

FIELD MEDICAL TRAINING BATTALION - WEST (FMTB-W) BLOCK 2 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. What is the recommended hydration rate during activities?**
 - A. 2 quarts per hour
 - B. 500 ml per hour
 - C. 2 liters per hour
 - D. 1 qt per hour, no more than 1.5 liters per hour
- 2. Which item is part of the treatment for 3rd and 4th degree frostbite?**
 - A. Move to warm shelter
 - B. Rewarm with direct heat
 - C. Delay thawing until transport arrives
 - D. Apply ointments
- 3. In the hydration system, how many tablets are needed to treat 100-102 oz?**
 - A. 6
 - B. 4
 - C. 5
 - D. 8
- 4. Which latrine is designed for use on the move?**
 - A. Cat hole
 - B. Burn barrel latrines
 - C. Straddle trench
 - D. Urine soakage pit
- 5. What is used to prime burn barrel latrines?**
 - A. Prime drums with diesel
 - B. Prime drums with gasoline
 - C. Prime drums with kerosene
 - D. Prime drums with water
- 6. Which statement best describes IV fluid replacement in dehydration management?**
 - A. Never over hydrate
 - B. Always overhydrate for perfusion
 - C. Exactly three liters must be administered
 - D. Hydration should be avoided

7. Which of the following is a cause of heat cramps?

- A. Prolonged physical activity in heat
- B. Adequate hydration
- C. Cold environment
- D. High sodium intake

8. Which statement accurately describes trench foot?

- A. It is caused by exposure to hot, dry conditions
- B. It resolves immediately with rest
- C. It is primarily a fungal infection
- D. It results from prolonged exposure to wet and cold conditions and requires careful re-warming and management

9. What is athlete's foot most accurately described as?

- A. Bacterial infection
- B. Chronic fungal infection
- C. Viral infection
- D. Autoimmune disease

10. What does a neurotoxin do?

- A. Destroys red blood cells, disrupts blood clotting, and causes organ degeneration and tissue damage
- B. Damages, destroys or impairs nerve tissue and disrupts brain function.
- C. Typically attack's a specific type of cell, muscle group, or organ
- D. Causes muscle cramps or weakness

Answers

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

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Explanations

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1. What is the recommended hydration rate during activities?

- A. 2 quarts per hour
- B. 500 ml per hour
- C. 2 liters per hour
- D. 1 qt per hour, no more than 1.5 liters per hour**

Maintain fluid intake at a rate your body can absorb while you're active. The best balance is about 1 quart per hour, with a ceiling of roughly 1.5 liters per hour. This range aims to replace sweat losses without overwhelming the stomach or diluting blood electrolytes, which can lead to stomach upset or exercise-associated hyponatremia. In practice, sip steadily—roughly a bottle every 15 minutes—and adjust for how hard you're working and the environment. If you sweat a lot in heat, you may approach the upper end, but avoid going beyond 1.5 L per hour. Drinking far less can lead to dehydration, while drinking significantly more won't speed hydration and can cause GI distress and electrolyte imbalance.

2. Which item is part of the treatment for 3rd and 4th degree frostbite?

- A. Move to warm shelter**
- B. Rewarm with direct heat
- C. Delay thawing until transport arrives
- D. Apply ointments

The key step is getting the person to a warm, sheltered environment. Stopping further cold exposure is the first, most important action in frostbite care, especially with deep frostbite where tissue damage is extensive. Moving to warmth helps prevent additional injury, reduces ongoing cooling, and paves the way for safe, controlled rewarming and definitive care. Direct heat should not be used because it can cause burns and further tissue damage. Rewarming is best done in a controlled setting, typically with warm water and medical supervision, rather than with blankets or heaters that might produce uneven warming or burns. Delaying thawing may be appropriate in some field scenarios if there's a real risk of refreezing during transport, but it is not the standard step to always perform in the field. Applying ointments is not part of proper frostbite management for deep injuries because it can obscure assessment and trap moisture, complicating later treatment.

3. In the hydration system, how many tablets are needed to treat 100-102 oz?

- A. 6**
- B. 4
- C. 5
- D. 8

This question tests using a fixed tablet-to-water ratio. The hydration system requires a specific number of tablets to treat a given volume of water, so you determine how many to use by dividing the total ounces by the ounces one tablet treats. For 100–102 oz, if each tablet is designed to treat roughly 17 oz, you'd calculate about $100/17$ to $102/17$, which comes out to about 5.9–6.0 tablets. Since you can't use a fraction of a tablet, you round up to six to ensure the entire amount of water is properly treated. After adding the tablets, mix and allow the recommended contact time. In short: apply the fixed dose per tablet to the total volume, and round up to ensure complete treatment, which in this case yields six tablets.

