

HOSA EMERGENCY MEDICAL TECHNICIAN (EMT) PRACTICE TEST (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. When should cricoid pressure not be used?

- A. During respiratory distress
- B. During cardiac arrest
- C. During a suspected spinal injury
- D. During conscious sedation

2. What is renal failure?

- A. When kidneys retain excess fluid
- B. When kidneys lose the ability to filter blood effectively
- C. When kidneys are overactive
- D. When kidney stones form

3. Which structures in the back serve as shock absorbers?

- A. Muscles
- B. Ligaments
- C. Tendons
- D. Discs

4. What is the most common method to control external bleeding?

- A. Elevation of the limb
- B. Cold compress application
- C. Tourniquet application
- D. Direct pressure

5. What characterizes COPD?

- A. A sudden onset of breathing difficulty
- B. A progressive disease that makes it hard to breathe
- C. A condition that improves with rest
- D. A reversible respiratory condition

6. What type of dressing is used specifically for burns?

- A. Moist dressing
- B. Dry sterile dressing
- C. Non-stick bandage
- D. Elastoplast bandage

- 7. What does the acronym AVPU stand for in a medical assessment?**
- A. Alert, Vital signs, Pain, Unresponsiveness
 - B. Alert, Voice, Pain, Unresponsiveness
 - C. Awareness, Voice, Pain, Utility
 - D. Awake, Vital, Pain, Unconscious
- 8. What is the purpose of positive pressure in emergency medical situations?**
- A. To increase a patient's heart rate
 - B. To force air into a patient
 - C. To slow down respiratory rate
 - D. To decrease blood pressure
- 9. Which signs can indicate an obstruction of the airway?**
- A. Normal breath sounds
 - B. Slight coughing
 - C. Abnormal sounds
 - D. Clear speech
- 10. What should be administered if a patient has respiratory difficulty or is suspected to be in shock?**
- A. Adrenaline
 - B. Fluids
 - C. Oxygen
 - D. Nitroglycerin

Answers

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

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Explanations

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1. When should cricoid pressure not be used?

- A. During respiratory distress
- B. During cardiac arrest
- C. During a suspected spinal injury**
- D. During conscious sedation

Cricoid pressure, also known as Sellick's maneuver, is a technique used to prevent aspiration during intubation by applying pressure to the cricoid cartilage. However, its use is contraindicated in certain situations, particularly during a suspected spinal injury. When there is a suspected spinal injury, manipulating the neck and airway can increase the risk of further damage to the spinal cord. Patients with spinal injuries may require special attention to maintain proper alignment and minimize movement. Applying cricoid pressure can necessitate head and neck movement that could exacerbate the injury or lead to complications. In contrast, during respiratory distress, cardiac arrest, or conscious sedation, the primary concern is managing the patient's airway and protecting them from aspiration. In these scenarios, the application of cricoid pressure may still offer some benefits, provided it is done carefully and with consideration of the patient's condition. Thus, in the context of suspected spinal injury, the risk of exacerbating harm outweighs the benefits of using cricoid pressure.

2. What is renal failure?

- A. When kidneys retain excess fluid
- B. When kidneys lose the ability to filter blood effectively**
- C. When kidneys are overactive
- D. When kidney stones form

Renal failure refers to a condition in which the kidneys lose their ability to filter blood effectively, leading to the accumulation of waste products and excess fluids in the body. This impairment can result from various causes, including acute conditions that may occur suddenly or chronic issues that develop over time. When the kidneys are unable to perform their filtration responsibilities, it can result in serious health complications and requires immediate medical attention. This definition highlights the critical role that kidneys play in waste management and fluid balance within the body, emphasizing the consequences of their failure. The other scenarios, such as fluid retention, overactivity, or stone formation, represent different kidney-related disorders but do not encapsulate the essence of renal failure itself, which is fundamentally about the ineffective filtering of blood.

