

# Flight and Operational Medical Technician (FOMT) Block 1 Practice Test (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. Which general duty task involves climbing and going down structures such as stairs, a ladder, ladder wells, or a cargo net?**
  - A. Climbing and going down structures such as stairs, a ladder, ladder wells, or a cargo net**
  - B. Standing in formation**
  - C. Substituting on field rations**
  - D. Running 100 yards**
  
- 2. What is the purpose of the Emergency Response + Disaster Management program?**
  - A. The timely and professional emergency response to aviation, operational, mass casualty, and CBRN events to minimize adverse health consequences and preserve operational capabilities.**
  - B. Provides general counseling services.**
  - C. Maintains supply inventories for medical units.**
  - D. Develops base nutrition guidelines.**
  
- 3. What is the primary purpose of an Assignment Limitation Code (ALC)?**
  - A. Signals long-term constraints on assignment or utilization of service members.**
  - B. Indicates temporary work restrictions only during deployment.**
  - C. Identifies medical conditions requiring specialist care within one year.**
  - D. Refers to the TDRL reevaluation interval.**
  
- 4. What does SPECAT stand for?**
  - A. Special Education and Training**
  - B. Standard Civilian Employment and Training**
  - C. Special Duty Assignment Category**
  - D. Special Personnel Assessment Type**

- 5. What is the DD Form 2992 used for?**
- A. primary method to communicate changes in Flying/SOD status**
  - B. medical clearance to fly**
  - C. Record of flight hours**
  - D. Maintenance of flight logs**
- 6. Who initiates retraining in ASIMS, and where in ASIMS do you go?**
- A. Supervisor via 'Training Module'**
  - B. Unit Training Manager via 'Initial Training'**
  - C. Service Member; go to IMR then 'Go to MyMedClear'**
  - D. Medical officer via 'REHAB'**
- 7. How many providers make up an MEB?**
- A. 2**
  - B. 4**
  - C. 3**
  - D. 5**
- 8. Which term describes deployment-limiting medical condition that is expected to recover?**
- A. Deployment-ready**
  - B. Permanent non-deployable**
  - C. Non-deployable with no expected recovery**
  - D. Temporary non-deployable**
- 9. Which statement correctly describes AF Form 469?**
- A. It is used to describe physical limitations and recommend restrictions**
  - B. It is used to track travel orders**
  - C. It is used to describe physical limitations and recommend restrictions including duty, mobility, fitness, and pregnancy**
  - D. It is used to certify medical treatment**

**10. Where is the MEB package sent?**

- A. AFPC/ARC/SG**
- B. Unit Commander**
- C. PCM**
- D. DES office**

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## Answers

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

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## **Explanations**

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**1. Which general duty task involves climbing and going down structures such as stairs, a ladder, ladder wells, or a cargo net?**

**A. Climbing and going down structures such as stairs, a ladder, ladder wells, or a cargo net**

**B. Standing in formation**

**C. Substituting on field rations**

**D. Running 100 yards**

General duty tasks include the physical activities you must perform as part of your job, including how you move around the work environment. Climbing and going down structures such as stairs, a ladder, ladder wells, or a cargo net is the clearest example of a mobility task that requires you to access elevated areas safely. This kind of task tests your ability to navigate vertical environments, maintain balance, and use proper technique and handholds—skills essential for working on aircraft, ships, or in field settings where you need to reach different elevations while carrying gear. The other options describe drill and formation, logistics duties, or sprinting, which don't involve the specific physical movement of ascending and descending structures.

**2. What is the purpose of the Emergency Response + Disaster Management program?**

**A. The timely and professional emergency response to aviation, operational, mass casualty, and CBRN events to minimize adverse health consequences and preserve operational capabilities.**

**B. Provides general counseling services.**

**C. Maintains supply inventories for medical units.**

**D. Develops base nutrition guidelines.**

The purpose of the Emergency Response + Disaster Management program is to provide timely and professional emergency response to aviation, operational, mass casualty, and CBRN events, with the aim of minimizing adverse health consequences and preserving operational capabilities. This means being prepared to quickly assess incidents, establish command and control, perform triage and casualty care, decontaminate when needed, and coordinate evacuation and medical support to keep missions moving. It also involves planning, training, drills, and coordination with base and local partners to anticipate threats and reduce response times. Other options describe activities like counseling, supply logistics, or nutrition policy, which are separate functions and not the focus of emergency response and disaster management.

### 3. What is the primary purpose of an Assignment Limitation Code (ALC)?

- A. Signals long-term constraints on assignment or utilization of service members.**
- B. Indicates temporary work restrictions only during deployment.**
- C. Identifies medical conditions requiring specialist care within one year.**
- D. Refers to the TDRL reevaluation interval.**

The main idea is that an Assignment Limitation Code signals long-term constraints on where or how a service member can be assigned or utilized because of a medical condition. It is used to guide personnel management and medical planning, ensuring deployments and duties don't exceed what the member can safely handle and that assignments align with their ongoing medical status. This code often means the member may be restricted to certain duties or locations (for example, not deployable to combat zones or limited to stateside duties) for an extended period, rather than for a short, temporary period. It helps leaders and medical staff plan rotations, reassignments, and care without compromising readiness or the member's health. Temporary restrictions, timelines for specialist care within a year, or reevaluation intervals tied to the TDRL involve different indicators or processes and are not what the Assignment Limitation Code communicates.