4. Which latrine is designed for use on the move?

- A. Cat hole**
- B. Burn barrel latrines
- C. Straddle trench
- D. Urine soakage pit

The latrine designed for use on the move is the cat hole. It's a small, shallow pit that you can dig quickly with minimal tools, use for a short time, and then backfill with soil. This setup fits mobile situations because it requires little preparation, is light to carry, and can be relocated easily as you move from place to place. It keeps waste contained, reduces odor and fly issues by timely burial, and doesn't depend on a fixed camp infrastructure. Burn barrel latrines need a burnable waste setup and fuel, making them more suited to longer, stationary camps. A straddle trench is a larger, more durable option for groups in a fixed site, and a urine soakage pit handles liquid waste, not solids, so it doesn't meet the needs of a mobile individual or small group.

5. What is used to prime burn barrel latrines?

- A. Prime drums with diesel**
- B. Prime drums with gasoline
- C. Prime drums with kerosene
- D. Prime drums with water

Priming a burn barrel latrine relies on using a fuel that can ignite reliably without creating dangerous explosions or rapid flare-ups in a confined drum. Diesel is the best choice because it has a higher flash point and lower volatility than gasoline or kerosene, which makes ignition safer and easier to control in field conditions. Gasoline is highly volatile and can flash back with a small heat source, posing a serious risk in a burn barrel. Kerosene is more volatile than diesel too, so it carries more danger than diesel despite being usable as a primer. Water won't ignite at all, so it's not a primer. In practice, a small amount of diesel is used to start the fire, then waste is added to maintain the burn.

6. Which statement best describes IV fluid replacement in dehydration management?

- A. Never over hydrate**
- B. Always overhydrate for perfusion
- C. Exactly three liters must be administered
- D. Hydration should be avoided

Restoring circulating volume in dehydration is about correcting deficit while avoiding fluid overload. IV fluids are given to improve perfusion, but the amount and rate should be guided by how the patient responds—watching blood pressure, pulse, mental status, urine output, and any ongoing losses. Overhydration carries real risks, including edema and respiratory problems, so the safest guiding idea among common statements is to avoid overhydrating. The other options are overly simplistic or unsafe: there isn't a universal fixed volume like exactly three liters, hydration shouldn't be avoided in dehydration, and overdoing fluids is not appropriate even though rapid boluses may be needed in specific shock scenarios. In practice, use isotonic crystalloids, reassess frequently, and titrate to achieve euvoolemia without tipping into overload.

7. Which of the following is a cause of heat cramps?

- A. Prolonged physical activity in heat**
- B. Adequate hydration
- C. Cold environment
- D. High sodium intake

Prolonged physical activity in hot conditions leads to heavy sweating, which strips water and electrolytes from the body. This loss disrupts normal muscle and nerve function, making muscles more prone to involuntary contractions or cramps. Hydration and electrolyte replacement during and after exercise in the heat help prevent these cramps, so the root cause is the extended work in the heat with sweating. The other options don't fit as the main cause: adequate hydration reduces cramps, a cold environment lowers heat stress, and while sodium loss from sweating is part of the issue, simply having a high sodium intake is not what directly causes heat cramps.

8. Which statement accurately describes trench foot?

- A. It is caused by exposure to hot, dry conditions
- B. It resolves immediately with rest
- C. It is primarily a fungal infection
- D. It results from prolonged exposure to wet and cold conditions and requires careful re-warming and management**

Trench foot comes from staying in wet, cold conditions for a prolonged period, which causes reduced blood flow to the feet, tissue injury, numbness, and swelling. The statement that best describes it emphasizes this link to extended wet and cold exposure and the need for careful re-warming and management. It's not due to hot, dry conditions, it doesn't just get better with rest, and it isn't primarily a fungal infection. Treatment focuses on removing the feet from moisture, gradually warming them with warm (not hot) water, keeping them dry, elevating to reduce swelling, and monitoring for infection or complications, with medical care as needed.

9. What is athlete's foot most accurately described as?

- A. Bacterial infection
- B. Chronic fungal infection**
- C. Viral infection
- D. Autoimmune disease

Athlete's foot is a superficial fungal infection of the skin on the feet caused by dermatophyte fungi. Because these infections often persist or recur, especially in moist, warm conditions and with inadequate treatment, they are best described as chronic. It's not caused by bacteria, viruses, or autoimmune processes, which is why the fungal, long-lasting nature is the most accurate description.

10. What does a neurotoxin do?

- A. Destroys red blood cells, disrupts blood clotting, and causes organ degeneration and tissue damage
- B. Damages, destroys or impairs nerve tissue and disrupts brain function.**
- C. Typically attack's a specific type of cell, muscle group, or organ
- D. Causes muscle cramps or weakness

Neurotoxins are substances that attack the nervous system. They damage nerve tissue and disrupt how neurons transmit signals, which can impair brain function. That means exposure can cause weakness, numbness, confusion, seizures, or paralysis, depending on whether the central or peripheral nervous system is affected and which neural pathways are involved. This description—damaging or destroying nerve tissue and disrupting brain function—best captures what a neurotoxin does. Other options describe effects on blood cells or general, non-specific symptoms like muscle cramps or weakness, or imply a very targeted effect on a non-neural tissue, which aren't defining features of neurotoxins.

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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:

<https://fmtbwbblock2.examzify.com>

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

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