

EMERGENCY MEDICAL TECHNICIANS (EMT) MOVING AND LIFTING PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 does proper training impact an EMT's lifting abilities?**
 - A. It reduces the need for personal effort
 - B. It ensures EMTs can work independently
 - C. It enhances confidence and safety during lifting
 - D. It focuses solely on lifting technique
- 2. 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
- 3. What is a common risk if proper body mechanics are not followed during a lift?**
 - A. Increased efficiency in lifting
 - B. Potential for personal injury
 - C. Improved team coordination
 - D. Decreased patient discomfort
- 4. When carrying a patient on a backboard up or down stairs, how should the head end be positioned?**
 - A. Lying flat
 - B. Elevated
 - C. Lower than the feet
 - D. Level with the feet
- 5. 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

- 6. Which of the following is NOT a proper procedure during an emergency move?**
- A. Lifting the patient carefully by their arms
 - B. Lifting the patient by the belt to move them
 - C. Sliding the patient onto the stretcher
 - D. Using a backboard for stability
- 7. What type of position should a patient be in when being lifted onto a stretcher?**
- A. Prone position, if not injured
 - B. Sitting position for better comfort
 - C. Supine position, unless otherwise indicated
 - D. Side-lying position for easier access
- 8. What is the MOST appropriate action when encountering an unconscious patient in a residence with a smell of natural gas?**
- A. Call for additional help before moving the patients
 - B. Rapidly remove the patients from their residence using a blanket or clothes drag
 - C. Conduct a secondary assessment before evacuating
 - D. Ensure the gas is turned off before moving
- 9. What is the correct method for moving a patient with an arm injury?**
- A. Lift the patient without support to reduce stress on the limb
 - B. Support the injured limb while lifting the patient onto a transfer surface
 - C. Encourage the patient to walk to the stretcher
 - D. Use a blanket drag to quickly move the patient
- 10. What is a fundamental principle of safe lifting?**
- A. Using proper posture
 - B. Lifting with the arms
 - C. Keeping the load far from the body
 - D. Hunching the back while lifting

Answers

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

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Explanations

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1. How does proper training impact an EMT's lifting abilities?

- A. It reduces the need for personal effort
- B. It ensures EMTs can work independently
- C. It enhances confidence and safety during lifting**
- D. It focuses solely on lifting technique

Proper training significantly enhances an EMT's confidence and safety during lifting, which is crucial in emergency medical situations. When EMTs receive training focused on lifting techniques, equipment use, body mechanics, and safety protocols, they become more adept at managing the physical demands of the job. This training not only helps them lift patients more effectively but also instills a sense of assurance in their abilities. With enhanced confidence, EMTs are less likely to hesitate or second-guess themselves when lifting, which can lead to smoother operations in critical scenarios. Safety is equally important; training emphasizes the prevention of injuries, not just for the EMT but also for the patient, ensuring that lifting is done in a manner that minimizes the risk of harm. Ultimately, this combination of confidence and safety contributes to a more effective and responsive emergency medical service.

2. 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.

3. What is a common risk if proper body mechanics are not followed during a lift?

- A. Increased efficiency in lifting
- B. Potential for personal injury**
- C. Improved team coordination
- D. Decreased patient discomfort

When proper body mechanics are not followed during a lift, the potential for personal injury increases significantly. This is because improper techniques can place excessive strain on the body, particularly on the back, shoulders, and knees. Body mechanics involve using the body's alignment and strength appropriately to lift and move objects safely. Without adherence to these principles, an EMT may be at greater risk for sprains, strains, or more severe injuries, which not only jeopardize their health but can also impact their ability to provide care and respond to emergencies effectively. The significance of using proper body mechanics extends to the long-term health of emergency responders, helping to prevent chronic pain or disabilities resulting from improper lifting techniques.

4. When carrying a patient on a backboard up or down stairs, how should the head end be positioned?

- A. Lying flat
- B. Elevated**
- C. Lower than the feet
- D. Level with the feet

Positioning the head end of a patient on a backboard elevated when carrying them up or down stairs is crucial for several reasons. An elevated head end helps maintain an open airway, which is essential for the patient's breathing and overall safety during transport. This position can also help prevent potential complications, such as aspiration, especially if the patient is responsive or if there is a concern about their airway status. Additionally, an elevated head end allows for better visibility for the EMTs carrying the backboard, making it easier to navigate stairs and avoid hazards. This enhances coordination among the team members while moving the patient, ensuring that they can respond quickly if any issues arise during the transport. Maintaining the head in an elevated position also aligns with standard protocols for spinal management, as it provides added support and stability for patients who may have sustained a spinal injury.

