

Hospital Corpsman First Class (HM1) Advancement Practice Exam (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 species of cockroach is the most common indoor species, particularly in food service spaces?**
 - A. American cockroach**
 - B. Oriental cockroach**
 - C. German cockroach**
 - D. Smokybrown cockroach**

- 2. What is the primary goal of first aid treatments?**
 - A. To provide long-term rehabilitation**
 - B. To stabilize the individual before professional help arrives**
 - C. To diagnose medical conditions**
 - D. To perform military medical procedures**

- 3. 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**

- 4. Who administers the Marine Corps' Casualty Assistance Calls Program?**
 - A. Commandant of the Marine Corps**
 - B. Assistant Commandant of the Marine Corps**
 - C. Marine Corps Chief Staff Officer**
 - D. Military Affairs Secretary**

- 5. How can mercury enter the body?**
 - A. Only through ingestion**
 - B. Inhalation, ingestion, absorption**
 - C. Direct contact with skin**
 - D. Only through inhalation**

6. Which instruction specifically addresses the Dental Infection Control Program?

- A. BUMEDINST 5450.165**
- B. BUMEDINST 6700.13G**
- C. BUMEDINST 6600.10**
- D. BUPERSINST 1430.16F**

7. 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**

8. What reduces the potential for personal exposure to elemental mercury vapor?

- A. Traditional amalgam**
- B. Pre-encapsulated amalgam**
- C. Liquid mercury storage**
- D. Like materials**

9. How many grams of carbohydrates are recommended for optimal energy during prolonged exercise?

- A. 30-60 grams per hour**
- B. 60-90 grams per hour**
- C. 90-120 grams per hour**
- D. 120-150 grams per hour**

10. Identify the primary reference used for advanced medical procedures for Hospital Corpsmen.

- A. NAVMED P-117 (Manual of the Medical Department)**
- B. NAVYINST 1400.1 (Personnel Management)**
- C. BUMEDINST 6010.13 (Quality Assurance)**
- D. NAVMED P-5010 (Manual of Preventive Medicine)**

Answers

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

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Explanations

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1. Which species of cockroach is the most common indoor species, particularly in food service spaces?

- A. American cockroach
- B. Oriental cockroach
- C. German cockroach**
- D. Smokybrown cockroach

The German cockroach is recognized as the most common indoor species, especially in food service spaces, due to its adaptability, reproductive capacity, and preference for warm, humid environments typically found in kitchens and restaurants. This species is quite small, averaging around half an inch in length, and its ability to reproduce rapidly makes it a prominent pest in places where food is prepared and stored. German cockroaches are often found in areas where food residues are present, and their presence can be particularly problematic in maintaining hygiene and food safety standards. Other species, while they may also inhabit indoor environments, do not share the same prevalence or specific association with food service areas as the German cockroach. For instance, the American cockroach is larger and more commonly found in sewers and drains, rather than in kitchens. The Oriental cockroach prefers cooler, moist areas and is less likely to be found in food service settings compared to the German cockroach. The Smokybrown cockroach, although it can occasionally enter homes, is more often associated with outdoor environments and, unlike the German cockroach, does not thrive specifically in food service settings.

2. What is the primary goal of first aid treatments?

- A. To provide long-term rehabilitation
- B. To stabilize the individual before professional help arrives**
- C. To diagnose medical conditions
- D. To perform military medical procedures

The primary goal of first aid treatments is to stabilize the individual before professional help arrives. First aid serves as the immediate response to a medical situation, focusing on preserving life, preventing further injury, and promoting recovery until a higher level of medical care can be administered. This approach involves assessing the condition of the injured or ill person and taking appropriate actions such as controlling bleeding, performing CPR, or providing comfort until trained medical personnel can take over. The emphasis is on quick actions that can mitigate the situation rather than comprehensive medical interventions, which are reserved for healthcare professionals. While other choices may have specific roles within broader medical care or training, they do not align with the primary purpose of first aid. Long-term rehabilitation is a function of ongoing medical treatment and recovery processes, rather than the immediate stabilization focus of first aid. Diagnosing medical conditions generally requires medical training and tools not available to lay responders. Performing military medical procedures is a specialized role that extends beyond what first aid encompasses, which is fundamentally about immediate life-saving actions rather than specific protocols or procedures.

3. 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.

4. Who administers the Marine Corps' Casualty Assistance Calls Program?

- A. Commandant of the Marine Corps**
- B. Assistant Commandant of the Marine Corps**
- C. Marine Corps Chief Staff Officer**
- D. Military Affairs Secretary**

The correct answer is based on the structure and responsibilities defined within the Marine Corps. The Commandant of the Marine Corps is responsible for the overall leadership and operational management of the Marine Corps, which includes the administration of various personnel programs. The Casualty Assistance Calls Program is designed to provide support to the families of Marines who have been casualties and to ensure they receive the necessary assistance and information during a difficult time. By having the Commandant oversee this program, the Marine Corps ensures that the highest level of leadership is directly involved in the care and support of Marine families. This reflects the commitment of the Marine Corps to its personnel and their families, emphasizing the importance placed on welfare and support in the aftermath of a casualty. The other options, while they hold significant positions within the Marine Corps, do not have the overarching authority or direct responsibility for the execution of the Casualty Assistance Calls Program as it falls under the purview of the Commandant. The Assistant Commandant of the Marine Corps, the Chief Staff Officer, and the Military Affairs Secretary have different roles that focus on other operational or administrative aspects, rather than the direct administration of casualty assistance.

