

EMT EMERGENCY CARE 68W PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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 type of muscle is primarily responsible for voluntary movements in the body?**
 - A. Skeletal muscle
 - B. Cardiac muscle
 - C. Smooth muscle
 - D. Striated muscle

- 2. In the direct ground lift method, what is the first action taken by rescuers?**
 - A. Kneel and curl the patient to their chests
 - B. Grasp the patient's extremities
 - C. Stand and prepare to lift
 - D. Adjust the stretcher height

- 3. What is the term for the collection of bones in the human body?**
 - A. Skeleton
 - B. Cartilage
 - C. Matrix
 - D. Ligament

- 4. Which structure plays a key role in the digestion of fats and metabolism?**
 - A. Gallbladder
 - B. Liver
 - C. Pancreas
 - D. Intestines

- 5. What is a major component of the integumentary system?**
 - A. Muscles
 - B. Skin
 - C. Bone
 - D. Nerves

- 6. What system helps regulate the pH level of the body to maintain it at a normal range?**
- A. Buffer system
 - B. Respiratory system
 - C. Endocrine system
 - D. Circulatory system
- 7. Which organ near the stomach is responsible for producing, storing, and eliminating blood cells?**
- A. Spleen
 - B. Liver
 - C. Pancreas
 - D. Kidney
- 8. Which area of the pharynx is located directly posterior to the mouth?**
- A. Naso-oropharynx
 - B. Nasopharynx
 - C. Laryngopharynx
 - D. Oropharynx
- 9. Which artery supplies blood to the foot, located behind the medial ankle?**
- A. Anterior tibial artery
 - B. Femoral artery
 - C. Posterior tibial artery
 - D. Popliteal artery
- 10. What is the primary function of the epiglottis?**
- A. To filter blood
 - B. To regulate temperature
 - C. To prevent food from entering the trachea
 - D. To produce digestive enzymes

Answers

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

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Explanations

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1. Which type of muscle is primarily responsible for voluntary movements in the body?

- A. Skeletal muscle**
- B. Cardiac muscle
- C. Smooth muscle
- D. Striated muscle

Skeletal muscle is primarily responsible for voluntary movements in the body due to its unique structure and function. This type of muscle is composed of long, cylindrical fibers that are multinucleated and exhibit a striated appearance under a microscope. The voluntary control is facilitated by the somatic nervous system, allowing individuals to consciously control movements, such as walking, grasping objects, and other deliberate actions. While cardiac muscle works to pump blood throughout the body and smooth muscle controls involuntary movements in organs and structures (like the intestines and blood vessels), they are not under conscious control. Striated muscle, while often used as a synonym for skeletal muscle due to its appearance, encompasses both skeletal and cardiac muscles. However, only skeletal muscle is associated with voluntary movement. Thus, the specific characteristics of skeletal muscle in terms of control and structure make it the correct answer for this question.

2. In the direct ground lift method, what is the first action taken by rescuers?

- A. Kneel and curl the patient to their chests**
- B. Grasp the patient's extremities
- C. Stand and prepare to lift
- D. Adjust the stretcher height

In the direct ground lift method, the primary objective is to safely move a patient from the ground to a standing or seated position. The first action taken by rescuers involves kneeling and curling the patient to their chests. This step is crucial because it provides the necessary initial support for the patient, ensuring that they are secure and that the rescuers can manage the weight effectively. By kneeling and curling the patient, rescuers create a compact position that minimizes the risk of injury for both the patient and themselves. It facilitates a solid base for the upcoming lift, enabling a more controlled transfer. This initial move also helps in stabilizing the patient, particularly in scenarios where the patient may be injured or in shock, ensuring their safety throughout the lifting process. The importance of this initial action emphasizes the need for effective body mechanics and teamwork among rescuers, allowing them to coordinate their movements and lift the patient as a unit.

3. What is the term for the collection of bones in the human body?

- A. Skeleton**
- B. Cartilage
- C. Matrix
- D. Ligament

The term that refers to the collection of bones in the human body is "skeleton." The skeleton provides structure and support, protects internal organs, facilitates movement by serving as points of attachment for muscles, and plays a critical role in blood cell production within the bone marrow. In contrast, cartilage is a flexible connective tissue found in various parts of the body, such as joints, the nose, and the ears, but it does not constitute a collection of bones. The matrix refers to the intercellular substance in a tissue, such as bone matrix in bone tissue, but it is not a term that describes a collection of bones themselves. Ligaments are tough bands of tissue that connect bones to other bones at joints, but they are not synonymous with the term "skeleton."

4. Which structure plays a key role in the digestion of fats and metabolism?

- A. Gallbladder
- B. Liver**
- C. Pancreas
- D. Intestines

The liver is a vital organ in the digestion of fats and metabolism. It produces bile, which is essential for emulsifying fats, making them easier to digest and absorb in the small intestine. Additionally, the liver plays a central role in regulating metabolism by processing nutrients absorbed from the digestive tract. It converts excess glucose into glycogen for storage, synthesizes proteins, and converts fatty acids into energy. This complex array of functions makes the liver crucial for ensuring that the body has the necessary components to utilize fats and other nutrients properly. While the gallbladder stores bile produced by the liver and releases it into the intestines to aid in fat digestion, it does not directly participate in metabolism. The pancreas also produces digestive enzymes and hormones like insulin, which regulates blood sugar levels, and the intestines are where nutrient absorption occurs. However, it is the liver that serves as a pivotal hub for both fat digestion and overall metabolism.

