

# HOSA Surgical Technologist Practice Test (Sample)

## Study Guide



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

**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

**No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.**

**Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.**

**SAMPLE**

# 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>

SAMPLE

# 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

SAMPLE

- 1. Which organs are found in the hypogastric region?**
  - A. Small intestines, sigmoid colon, bladder**
  - B. Liver (tip), small intestines, ascending colon, right kidney**
  - C. Small intestines, descending colon, left kidney**
  - D. Stomach, pancreas, small intestines, transverse colon**
  
- 2. What type of tissue are toothed tissue forceps designed to grasp?**
  - A. Delicate tissue only**
  - B. Moderate to heavy tissue**
  - C. Scalp and hair**
  - D. Bone structures**
  
- 3. What is the primary role of tissue forceps during surgery?**
  - A. To sutures**
  - B. To cut tissue**
  - C. To grasp and hold tissue**
  - D. To retract tissue**
  
- 4. During the postoperative phase, what is one of the roles of a surgical technologist?**
  - A. Performing the surgery**
  - B. Preparing the OR for the next procedure**
  - C. Conducting patient evaluations**
  - D. Administering medications**
  
- 5. Mixer Forceps are characterized by what distinctive feature?**
  - A. A straight design for easier use**
  - B. A 90-degree angle for reaching around blood vessels**
  - C. Small serrations on the tips for less trauma**
  - D. An extended length for deep incision cutting**

- 6. Which component is vital for surgical asepsis?**
- A. Using antiseptic solutions on all surfaces**
  - B. Wearing street clothes in the OR**
  - C. Regularly changing the operating team members**
  - D. Ensuring the surgical team is unmasked**
- 7. Bonney Tissue Forceps are best used for which of the following?**
- A. Grasping delicate tissues**
  - B. Grasping and holding heavier tissue and fascia**
  - C. Dissecting and undermining delicate tissue**
  - D. Clamping small blood vessels**
- 8. What is an essential quality of CSTs concerning patient safety?**
- A. Ability to perform surgery independently**
  - B. Knowledge of proper instrument handling**
  - C. Understanding patient psychology**
  - D. Skills in anesthesia administration**
- 9. What is the significance of the surgical technologist's role in patient positioning?**
- A. To ensure comfort**
  - B. To prevent injury and ensure access to the surgical site**
  - C. To facilitate anesthetic administration**
  - D. To prepare the surgical instruments**
- 10. What guiding principle reflects the role of the AST?**
- A. Aeger Primo**
  - B. Patient Safety First**
  - C. Quality Care Standards**
  - D. Professional Integrity**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

## 1. Which organs are found in the hypogastric region?

- A. Small intestines, sigmoid colon, bladder**
- B. Liver (tip), small intestines, ascending colon, right kidney**
- C. Small intestines, descending colon, left kidney**
- D. Stomach, pancreas, small intestines, transverse colon**

The hypogastric region, also known as the suprapubic region, is located in the lower central part of the abdomen. It is primarily associated with organs that are positioned in the lower part of the abdominal cavity. The correct choice identifies the small intestines, sigmoid colon, and bladder as the organs found in the hypogastric region. The small intestines extend into this area as they occupy much of the lower abdomen, where digestion and absorption occur. The sigmoid colon, which is part of the large intestine, is situated in the lower left part of the hypogastric region, leading into the rectum. The bladder is located in the hypogastric region as well, being a significant component of the urinary system that stores urine. These structures collectively indicate that this region is essential for both digestive and urinary functions. In contrast, the other options include organs that are located in different abdominal regions. Choices mentioning the liver, ascending colon, or right kidney reference the upper quadrants of the abdomen, while choices that include the stomach and pancreas involve organs situated in the epigastric region. Understanding the anatomical locations of these organs helps clarify their relationship to the various regions of the abdomen.

## 2. What type of tissue are toothed tissue forceps designed to grasp?

- A. Delicate tissue only**
- B. Moderate to heavy tissue**
- C. Scalp and hair**
- D. Bone structures**

Toothed tissue forceps are specifically designed to grasp and manipulate moderate to heavy tissue. This type of forceps features serrated edges, or "teeth," that allow for a firmer grip on thicker, denser tissues without causing significant damage. The design of toothed forceps ensures stability and control when handling tissues that are more substantial than delicate tissue. This makes them ideal for surgical procedures where more robust tissue manipulation is necessary, such as in abdominal surgeries or during the handling of muscular or connective tissues. Delicate tissues, such as those found in superficial layers, require softer, smoother forceps to avoid tearing or trauma, which isn't the primary function of toothed forceps. Scalp and hair do not require grasping instruments designed for solid tissue, as they need specialized tools optimized for care and precision. Bone structures are typically managed with instruments designed for cutting and manipulating bone, rather than grasping, which is what toothed tissue forceps are not intended for. Thus, their primary use in grasping moderate to heavy tissue makes that option the most appropriate choice.

