

# EMT Emergency Care 68W Practice Test (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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**1. What is the name for the outermost layer of skin?**

- A. Epidermis**
- B. Dermis**
- C. Subcutaneous layer**
- D. Stratum corneum**

**2. Which term refers to the palm of the hand?**

- A. Dorsal**
- B. Palmer**
- C. Plantar**
- D. Radial**

**3. Which muscular structure is crucial for respiration by dividing the chest cavity from the abdominal cavity?**

- A. Intercostal muscles**
- B. Diaphragm**
- C. Abdominal wall**
- D. Thoracic cage**

**4. What term describes the introduction of dangerous chemicals, disease, or infectious materials?**

- A. Contamination**
- B. Decontamination**
- C. Resilience**
- D. Hazardous material incident**

**5. What defines the extent and limit of an EMT's job responsibilities?**

- A. Standard Operating Procedure**
- B. Scope of Practice**
- C. Patient Care Protocol**
- D. Legal Responsibility**

**6. What is the primary role of the ulna?**

- A. Support the shoulder**
- B. Form part of the forearm**
- C. Connect to the wrist**
- D. Assist in respiration**

**7. What is the role of the medical director in an EMS system?**

- A. To oversee emergency services**
- B. To provide patient outcomes**
- C. To assume ultimate responsibility for patient care**
- D. To manage dispatch operations**

**8. What is the normal physiological response referred to when the skin becomes cool and moist during excessive sweating?**

- A. Diaphoresis**
- B. Hyperthermia**
- C. Heat exhaustion**
- D. Cold shock**

**9. What are the two fused bones that form the upper jaw known as?**

- A. Mandible**
- B. Maxillae**
- C. Nasal bones**
- D. Temporal bones**

**10. What area is located directly behind the mouth and nose?**

- A. Throat**
- B. Larynx**
- C. Pharynx**
- D. Oropharynx**

## **Answers**

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

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## **Explanations**

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**1. What is the name for the outermost layer of skin?**

- A. Epidermis**
- B. Dermis**
- C. Subcutaneous layer**
- D. Stratum corneum**

The outermost layer of the skin is known as the epidermis. This layer serves several crucial functions, including providing a protective barrier against environmental hazards such as pathogens and chemicals, preventing water loss, and contributing to the skin's overall appearance. The epidermis is primarily composed of keratinocytes, which produce keratin, a protein that helps to strengthen the skin. While the other terms relate to the skin structure, they refer to different layers or components. The dermis, for example, lies beneath the epidermis and contains connective tissue, blood vessels, and nerve endings, playing a significant role in supporting and nourishing the epidermis. The subcutaneous layer, also known as the hypodermis, is further beneath the dermis and provides insulation and cushioning for underlying tissues and organs. The stratum corneum is a specific layer within the epidermis, composed of dead keratinized cells that provide a tough outer barrier, but it is not the term used to describe the entire outer layer of skin. Therefore, identifying the epidermis as the outermost layer is essential for understanding the structure and function of the skin in human anatomy.

**2. Which term refers to the palm of the hand?**

- A. Dorsal**
- B. Palmer**
- C. Plantar**
- D. Radial**

The term that refers to the palm of the hand is "palmer." This anatomical term specifically describes the anterior aspect of the hand, including the area where the palm is located. It is important in medical terminology as it helps to clearly identify parts of the body, especially when distinguishing between different regions. The other terms mentioned relate to different areas of the body. "Dorsal" describes the back surface of the body or a body part, such as the back of the hand or the foot. "Plantar" pertains specifically to the sole of the foot. "Radial" refers to the radius bone located in the forearm and can also describe lateral aspects of the arm. Understanding these distinctions is crucial when assessing and communicating about various body parts in a medical context.

**3. Which muscular structure is crucial for respiration by dividing the chest cavity from the abdominal cavity?**

- A. Intercostal muscles**
- B. Diaphragm**
- C. Abdominal wall**
- D. Thoracic cage**

The diaphragm is a crucial muscular structure for respiration as it separates the thoracic cavity, which contains the lungs and heart, from the abdominal cavity. When the diaphragm contracts during inhalation, it moves downward, increasing the volume of the thoracic cavity and allowing air to flow into the lungs. Upon exhalation, the diaphragm relaxes, pushing air out of the lungs. This action is fundamental to effective breathing. The intercostal muscles, while important for facilitating breathing by assisting with the expansion and contraction of the chest wall, do not play the primary role of dividing the two cavities. The abdominal wall provides some support and can contribute to forced expiration, but it is not involved directly in the process of breathing in the same way that the diaphragm is. The thoracic cage, which includes the ribs and sternum, supports and protects the chest organs but does not actively participate in the mechanics of respiration like the diaphragm does.

**4. What term describes the introduction of dangerous chemicals, disease, or infectious materials?**

- A. Contamination**
- B. Decontamination**
- C. Resilience**
- D. Hazardous material incident**

The term that best describes the introduction of dangerous chemicals, disease, or infectious materials is "contamination." Contamination occurs when a harmful substance is introduced into a clean environment or onto surfaces, resulting in potential exposure or harm to individuals. This definition encompasses a wide range of harmful agents, including biological, chemical, and radiological substances. Understanding contamination is vital, especially in emergency care settings, as it can lead to serious health risks. For instance, in the event of a hazardous material incident, prompt identification and management of contamination can help prevent further exposure to both responders and victims. Recognizing the implications of contamination allows EMTs and emergency responders to implement appropriate safety measures and decontamination procedures effectively. The other terms, while related to safety and health, describe different processes or situations. Decontamination refers to the actions taken to remove or neutralize contaminants, resilience refers to the ability to recover from difficult conditions, and a hazardous material incident describes specific events or situations involving hazardous substances without necessarily focusing on the act of contamination itself.

