should an EMT maintain to improve safety during a lift?

- A. A large distance between the load and the body**
- B. A relaxed grip to avoid fatigue**
- C. A close proximity to the load being lifted**
- D. A high speed of movement**

Maintaining a close proximity to the load being lifted is essential for safety during a lift. When an EMT keeps the load close to their body, it allows for better control and reduces the strain on the back and other muscles involved in the lifting process. This technique utilizes the body's strength more effectively and minimizes the risk of injury by ensuring that the lifted weight is balanced and stable. Additionally, staying close to the load helps in maintaining a proper lifting posture, which is crucial for avoiding unnecessary stress on the body. It enables the EMT to leverage their legs instead of their back to lift, which is a fundamental principle of safe lifting. By ensuring that the load is close, EMTs can also react swiftly if they need to adjust their grip or shift the load to maintain balance, further enhancing safety.

7. What is a crucial element of proper lifting techniques?

A. Bending at the knees and keeping the back straight

B. Lifting with only the arms

C. Twisting the torso while lifting

D. Using only upper body strength

Bending at the knees and keeping the back straight is crucial for proper lifting techniques because it helps to maintain the natural alignment of the spine, reducing the risk of injury. When bending at the knees, the leg muscles, which are stronger than the back muscles, take on more of the workload. This leverages the body's strongest muscle groups, allowing for a safer and more efficient lift. Maintaining a straight back while lifting minimizes strain on the spine and prevents the likelihood of muscle strain or injury, which is especially important in emergency medical situations where lifting and moving patients is common. Proper posture during lifting not only protects the individual lifting but also ensures stability and control over the object being moved. In contrast, relying solely on the arms or using upper body strength can lead to excessive strain on the shoulders and back. Twisting the torso while lifting can also compromise spinal alignment and increase the risk of injury. Hence, the technique of bending at the knees and keeping the back straight is essential for safe lifting practices.

8. What is the recommended position for EMTs while lifting a patient?

A. Standing on their toes

B. With feet shoulder-width apart for stability

C. One foot forward to enhance reach

D. In a crouched position to minimize height

The recommended position for EMTs while lifting a patient is to stand with their feet shoulder-width apart for stability. This stance provides a solid base of support, which is crucial when lifting heavy objects, such as a patient. A wider stance helps distribute the weight more evenly and lowers the risk of losing balance during the lift, thereby reducing the potential for injury to both the EMT and the patient. A stable posture not only enhances lifting strength but also improves coordination during the lift, allowing for safer movement when transferring the patient to a stretcher or another surface. Using a shoulder-width stance ensures that EMTs can leverage their leg strength rather than solely depending on their back, which is important for safe lifting techniques and avoiding strains. This position also facilitates better body mechanics, as the EMT can engage their core muscles effectively while maintaining an appropriate posture throughout the lift.

9. What should be done if a patient's injuries appear life-threatening during transport?

- A. Continue transport and assess during transit**
- B. Immediately call for a helicopter evacuation**
- C. Prepare for rapid extraction**
- D. Leverage the presence of family for extra support**

When a patient's injuries appear life-threatening during transport, preparing for rapid extraction is the appropriate action to take. This approach prioritizes the patient's immediate medical needs, emphasizing the importance of quickly getting the patient to a facility that can provide advanced care. By preparing for rapid extraction, the EMTs ensure they have the necessary equipment and personnel ready to transfer the patient as soon as they arrive at the hospital or designated care center. Rapid extraction can involve preparing for a quick transport out of the vehicle or a fast transfer to a specialized unit, depending on the situation at hand. This may include stabilizing the patient, ensuring airway management, and having clear communication with the receiving medical team. Such prompt action can significantly enhance the chances of survival and positive outcomes for patients with life-threatening injuries. In contrast, continuing transport and assessing the patient during transit may lead to delays in critical interventions that might be necessary. Calling for a helicopter evacuation may not always be feasible or the best first step, especially when the situation can be managed directly through proper and swift extraction methods. Additionally, while leveraging the presence of family for extra support is often beneficial in providing emotional comfort, it does not directly address the urgency of the medical condition, which is the primary concern in life-threatening scenarios.

10. When should the emergency services system be activated?

- A. When the patient is awake and responsive**
- B. When the patient has a minor injury**
- C. When the patient is unresponsive or needs immediate help**
- D. When the patient is stable and alert**

The activation of the emergency services system is essential in situations where immediate help is required to ensure the safety and health of a patient. In cases where a patient is unresponsive or displays signs of a critical condition, the necessity for prompt medical intervention becomes paramount. This could involve life-threatening situations such as cardiac arrest, severe injuries, or significant medical emergencies where every second counts. Activating emergency services in these contexts ensures that trained professionals can reach the patient quickly and provide critical care that could potentially save their life. Additionally, this action allows for timely transport to an appropriate medical facility, where further treatment can be administered. Recognizing the need for emergency services when a patient is unresponsive or in immediate danger underscores the EMT's role in prioritizing the health and well-being of individuals in crisis.

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://emtmovingandlifting.examzify.com>

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

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