

# HOSA Community Emergency Response Team) Skills Assessment (CERT) Practice (Sample)

## Study Guide



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

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# 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

- 1. What should CERT members do if a hazmat or terrorist event is suspected?**
  - A. Respond to the scene**
  - B. Wait for law enforcement instructions**
  - C. Immediately evacuate**
  - D. Don't respond**
- 2. According to splinting guidelines, after immobilizing an injury, what is the next step?**
  - A. Check for cleanliness of the wound**
  - B. Reassess PMS**
  - C. Apply ice to the area**
  - D. Reassess pain level**
- 3. How should CERT members approach an injured person's location?**
  - A. Cautiously and ensuring the area is safe**
  - B. Quickly without assessing the environment**
  - C. By calling for help first**
  - D. Ignoring any potential hazards**
- 4. Why is it important for CERT members to develop a family emergency plan?**
  - A. To comply with regulations**
  - B. To ensure their loved ones are prepared and safe during emergencies**
  - C. To maintain home insurance**
  - D. To satisfy state training requirements**
- 5. What is included in the Triage evaluation checklist?**
  - A. Check for allergies**
  - B. Check airway and breathing**
  - C. Check for previous injuries**
  - D. Check emotional stability**

- 6. What is defined as a drop in body temperature below normal?**
- A. Frostbite**
  - B. Heat stroke**
  - C. Hypothermia**
  - D. Heat exhaustion**
- 7. What is the location of the femoral pressure point in the body?**
- A. In the upper thigh**
  - B. Behind the knee**
  - C. On the lower back**
  - D. At the wrist**
- 8. What type of resources are commonly available to CERT members during deployments?**
- A. Only medical supplies**
  - B. Emergency equipment and portable communication devices**
  - C. Community funding**
  - D. Personal protective equipment**
- 9. How does a CERT team typically assess its effectiveness after a disaster response?**
- A. By conducting community surveys**
  - B. By holding after-action reviews**
  - C. By sending out press releases**
  - D. By collecting media coverage data**
- 10. Which phase of a crisis involves evaluating the damage done?**
- A. Impact**
  - B. Inventory**
  - C. Rescue**
  - D. Recovery**

## **Answers**

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

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## **Explanations**

**1. What should CERT members do if a hazmat or terrorist event is suspected?**

- A. Respond to the scene**
- B. Wait for law enforcement instructions**
- C. Immediately evacuate**
- D. Don't respond**

In a situation where a hazmat or terrorist event is suspected, it is crucial for CERT members to prioritize safety and follow established protocols. Choosing not to respond is the most appropriate action. This is because hazmat incidents can involve dangerous substances that pose serious risks to health and safety, and terrorist events may present immediate threats that require specialized intervention. By refraining from responding directly to the scene, CERT members are ensuring that they do not put themselves or others in harm's way without the necessary safety measures and guidance from trained professionals. It allows first responders, such as law enforcement and other emergency services, to assess the situation and take control, ensuring that the event is handled with the expertise and equipment needed to mitigate potential hazards. This choice aligns with emergency management principles, where coordination and communication with professional responders are vital. CERT members are trained to support professionals, but in these high-risk scenarios, it is crucial to await further instructions to ensure a safe and effective response.

**2. According to splinting guidelines, after immobilizing an injury, what is the next step?**

- A. Check for cleanliness of the wound**
- B. Reassess PMS**
- C. Apply ice to the area**
- D. Reassess pain level**

After immobilizing an injury, it is essential to reassess PMS, which stands for Pulse, Motor function, and Sensory function. This step is critical because it helps to ensure that the splint is applied correctly and that circulation and nerve function have not been compromised by the injury or the splinting process. Checking the pulse confirms that blood flow is still present, assessing motor function ensures that the patient can still move the affected area, and evaluating sensory function helps to verify that sensation is intact. This systematic check following immobilization allows responders to identify any changes or complications that may require immediate attention, ensuring patient safety and effective treatment. The other options involve important aspects of patient care but do not follow the critical reassessment of PMS immediately after immobilization. Checking for the cleanliness of a wound is relevant in the context of infection prevention but is not the immediate priority after splinting. Applying ice can help with swelling and pain relief, yet it is secondary to ensuring proper neurological and vascular status. Reassessing the pain level is important but should also be secondary to confirming that the injury is still adequately protected and that there is no risk of further damage.