## 5. What defines the extent and limit of an EMT's job responsibilities?

- A. Standard Operating Procedure
- B. Scope of Practice**
- C. Patient Care Protocol
- D. Legal Responsibility

The scope of practice is a critical component that outlines the extent and limits of an EMT's job responsibilities. It defines the specific skills, procedures, and interventions an EMT is authorized to perform based on their training, certifications, and the legal regulations in their state or region. This ensures that EMTs operate within the boundaries of their expertise while providing emergency care. Understanding the scope of practice is essential for maintaining patient safety and legal compliance. It prevents EMTs from performing procedures or making decisions that exceed their training or that are not permitted by their certifying bodies. By adhering to this defined scope, EMTs can deliver care effectively while minimizing the risk of harm to patients. Other terms like standard operating procedures, patient care protocols, and legal responsibilities play important roles in the overall framework of emergency medical services, but it is the scope of practice that specifically delineates what an EMT is trained and allowed to do in their role as a first responder.

## 6. What is the primary role of the ulna?

- A. Support the shoulder
- B. Form part of the forearm**
- C. Connect to the wrist
- D. Assist in respiration

The ulna primarily serves as one of the two long bones in the forearm, alongside the radius. Its main function is to provide structure and support to the forearm, allowing for movement and articulation at the elbow joint. The ulna is significant in forming the hinge joint of the elbow, providing stability and enabling flexion and extension of the arm. While it does play a role in connecting to the wrist, its primary identity and functionality center around being part of the forearm structure. The ulna helps anchor muscles that facilitate movement and contribute to the forelimb's overall functionality. Thus, recognizing the ulna's essential contribution to the forearm is crucial in understanding upper extremity anatomy and movements.

## 7. What is the role of the medical director in an EMS system?

- A. To oversee emergency services**
- B. To provide patient outcomes**
- C. To assume ultimate responsibility for patient care**
- D. To manage dispatch operations**

The role of the medical director in an EMS system is critical, as they assume ultimate responsibility for patient care provided by the EMS team. This involves overseeing and ensuring that the medical protocols and treatment guidelines are in adherence to current standards and practices. The medical director is typically a physician who provides medical direction to paramedics and EMTs, guiding them in clinical decision-making and ensuring that the care delivered is safe and effective. By having the ultimate responsibility for patient care, the medical director also evaluates the quality of care delivered and works to improve outcomes through continuous education, training, and protocol developments. This leadership ensures that EMS personnel are operating under a cohesive medical framework, promoting optimal patient care in emergencies. Through this oversight, they can address issues such as the appropriateness of care provided by the EMS system, supporting overall patient safety and efficacy of treatment.

## 8. What is the normal physiological response referred to when the skin becomes cool and moist during excessive sweating?

- A. Diaphoresis**
- B. Hyperthermia**
- C. Heat exhaustion**
- D. Cold shock**

The correct choice highlights the phenomenon of diaphoresis, which is the clinical term for profuse sweating. Diaphoresis occurs as a normal physiological response to help the body regulate its temperature, particularly in situations of increased heat such as exercise or environmental conditions that raise body temperature. When the body overheats, mechanisms like increased blood flow to the skin and the activation of sweat glands work together to cool the body down through evaporation. During this process, the skin might feel cool and moist because sweat is being produced and allowed to evaporate, drawing heat away from the body. Understanding diaphoresis is crucial in emergency medical situations, as it can also indicate underlying conditions like heat exhaustion or other heat-related illnesses when excessive sweating occurs without effective cooling. In contrast, hyperthermia refers to an overall elevated body temperature and does not specifically describe the sweating process. Heat exhaustion is a state of severe dehydration and continued exposure to high temperatures, while cold shock is related to the body's response to sudden exposure to cold water, not sweating.

**9. What are the two fused bones that form the upper jaw known as?**

- A. Mandible**
- B. Maxillae**
- C. Nasal bones**
- D. Temporal bones**

The two fused bones that form the upper jaw are known as the maxillae. These bones create a significant structure in the facial skeleton, playing crucial roles in numerous functions, including the support of the upper teeth, the formation of the orbits (eye sockets), and the articulation of the nasal cavity. The maxillae are essential for proper facial structure and function, contributing to the overall shape of the face. In contrast, the mandible refers to the lower jaw and is a single bone rather than a fusion of two. Nasal bones are small and primarily form the bridge of the nose, while temporal bones are located at the sides and base of the skull, helping to house structures of the ear and protect the brain. Understanding these distinctions is important in anatomy and recognizes the function and relevance of each bone in the facial and cranial structures.

**10. What area is located directly behind the mouth and nose?**

- A. Throat**
- B. Larynx**
- C. Pharynx**
- D. Oropharynx**

The pharynx is the anatomical structure located directly behind the mouth and nose. It serves as a muscular tube and acts as a pathway for both air and food, connecting the nasal cavity and mouth to the larynx and esophagus, respectively. In terms of anatomy, the pharynx is divided into three sections: the nasopharynx (behind the nasal cavity), the oropharynx (behind the oral cavity), and the laryngopharynx (which leads to the larynx and esophagus). Given the context of the question, the term "pharynx" encompasses the area that is behind both the mouth and nose, making it the most accurate answer. The throat generally refers to the entire area at the back of the mouth and neck, encompassing the pharynx but not specifically indicating the anatomical structure in question. The larynx is found below the pharynx and is primarily involved in voice production. The oropharynx is specifically the part of the pharynx that is located behind the oral cavity, but it does not consider the area behind the nasal cavity. Therefore, the pharynx is the most encompassing and correct term for the area located directly behind both the mouth and nose.

# 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://emtemergencycare68w.examzify.com>**

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

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