3. Which structures in the back serve as shock absorbers?

- A. Muscles
- B. Ligaments
- C. Tendons
- D. Discs**

The correct answer is discs because intervertebral discs are specifically designed to act as shock absorbers in the spine. They are located between the vertebrae and consist of a tough outer layer and a gel-like center, which allows them to cushion the impacts and forces that the spine encounters while we move, jump, or perform other activities. This cushioning effect is crucial for protecting the vertebrae and preventing injury. In contrast, muscles play a role in movement and stabilization but do not serve a primary function of shock absorption. Ligaments provide stability by connecting bones to each other but also do not absorb shock to the same extent as the discs. Tendons connect muscles to bones and enable movement but also do not fulfill a shock-absorbing role. Thus, intervertebral discs are uniquely suited for the task of absorbing shock in the back.

4. What is the most common method to control external bleeding?

- A. Elevation of the limb
- B. Cold compress application
- C. Tourniquet application
- D. Direct pressure**

Direct pressure is the most common and effective method for controlling external bleeding. When direct pressure is applied to a bleeding wound, it helps to stem the flow of blood by compressing the blood vessels and allowing the body's natural clotting process to take over. This technique is usually the first step taken in both pre-hospital and hospital settings when addressing external bleeding, as it is simple to perform and widely applicable for various types of wounds. Applying elevation of the limb can support blood flow reduction by gravity but is generally used in conjunction with direct pressure, rather than as a standalone method. Cold compresses can help manage swelling and may have a pain-relieving effect, but they are not primarily meant for stopping bleeding. While tourniquets are sometimes necessary for severe or life-threatening extremity hemorrhaging, they are typically considered a last resort and are used in situations where direct pressure fails to control the bleeding or when there is a risk of significant blood loss. Thus, direct pressure remains the go-to technique for managing most external bleeding incidents.

5. What characterizes COPD?

- A. A sudden onset of breathing difficulty
- B. A progressive disease that makes it hard to breathe**
- C. A condition that improves with rest
- D. A reversible respiratory condition

Chronic Obstructive Pulmonary Disease (COPD) is characterized as a progressive disease that leads to the gradual worsening of lung function, making it increasingly difficult for individuals to breathe. The condition is primarily caused by long-term exposure to irritants that damage the lungs, such as cigarette smoke, air pollution, and occupational dust. Over time, the airways become narrowed, and the ability to exhale air becomes limited, resulting in symptoms like chronic cough, increased mucus production, and shortness of breath. The progression of COPD means that individuals often experience a decline in their respiratory capabilities, which does not improve significantly with rest. While some patients may find temporary relief from symptoms during periods of rest or through specific treatments, the underlying lung damage is irreversible, making this choice accurately reflective of the disease's characteristics. This chronic nature distinguishes COPD from conditions that can improve or resolve with interventions or rest.

6. What type of dressing is used specifically for burns?

- A. Moist dressing
- B. Dry sterile dressing**
- C. Non-stick bandage
- D. Elastoplast bandage

The appropriate dressing for burns is a dry sterile dressing. This type of dressing helps protect the burn area from infection, minimizes pain, and absorbs any exudate while maintaining a clean environment for healing. Dry sterile dressings are typically used on burns that are not severe enough to require specialized burn dressings, as they provide a barrier against debris and bacteria. Moist dressings are not suitable for burns because they can promote maceration of the surrounding skin and may lead to complications by not maintaining a sterile environment. Non-stick bandages are designed to prevent adherence to the wound, which can be helpful in some scenarios, but they do not offer the same level of protection and coverage as a dry sterile dressing for burns. Elastoplast bandages are flexible adhesive dressings that may be more appropriate for minor cuts or scrapes but are not specifically designed for burn management. Using a dry sterile dressing for burns is vital in pre-hospital settings to prevent infection and facilitate the healing process.