**3. How should CERT members approach an injured person's location?**

- A. Cautiously and ensuring the area is safe**
- B. Quickly without assessing the environment**
- C. By calling for help first**
- D. Ignoring any potential hazards**

Approaching an injured person's location cautiously and ensuring that the area is safe is essential for several reasons. First and foremost, the safety of both the responder and the injured individual is paramount. Before providing assistance, it is critical to evaluate the environment for any hazards that could pose a risk, such as fire, toxic substances, or unstable structures. By prioritizing safety, CERT members can prevent further injuries to themselves or the victim. Additionally, a cautious approach allows responders to identify any potential dangers that may not be immediately visible. This proactive behavior is in line with the principles of emergency response training, which emphasizes situational awareness and risk assessment. By ensuring that the scene is secure before proceeding, CERT members can provide effective care without inadvertently becoming casualties themselves. In summary, the correct approach stresses the importance of safety and risk assessment before providing aid, aligning with best practices in emergency response.

**4. Why is it important for CERT members to develop a family emergency plan?**

- A. To comply with regulations**
- B. To ensure their loved ones are prepared and safe during emergencies**
- C. To maintain home insurance**
- D. To satisfy state training requirements**

The focus of developing a family emergency plan is fundamentally about ensuring the safety and preparedness of loved ones during emergencies. This plan helps families identify potential hazards, establish communication strategies, and decide on meeting points. In emergencies, the ability to act swiftly and cohesively can significantly enhance the safety and well-being of all family members. By preparing for various scenarios, families can minimize panic and confusion, thereby increasing their chances of effectively managing the situation. While complying with regulations, maintaining home insurance, and satisfying state training requirements might be relevant considerations in different contexts, they do not encapsulate the primary reason for creating a family emergency plan. The essence of preparation lies in the proactive steps taken to protect family members in times of crisis, fostering resilience and a sense of security.

## 5. What is included in the Triage evaluation checklist?

- A. Check for allergies
- B. Check airway and breathing**
- C. Check for previous injuries
- D. Check emotional stability

The Triage evaluation checklist primarily focuses on assessing the immediate medical needs of individuals to determine the priority of treatment based on their condition. Checking the airway and breathing is a critical component of triage because these functions are essential for survival. If a person cannot breathe adequately, they require immediate medical attention to ensure that they receive necessary interventions to restore or secure their airway. In emergencies, the ability to breathe is a more immediate concern than other factors, such as allergies, previous injuries, or emotional stability. Prioritizing airway and breathing helps responders quickly identify those who are in life-threatening situations and need urgent care, which is central to the principles of triage in emergency response situations.

## 6. What is defined as a drop in body temperature below normal?

- A. Frostbite
- B. Heat stroke
- C. Hypothermia**
- D. Heat exhaustion

Hypothermia is defined as a drop in body temperature below the normal range, typically below 95°F (35°C). This condition occurs when the body loses heat faster than it can produce it, leading to dangerously low body temperatures. It often results from prolonged exposure to cold temperatures, wet conditions, or wind. Symptoms can include shivering, confusion, slurred speech, and lethargy, which can worsen as the temperature continues to drop. The other options refer to different conditions: frostbite involves damage to the skin and underlying tissues due to freezing temperatures; heat stroke is a severe reaction to heat, characterized by a high body temperature and failure of the body's heat-regulating mechanisms; and heat exhaustion is a milder form of heat-related illness that occurs due to excessive loss of water and salt, typically from sweating. These conditions are related to temperature extremes but do not specifically indicate a drop in body temperature.