5. 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.

6. Which of the following is NOT a proper procedure during an emergency move?

- A. Lifting the patient carefully by their arms
- B. Lifting the patient by the belt to move them**
- C. Sliding the patient onto the stretcher
- D. Using a backboard for stability

Lifting a patient by their belt is not considered a proper procedure during an emergency move due to safety concerns. This method can place undue stress on the patient's body, particularly if they are injured, and can also compromise their spinal alignment. Such an approach can lead to further injury or pain for the patient. Proper emergency moving techniques are critical in ensuring both the patient's safety and the safety of the EMTs involved in the move. Lifting a patient carefully by their arms, sliding them onto a stretcher, and using a backboard for stability all exemplify safer, more effective techniques. These methods prioritize maintaining a patient's safety and comfort while providing the necessary support during transport, especially for those who may be incapacitated or at risk of further injury.

7. What type of position should a patient be in when being lifted onto a stretcher?

- A. Prone position, if not injured
- B. Sitting position for better comfort
- C. Supine position, unless otherwise indicated**
- D. Side-lying position for easier access

When lifting a patient onto a stretcher, the supine position is generally the preferred choice unless there are specific contraindications, such as breathing difficulties or certain injuries. This position allows for optimal stabilization of the spine and alignment of the body during the lifting process, reducing the risk of exacerbating any potential injuries. Lifting a patient in the supine position facilitates easier access to their entire body, which is crucial for monitoring and caring for any medical conditions during transport. It also helps ensure that their airway is open and that they can breathe effectively. This position minimizes the chance of further injury compared to other positions, which may not provide the same level of safety or support during transport.

8. What is the MOST appropriate action when encountering an unconscious patient in a residence with a smell of natural gas?

- A. Call for additional help before moving the patients
- B. Rapidly remove the patients from their residence using a blanket or clothes drag**
- C. Conduct a secondary assessment before evacuating
- D. Ensure the gas is turned off before moving

In the scenario of encountering an unconscious patient in a residence with a smell of natural gas, the most appropriate action is to rapidly remove the patient from the environment. The presence of natural gas poses an immediate risk of explosion or asphyxiation, making it essential to prioritize the safety of both the patient and any rescuers. Performing a quick evacuation helps to mitigate the danger posed by the gas, allowing for the patient to receive necessary medical attention in a safe environment. Using a blanket or clothes drag to remove the patient is a practical approach that can be executed efficiently and swiftly, ensuring that the patient is moved to safety without delay. Addressing the gas leak or conducting assessments becomes critical only after ensuring that the patient is out of the hazardous environment. Time is of the essence in emergencies involving potential explosives or toxic atmospheres, and taking immediate action to move the patient is crucial for their safety and well-being.

9. What is the correct method for moving a patient with an arm injury?

- A. Lift the patient without support to reduce stress on the limb
- B. Support the injured limb while lifting the patient onto a transfer surface**
- C. Encourage the patient to walk to the stretcher
- D. Use a blanket drag to quickly move the patient

Supporting the injured limb while lifting the patient onto a transfer surface is essential to prevent further injury and provide comfort to the patient. This method acknowledges the vulnerability of the arm injury and prioritizes the patient's safety during the transfer process. By providing support, EMTs minimize the risk of exacerbating the injury, which can occur if the limb is left unsupported during movement. Additionally, this approach considers the patient's well-being and helps maintain their stability while navigating the transfer. It allows for a controlled movement, ensuring that the injured area remains protected and immobile as much as possible. This technique is particularly important in emergency medical situations, where patient care and injury prevention go hand in hand, especially with musculoskeletal injuries.

10. What is a fundamental principle of safe lifting?

- A. Using proper posture
- B. Lifting with the arms
- C. Keeping the load far from the body
- D. Hunching the back while lifting

Using proper posture is critical for safe lifting because it helps to minimize the risk of injury to the back and other body parts. Proper posture involves maintaining a straight back, bending at the knees rather than the waist, and keeping the load close to the body. This technique distributes the weight of the load more effectively, allowing for better balance and control while lifting. Emphasizing proper posture not only helps in safely transferring weight but also facilitates the engagement of larger muscle groups, which are more capable of handling heavy loads. Poor lifting techniques, such as lifting with the arms alone or hunching the back, can lead to strains, sprains, and more severe musculoskeletal injuries over time. Moreover, keeping the load far from the body increases the strain on the back and decreases stability during the lift. Therefore, understanding and adhering to the principle of proper posture is essential for all individuals involved in lifting tasks, particularly in emergency medical situations where efficiency and safety are paramount.

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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:

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

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