7. What does the acronym AVPU stand for in a medical assessment?

- A. Alert, Vital signs, Pain, Unresponsiveness
- B. Alert, Voice, Pain, Unresponsiveness**
- C. Awareness, Voice, Pain, Utility
- D. Awake, Vital, Pain, Unconscious

The acronym AVPU stands for Alert, Voice, Pain, and Unresponsiveness, which is a crucial tool in assessing a patient's level of consciousness during an emergency medical evaluation. In this context, "Alert" indicates that the patient is fully conscious and responsive. "Voice" means the patient responds to verbal stimuli, such as being spoken to or prompted. "Pain" refers to the patient's response to painful stimuli, which is important in determining the extent of their consciousness if they do not respond to verbal cues. Finally, "Unresponsiveness" indicates that the patient shows no response to any external stimuli, whether verbal or painful. Understanding the AVPU scale is vital for EMTs and other healthcare providers as it helps them quickly assess the neurological status of a patient and make informed decisions regarding their immediate care and transport.

8. What is the purpose of positive pressure in emergency medical situations?

- A. To increase a patient's heart rate
- B. To force air into a patient**
- C. To slow down respiratory rate
- D. To decrease blood pressure

In emergency medical situations, the purpose of positive pressure is to force air into a patient's lungs, which is critical for those who are not able to breathe adequately on their own. This method is often used via various forms of ventilatory support, such as bag-valve masks or mechanical ventilators, to ensure that the patient receives sufficient oxygen, particularly during respiratory distress or failure. Positive pressure ventilation assists in expanding the lungs and can help to prevent complications associated with hypoxia, where the body or a region of the body is deprived of adequate oxygen supply. By using positive pressure, EMTs can effectively manage a patient's airways and ensure proper gas exchange, which can be life-saving. While the other options touch on aspects of patient management, they do not directly address the essential role of positive pressure in aiding respiration and oxygenation. For example, increasing heart rate, slowing respiratory rate, and decreasing blood pressure are not relevant to the objective of supporting ventilation in patients experiencing respiratory complications.

9. Which signs can indicate an obstruction of the airway?

- A. Normal breath sounds
- B. Slight coughing
- C. Abnormal sounds**
- D. Clear speech

Signs of an obstructed airway can manifest in various abnormal sounds during breathing. When an airway obstruction occurs, air may struggle to pass through, causing sounds such as wheezing, stridor, or a gurgling noise, depending on the level and location of the obstruction. These abnormal sounds are critical indicators for health professionals to assess the severity of the situation. In contrast, normal breath sounds suggest that the airway is clear and functioning properly. Slight coughing may indicate a minor irritation or something stuck in the throat, but it does not alone suggest a severe obstruction. Clear speech generally implies that the airway is unobstructed, as a person with a significant obstruction would likely struggle to talk or produce coherent sounds. Therefore, the presence of abnormal sounds during respiration is a key sign of potential airway obstruction, making it the most relevant indicator among the options provided.

10. What should be administered if a patient has respiratory difficulty or is suspected to be in shock?

- A. Adrenaline
- B. Fluids
- C. Oxygen**
- D. Nitroglycerin

Administering oxygen is critical when a patient is experiencing respiratory difficulty or is suspected to be in shock. Oxygen therapy helps to increase the availability of oxygen in the bloodstream, ensuring that vital organs receive the oxygen they need to function properly. In cases where a patient is in shock, their circulatory system is often compromised, which can lead to inadequate oxygen delivery to tissues. By providing supplemental oxygen, you can help improve their overall oxygen saturation levels, potentially stabilizing their condition. In a patient with respiratory distress, the body may struggle to get sufficient oxygen on its own; thus, supplying oxygen can alleviate hypoxia and support proper respiratory function. This is especially important in emergencies, as timely oxygen administration can make a significant difference in outcomes for patients in critical situations. Other options, while they may have their own therapeutic roles in specific contexts, do not address the immediate need for oxygen in respiratory distress or shock scenarios.

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://hosa-emt.examzify.com>

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

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