**7. What is the location of the femoral pressure point in the body?**

- A. In the upper thigh**
- B. Behind the knee**
- C. On the lower back**
- D. At the wrist**

The femoral pressure point is located in the upper thigh, specifically where the femoral artery passes close to the surface of the body. This area is crucial for controlling bleeding in the leg, as applying pressure here can effectively slow down or stop blood flow from a serious wound in the lower extremity. Understanding the anatomical positioning of major pressure points is essential for first responders and anyone trained in emergency care, as it allows them to quickly locate and apply pressure to manage severe bleeding in emergency situations. In contrast, the other locations mentioned do not correspond to the femoral pressure point. Behind the knee is associated with the popliteal artery, the lower back is not a pressure point for femoral control, and the wrist is related to the radial and ulnar arteries rather than the femoral artery. Knowing the correct location of pressure points is critical for effective first aid response.

**8. What type of resources are commonly available to CERT members during deployments?**

- A. Only medical supplies**
- B. Emergency equipment and portable communication devices**
- C. Community funding**
- D. Personal protective equipment**

The selection of emergency equipment and portable communication devices represents a comprehensive range of resources critical to the effectiveness of CERT members during deployments. Emergency equipment can include items necessary for search and rescue operations, first aid, and general disaster response, such as tools for removing debris or basic portable lighting. Portable communication devices, on the other hand, are essential for coordinating efforts, relaying information, and ensuring that team members can communicate effectively with each other and with local emergency services. Having both of these resources ensures that CERT members are prepared to assess emergency situations, provide assistance where needed, and maintain a clear line of communication, which is vital in chaotic environments. This combination supports a well-rounded response capability. Other options, while they may have value in specific contexts, do not fully cover the essential resources that CERT teams typically utilize during deployments. For instance, medical supplies are important, but they are just one category of equipment needed. Community funding may help support CERT initiatives, but it isn't a resource available during an emergency deployment itself. Personal protective equipment is crucial for ensuring safety during operations, but it does not encompass the full range of tools and communication devices that CERT members require for effective deployment.

**9. How does a CERT team typically assess its effectiveness after a disaster response?**

- A. By conducting community surveys**
- B. By holding after-action reviews**
- C. By sending out press releases**
- D. By collecting media coverage data**

A CERT team assesses its effectiveness after a disaster response by holding after-action reviews. This process involves gathering the team members and other stakeholders to discuss what occurred during the response, evaluating the actions taken, and identifying both strengths and weaknesses. This debriefing allows participants to analyze their performance, share experiences, and learn from the response. Through after-action reviews, the team can pinpoint areas for improvement, adjust training and protocols, and enhance overall preparedness for future emergencies. This reflective practice is crucial for continual improvement within the team and ensures they are better equipped for future disaster responses. While community surveys, press releases, and media coverage data can provide additional insights or public perceptions about the response, they do not focus on the internal evaluation of the CERT team's operations and effectiveness like after-action reviews do.

**10. Which phase of a crisis involves evaluating the damage done?**

- A. Impact**
- B. Inventory**
- C. Rescue**
- D. Recovery**

The phase of a crisis that involves evaluating the damage done is the Inventory phase. During this phase, teams assess the extent of the damage caused by the crisis. This includes a systematic evaluation of physical damages, resource availability, and the needs of affected individuals. This assessment is crucial as it provides the foundational information needed for effective planning and decision-making going forward. In this phase, responders typically document what has occurred, how it has affected the area, and what resources are still viable or in need of support. This comprehensive inventory allows teams to identify gaps and prioritize their efforts in subsequent phases, like rescue and recovery. While assessing damage is integral to any crisis response, it is particularly emphasized in the Inventory phase to ensure a thorough understanding of the situation before moving on to recovery strategies or broader rescue operations.

## 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://hosacommunityemergencyresponseteam-cert.examzify.com>**

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