### 3. What is the primary role of tissue forceps during surgery?

- A. To sutures
- B. To cut tissue
- C. To grasp and hold tissue**
- D. To retract tissue

The primary role of tissue forceps during surgery is to grasp and hold tissue. These instruments feature serrated or smooth tipped jaws designed to provide a secure grip on various types of tissue, facilitating the surgeon's ability to manipulate and expose surgical sites effectively. Their design allows for maximum control while minimizing trauma to the tissues, thereby enhancing visibility and access during the procedure. While other instruments may cut, retract, or handle sutures, tissue forceps are specifically tailored for holding and stabilizing tissue, essential for performing a wide range of surgical techniques safely and efficiently. Understanding the precise functionality of surgical instruments like tissue forceps is crucial for any surgical technologist, as it aids in their effective utilization during operations.

### 4. During the postoperative phase, what is one of the roles of a surgical technologist?

- A. Performing the surgery
- B. Preparing the OR for the next procedure**
- C. Conducting patient evaluations
- D. Administering medications

In the postoperative phase, one of the key roles of a surgical technologist is preparing the operating room (OR) for the next procedure. This task is vital to ensure that the environment is sterile and organized, allowing for a seamless transition between surgeries. This includes restocking supplies, cleaning instruments, and setting up the surgical field according to the requirements of the upcoming procedure. By performing these duties efficiently, the surgical technologist helps maintain the flow of surgery scheduling and supports the medical team in providing safe and effective care. The other roles mentioned, such as performing the surgery, conducting patient evaluations, and administering medications, fall outside the responsibilities of a surgical technologist. Surgical procedures are performed by surgeons, evaluations are conducted by medical professionals like nurses or doctors, and medication administration typically falls under nurses or anesthesiologists. Understanding these roles clarifies the specific responsibilities held by surgical technologists in the surgical environment.

**5. Mixer Forceps are characterized by what distinctive feature?**

- A. A straight design for easier use**
- B. A 90-degree angle for reaching around blood vessels**
- C. Small serrations on the tips for less trauma**
- D. An extended length for deep incision cutting**

Mixer Forceps, also known as right-angle forceps, are particularly distinguished by their unique 90-degree angle. This specific design allows surgical technologists to maneuver the forceps around blood vessels and other structures in a tight surgical field. The angled jaws enable easier access to areas that are otherwise difficult to reach while maintaining visibility and control. This feature is especially useful during procedures where precision and careful handling of sensitive tissues and organs are critical. The other design aspects of forceps highlighted in the options do not apply to Mixer Forceps. A straight design would not provide the same level of maneuverability around obstacles as the angled variety. Small serrations may be useful in different types of forceps for grip, but they do not specifically define Mixer Forceps. Lastly, while length can be significant for various surgical instruments, Mixer Forceps are primarily characterized by their angle rather than their length, making the angle the key distinctive feature that sets them apart in surgical practice.

**6. Which component is vital for surgical asepsis?**

- A. Using antiseptic solutions on all surfaces**
- B. Wearing street clothes in the OR**
- C. Regularly changing the operating team members**
- D. Ensuring the surgical team is unmasked**

Surgical asepsis, also known as sterile technique, is essential for preventing infection during surgical procedures. The use of antiseptic solutions on all surfaces is vital because it minimizes the presence of pathogenic microorganisms. These antiseptic solutions are designed to eliminate or significantly reduce microbial contamination on instruments, equipment, and the surgical area, thereby creating a sterile field necessary for safe surgeries. In contrast, other options represent practices that can compromise sterile conditions. Wearing street clothes in the operating room can introduce bacteria and other contaminants into an otherwise sterile environment. Regularly changing the operating team members can lead to variation in adherence to aseptic practices and increase the risk of contamination. Lastly, having the surgical team unmasked contradicts the principles of maintaining a sterile field, as masks serve to prevent the dispersion of respiratory droplets that might harbor infectious agents. Therefore, consistent use of antiseptic solutions is crucial for maintaining surgical asepsis during procedures.

