

Hospital Corpsman First Class (HM1) Advancement Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. Which of the following best describes the first sign of a stroke in the FAST acronym?**
 - A. Arm weakness**
 - B. Speech difficulties**
 - C. Face drooping**
 - D. Time to call emergency services**
- 2. What does the term "aseptic technique" refer to in healthcare?**
 - A. A set of practices to prevent contamination by pathogens**
 - B. A method for conducting laboratory tests**
 - C. A type of surgical procedure**
 - D. A kind of patient education approach**
- 3. Whom should you notify when observing objectionable behavior?**
 - A. Human Resources**
 - B. Chain of command**
 - C. Compliance officer**
 - D. Legal advisor**
- 4. Which directive addresses the advancement manual for Navy enlisted personnel?**
 - A. BUMEDINST 6700.13G**
 - B. BUPERSINST 1430.16F**
 - C. BUMEDINST 5450.165**
 - D. BUMEDINST 5100.14**
- 5. What are the four stages of development for ticks?**
 - A. Egg, Larvae, Nymph, Adult**
 - B. Egg, Pupa, Instar, Adult**
 - C. Larvae, Nymph, Adult, Juvenile**
 - D. Egg, Larvae, Adult, Mature**

- 6. How should bulk blood infectious waste be disposed of?**
- A. Incineration**
 - B. Sanitary sewer/sanitary landfill**
 - C. Composting facility**
 - D. Open burning**
- 7. What term is used for organisms that significantly aid in the transmission of disease to humans?**
- A. Parasites**
 - B. Vectors**
 - C. Hosts**
 - D. Pathogens**
- 8. What is the form number for the Record of Emergency Data?**
- A. NAVPERS 1070/602**
 - B. DD 93**
 - C. SF 180**
 - D. NAVPERS 1000/92**
- 9. What is the number one way to control flies?**
- A. Chemical pesticides**
 - B. Traps**
 - C. Improved environmental sanitation**
 - D. Insect repellent**
- 10. Where should infectious waste be separated from non-infectious waste?**
- A. At the Disposal Site**
 - B. Point of Origin**
 - C. In the Laboratory**
 - D. At the Collection Point**

Answers

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

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Explanations

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1. Which of the following best describes the first sign of a stroke in the FAST acronym?

- A. Arm weakness**
- B. Speech difficulties**
- C. Face drooping**
- D. Time to call emergency services**

The FAST acronym is a mnemonic used to help identify the signs of a stroke quickly and effectively. The "F" in FAST stands for "Face drooping," which is indeed recognized as one of the first signs of a stroke. When evaluating someone for a potential stroke, observing their facial symmetry is crucial; one side of the face may droop or feel numb while the other side remains unaffected. This characteristic is a vital indication of a stroke, as it typically results from a disruption in blood flow to the areas of the brain responsible for facial control. Recognizing face drooping can prompt immediate action, as it signals the need for urgent medical evaluation. The other aspects of the acronym — arm weakness, speech difficulties, and time to call emergency services — are important but are not the initial sign that is most visually apparent when assessing stroke symptoms. The emphasis on the drooping of the face serves as a quick, easy-to-spot indicator that helps bystanders and potential caregivers act swiftly in case of a stroke emergency.

2. What does the term "aseptic technique" refer to in healthcare?

- A. A set of practices to prevent contamination by pathogens**
- B. A method for conducting laboratory tests**
- C. A type of surgical procedure**
- D. A kind of patient education approach**

The term "aseptic technique" refers to a set of practices specifically designed to prevent contamination by pathogens. In healthcare settings, aseptic technique is essential for maintaining sterility during procedures, especially those that involve invasive methods or contact with open wounds. This technique minimizes the risk of infection and promotes patient safety. Aseptic techniques include thorough hand washing, the use of sterile gloves, the application of antiseptics, and the proper sterilization of instruments and surfaces. By implementing these practices, healthcare providers can significantly reduce the chances of introducing harmful microorganisms into a patient's body. Understanding aseptic technique is crucial for healthcare workers to ensure the highest standards of infection control and patient care, particularly in surgical settings, during wound care, and in any situation where the risk of infection must be mitigated.