### 4. What does SPECAT stand for?

- A. Special Education and Training**
- B. Standard Civilian Employment and Training**
- C. Special Duty Assignment Category**
- D. Special Personnel Assessment Type**

SPECAT is a designation used in military personnel administration to identify a specific grouping for assignments. It stands for Special Duty Assignment Category, meaning it labels duties that are outside the standard role and require special qualifications or considerations. The other options don't fit this usage because they describe education, civilian employment, or a type of personnel assessment, none of which align with a duty- or assignment-based category.

### 5. What is the DD Form 2992 used for?

- A. primary method to communicate changes in Flying/SOD status**
- B. medical clearance to fly**
- C. Record of flight hours**
- D. Maintenance of flight logs**

DD Form 2992 is the medical clearance to fly. It is completed by a flight surgeon after evaluating the aircrew member and documents whether they meet aeromedical standards, including any limitations or waivers. This form serves as the official record that a member is medically approved to operate military aircraft, or notes any conditions under which flight is allowed. It isn't used to log flight hours or to maintain flight logs, and it isn't the tool for communicating changes in general flight status; those purposes are handled by other records. The essential point is that this form certifies medical readiness to fly.

**6. Who initiates retraining in ASIMS, and where in ASIMS do you go?**

- A. Supervisor via 'Training Module'**
- B. Unit Training Manager via 'Initial Training'**
- C. Service Member; go to IMR then 'Go to MyMedClear'**
- D. Medical officer via 'REHAB'**

Retraining in ASIMS is initiated by the service member. To start it, log into ASIMS, go to the Individual Medical Readiness (IMR) area, and select Go to MyMedClear. This self-service step begins the retraining workflow and routes you through the needed medical reviews and clearances once prerequisites are met. Supervisors or unit training managers don't initiate retraining for you, and while a medical officer or rehab team may be involved later in the process, the initiating action comes from the member through IMR and MyMedClear.

**7. How many providers make up an MEB?**

- A. 2**
- B. 4**
- C. 3**
- D. 5**

Three providers make up an MEB. This small, three-person panel brings together essential medical perspectives to evaluate the service member's condition, its likely course, and how it affects fitness for duty. Typically one is the primary treating clinician, a second is a specialist in the relevant condition, and the third acts as a reviewer to verify the documentation and ensure a balanced, complete assessment. Keeping the panel to three ensures thorough review without unnecessary complexity or delays; adding more providers usually doesn't change the outcome and would slow things down, while fewer than three could miss important viewpoints.

**8. Which term describes deployment-limiting medical condition that is expected to recover?**

- A. Deployment-ready**
- B. Permanent non-deployable**
- C. Non-deployable with no expected recovery**
- D. Temporary non-deployable**

A deployment-limiting medical condition that is expected to recover is described as temporary non-deployable. This means there's a medical issue now preventing deployment, but the prognosis is for recovery, so the person should become deployable again once fully healed. It captures the idea of a transient impairment rather than a lasting limitation. For example, an acute infection or a sprain that is healing fits this category because the restriction is time-limited. By contrast, deployment-ready means no current medical restrictions, permanent non-deployable implies a lifelong condition with no expected recovery, and non-deployable with no expected recovery means recovery isn't anticipated at all.

**9. Which statement correctly describes AF Form 469?**

- A. It is used to describe physical limitations and recommend restrictions**
- B. It is used to track travel orders**
- C. It is used to describe physical limitations and recommend restrictions including duty, mobility, fitness, and pregnancy**
- D. It is used to certify medical treatment**

AF Form 469 is the medical profile tool used to document a member's limitations and the restrictions needed to stay safe and ready while performing duties. It describes not just general limitations but specifically what duties are restricted or prohibited, how mobility or physical tasks are affected, any fitness/activity restrictions, and pregnancy-related considerations. This broader scope—covering duty, mobility, fitness, and pregnancy—makes it the best description of what the form does. Tracks travel orders or certifies medical treatment aren't the purpose of this form, which is focused on communicating medical limitations and the corresponding restrictions to commanders and supervisors.

**10. Where is the MEB package sent?**

- A. AFPC/ARC/SG**
- B. Unit Commander**
- C. PCM**
- D. DES office**

When a medical evaluation board is needed, the MEB package follows the personnel processing path, not just medical review. It is sent to AFPC/ARC/SG—the Air Force Personnel Center with Surgeon General oversight—because this office coordinates medical evaluation actions and the Disability Evaluation System for both active and Reserve components. AFPC/ARC/SG receives the MEB package, reviews the medical findings, and coordinates the next steps, including whether the case moves into the DES/Physical Evaluation Board process. The other options aren't the official recipient for submitting the MEB package: a unit commander handles command matters, the primary care manager provides care but doesn't forward the official MEB, and the DES office handles disability determinations after the package is routed through AFPC/ARC/SG.

## 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://fomtblock1.examzify.com>**

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

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