**7. Bonney Tissue Forceps are best used for which of the following?**

- A. Grasping delicate tissues**
- B. Grasping and holding heavier tissue and fascia**
- C. Dissecting and undermining delicate tissue**
- D. Clamping small blood vessels**

Bonney Tissue Forceps are specifically designed for grasping and holding heavier tissues and fascia. Their construction typically features a broader and stronger tip compared to other forceps, which makes them suitable for securely grasping denser tissues during surgical procedures. This capability is essential in surgeries where more significant tissue manipulation is required, such as in orthopedic or general surgery, where heavier layers of tissue and fascia need to be managed. The other options pertain to functions that require different types of instruments. For example, tools designed for grasping delicate tissues would have finer tips to avoid causing trauma, while those used for dissecting delicate tissue might have more specialized shapes or mechanisms to aid in precision without damaging surrounding structures. Clamping small blood vessels demands instruments that can exert precise pressure without crushing the vessel, often requiring different clamping forceps designed for that specific purpose. Bonney Tissue Forceps excel in their intended role, making them indispensable for tasks involving robust tissue handling.

**8. What is an essential quality of CSTs concerning patient safety?**

- A. Ability to perform surgery independently**
- B. Knowledge of proper instrument handling**
- C. Understanding patient psychology**
- D. Skills in anesthesia administration**

The essential quality of Certified Surgical Technologists (CSTs) concerning patient safety is rooted in their knowledge of proper instrument handling. This expertise is critical because surgical technologists play a vital role in ensuring that instruments are used correctly and safely during surgical procedures. Proper instrument handling helps prevent accidents that could harm the patient, such as incorrect use of instruments leading to injuries or complications. In the surgical environment, maintaining a sterile field and knowing the specific functions and characteristics of each instrument are paramount for minimizing risks during surgery. This includes being aware of how to pass and receive instruments without compromising sterility or the safety of the patient. A CST's proficiency in instrument handling directly supports the surgical team in carrying out procedures smoothly and effectively, contributing significantly to overall patient safety. While the other choices may have some relevance to the surgical process, they do not hold the same level of immediacy and impact on patient safety as proper instrument handling does. Being able to perform surgery independently or possessing skills in anesthesia administration would fall outside the typical scope of a CST, and understanding patient psychology, while important for holistic care, does not directly influence the technical and safety aspects of surgical procedure management.

**9. What is the significance of the surgical technologist's role in patient positioning?**

- A. To ensure comfort**
- B. To prevent injury and ensure access to the surgical site**
- C. To facilitate anesthetic administration**
- D. To prepare the surgical instruments**

The role of a surgical technologist in patient positioning is crucial, particularly in preventing injury and ensuring optimal access to the surgical site. Proper positioning of the patient is essential to minimize the risk of complications during surgery. This includes preventing pressure injuries, providing adequate exposure for the surgeon, and ensuring that the patient's physiology is maintained throughout the procedure. When a patient is positioned correctly, it allows the surgical team to work efficiently and safely, as it gives clear access to the area being operated on. Furthermore, appropriate positioning helps in minimizing complications related to circulation, nerve damage, and respiratory function. Surgical technologists are trained to position patients based on the type of surgery being performed and the specific needs of the surgical team, highlighting their critical role in maintaining patient safety and ensuring successful surgical outcomes.

**10. What guiding principle reflects the role of the AST?**

- A. Aeger Primo**
- B. Patient Safety First**
- C. Quality Care Standards**
- D. Professional Integrity**

The guiding principle that reflects the role of the Association of Surgical Technologists (AST) is Aeger Primo. This phrase, which translates to "the patient first," emphasizes the primary responsibility of surgical technologists to prioritize patient safety and well-being in all aspects of surgical care. It encapsulates the ethical obligation to put the needs and safety of the patient above all else, ensuring that best practices are followed during surgical procedures. By adhering to Aeger Primo, surgical technologists demonstrate their commitment not only to the technical success of surgeries but also to creating a safe and supportive environment for the patient. This principle is integral to the surgical profession and guides surgical technologists in their daily practice, influencing decisions and actions to uphold the highest standards of patient care throughout the surgical process.

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

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

SAMPLE