3. Whom should you notify when observing objectionable behavior?

- A. Human Resources**
- B. Chain of command**
- C. Compliance officer**
- D. Legal advisor**

Notifying the chain of command when observing objectionable behavior is crucial for maintaining a professional environment and ensuring that appropriate action can be taken. The chain of command serves as the primary structure for communication and accountability within military and organizational environments. Bringing such matters to the attention of superiors allows them to assess the situation, investigate if necessary, and determine the best course of action based on established policies and protocols. In many instances, the chain of command is responsible for upholding standards of conduct and ensuring that all personnel adhere to them. They are in the best position to intervene and manage situations of objectionable behavior since they have the authority and responsibility to enforce rules and discipline within their units. While other options may also play a role in handling objectionable behavior under certain circumstances, such as a compliance officer who deals with regulatory issues or a legal advisor for potential legal implications, the most immediate and appropriate course of action in a military context is to notify the chain of command. This ensures that the matter is handled swiftly and in accordance with military standards and protocols.

4. Which directive addresses the advancement manual for Navy enlisted personnel?

- A. BUMEDINST 6700.13G**
- B. BUPERSINST 1430.16F**
- C. BUMEDINST 5450.165**
- D. BUMEDINST 5100.14**

The advancement manual for Navy enlisted personnel is addressed in BUPERSINST 1430.16F. This instruction outlines the policies and procedures for the advancement of enlisted personnel in the Navy, detailing eligibility criteria, requirements for advancement exams, and other pertinent information that guides sailors through the advancement process. It serves as a critical resource for understanding the pathways available for professional growth and promotion within the Navy. While the other directives mentioned might pertain to different aspects of Navy operations, such as medical logistics or safety, they do not specifically cover the topic of advancement for enlisted personnel. Understanding the importance and relevance of BUPERSINST 1430.16F is crucial for any sailor looking to navigate their career progression effectively.

5. What are the four stages of development for ticks?

- A. Egg, Larvae, Nymph, Adult**
- B. Egg, Pupa, Instar, Adult
- C. Larvae, Nymph, Adult, Juvenile
- D. Egg, Larvae, Adult, Mature

The four stages of development for ticks are correctly identified as egg, larvae, nymph, and adult. This life cycle begins when a female tick lays eggs, usually in a protected environment. Once the eggs hatch, the larvae emerge, requiring a host to feed upon before progressing to the next stage. After being nourished, the larvae molt to become nymphs, which again need to feed on a host to continue their development. Nymphs are vital for disease transmission as they can carry pathogens during this stage. Finally, after feeding and molting again, the nymphs mature into adults. This full cycle showcases the importance of each stage in the tick's life in terms of growth and potential disease transmission. The other choices introduce stages or terms that do not fit the recognized developmental cycle of ticks. For instance, the terms "pupa" and "instar" are more commonly associated with the life cycles of other insects, such as butterflies and flies, rather than ticks. "Juvenile" and "mature" are vague and do not accurately reflect the scientifically defined stages of tick development.

6. How should bulk blood infectious waste be disposed of?

- A. Incineration
- B. Sanitary sewer/sanitary landfill**
- C. Composting facility
- D. Open burning

The appropriate method for disposing of bulk blood infectious waste is through the sanitary sewer or sanitary landfill. This approach is critical because bulk blood can carry various infectious agents, and its disposal must adhere to stringent safety regulations to prevent transmission of disease and protect public health. Disposing of bulk blood through the sanitary sewer involves treating the waste in a manner that complies with local environmental regulations, ensuring it is neutralized or rendered non-infectious before it enters the wastewater system. Such treatment facilities are equipped to handle biological waste, minimizing the risks associated with infectious materials. Using a sanitary landfill also involves specific protocols, where the waste is securely packaged and placed in designated areas designed to isolate hazardous materials from the environment. This method ensures that the waste does not contaminate groundwater or surface water, offering an effective means of dealing with potentially infectious substances. In contrast, incineration could lead to environmental issues if not managed properly, and options like composting and open burning are not acceptable for biohazardous waste like bulk blood, as they do not adequately mitigate the risks of disease transmission or environmental contamination. Therefore, the selected method reflects both safety and compliance with environmental standards.