5. What is a major component of the integumentary system?

- A. Muscles
- B. Skin**
- C. Bone
- D. Nerves

The integumentary system is primarily composed of the skin, which serves as a protective barrier for the body. This system includes not only the skin itself but also other structures such as hair, nails, and various glands. The skin plays critical roles in regulating body temperature, protecting against pathogens, sensing environmental stimuli, and preventing dehydration. It is the largest organ of the body and its health is essential for overall well-being. In comparison, muscles, bones, and nerves belong to different systems. Muscles are part of the muscular system, contributing to movement. Bones are components of the skeletal system, providing structure and support. Nerves are part of the nervous system, which conveys signals throughout the body. While these elements are essential for body function, they do not constitute a component of the integumentary system.

6. What system helps regulate the pH level of the body to maintain it at a normal range?

- A. Buffer system**
- B. Respiratory system
- C. Endocrine system
- D. Circulatory system

The buffer system is crucial for regulating the pH level of the body because it consists of a mixture of weak acids and their conjugate bases, which work together to resist changes in pH. This system can quickly neutralize excess acids or bases that enter the bloodstream, helping to maintain the body's pH within a narrow, optimal range, typically between 7.35 and 7.45. When there are fluctuations in pH due to metabolic activity or respiratory function, buffering chemicals such as bicarbonate, phosphate, and proteins in the blood come into play. By absorbing or releasing hydrogen ions, these buffers stabilize the pH, ensuring that enzymes function efficiently and biochemical processes occur without disruption. While the respiratory system can influence blood pH by regulating carbon dioxide levels, and the endocrine system can impact metabolic processes that produce acids, the immediate regulation of pH is primarily the role of the buffer system. The circulatory system transports these buffers but does not actively regulate pH on its own. Thus, the buffer system stands out as the essential mechanism for maintaining acid-base balance in the body.

7. Which organ near the stomach is responsible for producing, storing, and eliminating blood cells?

A. Spleen

B. Liver

C. Pancreas

D. Kidney

The spleen is primarily responsible for producing, storing, and eliminating blood cells, making it the correct answer. It plays a crucial role in the immune system by filtering the blood and recycling iron from old red blood cells. Located near the stomach, the spleen is involved in the production of lymphocytes, which are vital for immune response, as well as the management of the body's blood supply. While the liver processes nutrients and detoxifies blood, it does not specifically produce or eliminate blood cells like the spleen does. The pancreas is primarily involved in digestion and the regulation of blood sugar levels through hormone production, specifically insulin and glucagon. The kidneys are critical for filtering waste from the blood, regulating electrolytes, and maintaining fluid balance, but they do not have a direct role in blood cell production or elimination.

8. Which area of the pharynx is located directly posterior to the mouth?

A. Naso-oropharynx

B. Nasopharynx

C. Laryngopharynx

D. Oropharynx

The area of the pharynx located directly posterior to the mouth is the oropharynx. This section serves as a passageway for both air and food; it connects the oral cavity to the laryngopharynx below and is involved in the process of swallowing as well as respiration. The oropharynx is delineated anatomically by its position, which allows it to function in both the digestive and respiratory systems. It contains structures such as the palatine tonsils, which play a role in immune response. Understanding the oropharynx's location is critical for emergency protocols, particularly when assessing airway patency or managing choking emergencies. The nasopharynx, located above the oropharynx, serves primarily as an airway passage and does not engage in the swallowing process. The laryngopharynx is situated below the oropharynx, functioning as a pathway for food towards the esophagus and air towards the larynx, and thus is not directly posterior to the mouth. The distinction between these regions is important for medical professionals to effectively assess and treat conditions related to the throat and airway.

9. Which artery supplies blood to the foot, located behind the medial ankle?

- A. Anterior tibial artery
- B. Femoral artery
- C. Posterior tibial artery**
- D. Popliteal artery

The correct answer is the posterior tibial artery, which is responsible for supplying blood to the foot, particularly the areas located behind the medial ankle. The artery branches off from the popliteal artery, which is situated behind the knee. As it descends down the leg, it runs posterior to the medial malleolus (the bony prominence on the inner side of the ankle). The posterior tibial artery further divides into the medial and lateral plantar arteries, which supply blood to the corresponding sides of the foot. Understanding the anatomy and the blood supply pathways is critical for assessing injuries and conditions related to the foot and lower extremities, particularly in emergency scenarios where circulation might be compromised. The anterior tibial artery primarily supplies the anterior compartment of the leg and is located more toward the front of the leg; the femoral artery is the main vessel supplying the thigh and does not directly supply the foot; the popliteal artery is located behind the knee joint and gives rise to the anterior and posterior tibial arteries, but does not supply the foot on its own.

10. What is the primary function of the epiglottis?

- A. To filter blood
- B. To regulate temperature
- C. To prevent food from entering the trachea**
- D. To produce digestive enzymes

The primary function of the epiglottis is to prevent food from entering the trachea, which is crucial for protecting the airway during swallowing. The epiglottis is a flap of cartilage located at the root of the tongue and acts as a gatekeeper when swallowing. When a person swallows, the epiglottis folds down over the trachea, ensuring that food and liquids are directed into the esophagus, thereby preventing aspiration into the airway. This action is essential in avoiding choking and respiratory complications. Understanding the role of the epiglottis is important in emergency care, as it plays a significant part in maintaining an open airway and ensuring that breathing can occur without obstruction from ingested materials.

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://emtemergencycare68w.examzify.com>

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

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