5. How can mercury enter the body?

- A. Only through ingestion
- B. Inhalation, ingestion, absorption**
- C. Direct contact with skin
- D. Only through inhalation

Mercury can enter the body through several routes, including inhalation, ingestion, and absorption. This is important to understand because each method of exposure can have different health implications and risk factors associated with them. Inhalation occurs when mercury vapor is breathed in, which can occur in environments where mercury is used or released, such as in certain occupational settings. Ingestion involves swallowing mercury-containing substances, which can happen accidentally or through contaminated food or water. Absorption refers to mercury entering the body through the skin, particularly with certain types of mercury, such as organic mercury compounds. Recognizing these various pathways is critical for assessing exposure risks and implementing appropriate safety measures. Understanding that mercury has multiple entry points into the body allows for comprehensive strategies to minimize risks associated with mercury exposure.

6. Which instruction specifically addresses the Dental Infection Control Program?

- A. BUMEDINST 5450.165
- B. BUMEDINST 6700.13G
- C. BUMEDINST 6600.10**
- D. BUPERSINST 1430.16F

The correct choice is based on the specific focus of BUMEDINST 6600.10, which is dedicated to the Dental Infection Control Program. This guidance provides detailed instructions on the measures and practices necessary to prevent and control infections in dental care settings. It outlines protocols to ensure the safety and well-being of both patients and dental healthcare providers, addressing aspects such as sterilization, disinfection, and other infection control practices tailored for dental environments. Other related instructions may deal with broader health or medical issues, but BUMEDINST 6600.10 is specifically tailored to dental infection control, making it the authoritative reference for this domain. Understanding this distinction is crucial for effectively implementing infection control measures in dental settings.

7. 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.

8. What reduces the potential for personal exposure to elemental mercury vapor?

- A. Traditional amalgam**
- B. Pre-encapsulated amalgam**
- C. Liquid mercury storage**
- D. Like materials**

The choice of pre-encapsulated amalgam is significant because it minimizes the potential for personal exposure to elemental mercury vapor during dental procedures.

Pre-encapsulated amalgam products are designed to eliminate the need for manual mixing of mercury and alloy powder, which is the stage that poses the highest risk of exposure to mercury vapors. By using these pre-packaged capsules, the direct handling of liquid mercury is avoided, thereby reducing the likelihood of inhaling harmful vapors that can occur when mercury is manipulated in its liquid form. In contrast, traditional amalgam involves manually mixing elemental mercury with metal alloys, which can release mercury vapors into the air if not handled properly. Liquid mercury storage, while it pertains to how mercury is kept when not in use, does not address exposure risks that occur during application. The category of "like materials" does not specifically pertain to the management of elemental mercury and does not provide a clear solution for reducing exposure risk. The effectiveness of pre-encapsulated amalgam lies in its design and method of use, which are crucial for maintaining safety in dental practices.

9. How many grams of carbohydrates are recommended for optimal energy during prolonged exercise?

- A. 30-60 grams per hour**
- B. 60-90 grams per hour**
- C. 90-120 grams per hour**
- D. 120-150 grams per hour**

For optimal energy during prolonged exercise, the recommendation is to consume between 60 to 90 grams of carbohydrates per hour. This range has been established through various studies examining the utilization of carbohydrates during extended physical activity. Consuming carbohydrates within this range can significantly enhance endurance performance and delay fatigue. The rationale behind recommending this amount lies in the body's ability to efficiently process and utilize carbohydrates during exercise. Carbohydrates are the body's primary fuel source, particularly during sustained activities that exceed an hour. The 60 to 90 grams per hour range reflects a balance between supplying enough energy to meet the demands of prolonged exercise while remaining manageable for the digestive system. Intake above this range may lead to gastrointestinal discomfort without a proportional increase in performance benefits, making the recommended 60 to 90 grams an ideal target for athletes and active individuals looking to maintain their energy levels effectively.

10. Identify the primary reference used for advanced medical procedures for Hospital Corpsmen.

- A. NAVMED P-117 (Manual of the Medical Department)**
- B. NAVYINST 1400.1 (Personnel Management)**
- C. BUMEDINST 6010.13 (Quality Assurance)**
- D. NAVMED P-5010 (Manual of Preventive Medicine)**

The primary reference used for advanced medical procedures for Hospital Corpsmen is NAVMED P-117, also known as the Manual of the Medical Department. This manual serves as a comprehensive guide that outlines the policies, procedures, and practices for medical support within the Navy. It includes detailed information relevant to the advanced training and operational capabilities of Hospital Corpsmen, emphasizing their roles in various medical scenarios. NAVMED P-117 addresses clinical practices, emergency care, and the standards expected from medical personnel, making it an essential reference for anyone in a position requiring advanced medical training. This manual is utilized extensively in both training and deployment settings to ensure that corpsmen are prepared to provide high-quality medical care in a variety of situations. The other references listed focus on different aspects of naval operations and services but do not specifically serve as a primary guide for advanced medical procedures. NAVYINST 1400.1 deals with personnel management practices. BUMEDINST 6010.13 focuses on quality assurance in healthcare settings, whereas NAVMED P-5010 addresses preventive medicine and hygiene practices. While these documents are important, they do not directly cover the advanced clinical procedures that Hospital Corpsmen are trained in.

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!

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