7. What term is used for organisms that significantly aid in the transmission of disease to humans?

A. Parasites

B. Vectors

C. Hosts

D. Pathogens

The term that accurately describes organisms that significantly aid in the transmission of disease to humans is "vectors." Vectors are typically living organisms, such as insects (like mosquitoes or ticks), that carry and transmit pathogens from one host to another, facilitating the spread of diseases. By acting as intermediaries, vectors enhance the likelihood that infectious agents are passed on to humans and other animals, often without causing symptoms in the vector itself. Understanding the role of vectors is crucial for public health initiatives, as controlling vector populations can significantly reduce the incidence of vector-borne diseases such as malaria, dengue fever, and Lyme disease. In contrast, while parasites, hosts, and pathogens are associated with disease, they do not primarily serve the role of transmission facilitators in the same manner that vectors do. Hosts are organisms that harbor pathogens, and pathogens are the actual agents of disease, while parasites are organisms that live on or in a host and may cause harm but do not primarily function as carriers of disease from one entity to another.

8. What is the form number for the Record of Emergency Data?

A. NAVPERS 1070/602

B. DD 93

C. SF 180

D. NAVPERS 1000/92

The Record of Emergency Data is officially designated as DD 93. This form serves an essential purpose in the military by collecting critical information about a service member's emergency contact details, beneficiary settings, and additional information necessary for notifications in the case of injury or death. The DD 93 is vital for maintaining current and accurate data that can be used by command and family during emergencies. NAVPERS 1070/602, while related to personnel records, pertains to the dependency application and is not the specific form focusing on emergency contacts. SF 180 is associated with the request for military records rather than emergency contact information. Finally, NAVPERS 1000/92 deals with other types of personnel administration and does not concern the record of emergency data. Thus, DD 93 is the correct answer as it directly aligns with the function and intent of the Record of Emergency Data.

9. What is the number one way to control flies?

- A. Chemical pesticides**
- B. Traps**
- C. Improved environmental sanitation**
- D. Insect repellent**

The most effective way to control flies is improved environmental sanitation. This approach targets the root causes of fly infestations by addressing breeding sites, waste management, and overall cleanliness in the environment. By removing accessible food sources and habitats for flies, such as garbage, stagnant water, and animal waste, it's possible to significantly reduce their population. Good sanitation practices can include proper disposal of food waste, regular cleaning of surfaces, and maintaining dry areas to prevent breeding. By creating an environment that is less hospitable to flies, the likelihood of an infestation is dramatically decreased, making this method a sustainable long-term solution rather than a temporary fix. Although chemical pesticides, traps, and insect repellents can be effective in managing flies to some extent, they often do not resolve the underlying issues that lead to fly infestations. Thus, without addressing sanitation, these methods may provide only short-term relief rather than a lasting solution.

10. Where should infectious waste be separated from non-infectious waste?

- A. At the Disposal Site**
- B. Point of Origin**
- C. In the Laboratory**
- D. At the Collection Point**

Infectious waste should be separated from non-infectious waste at the point of origin, which refers to the initial site where the waste is generated, such as a hospital room, clinic, or laboratory. This practice is essential for several reasons. Firstly, managing infectious waste at the point of origin helps prevent contamination and exposure to harmful pathogens that could pose a risk to health care workers, patients, and the general public. By separating these materials immediately, the risk of accidental exposure during transport or handling is significantly reduced. Secondly, this approach ensures that waste is properly categorized and managed right from the start, facilitating efficient disposal procedures that align with regulatory requirements. Proper segregation aids in the safe and effective treatment of infectious waste, ensuring that it is disposed of in a manner that minimizes potential environmental impact. This method is also in line with infection control protocols and waste management guidelines that emphasize the importance of responsible handling of hazardous materials. Hence, separating infectious waste at the point of origin is critical for maintaining a safe healthcare environment.

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://hm1advancement.examzify.com>

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