JBL EMT Practice Exam (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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!

Questions

1. What is the primary role of platelets in the circulatory system?

A. Carry oxygen

B. Fight infection

C. Form blood clots

D. Transport nutrients

2. When performing the rapid extrication technique to remove a patient from his or her vehicle, you should:

A. apply a cervical collar and immobilize the patient on a short backboard

B. apply a cervical collar and remove the patient on a long backboard

C. apply a vest-style extrication device prior to moving the patient

D. grasp the patient by the clothing and drag him or her from the car

3. A 49-year-old male presents with an acute onset of crushing chest pain and diaphoresis. You should:

A. administer up to 324 mg of baby aspirin.

B. administer up to three doses of nitroglycerin.

C. assess the adequacy of his respirations.

D. obtain vital signs and a SAMPLE history.

4. The respiratory distress that accompanies emphysema is caused by:

A. acute fluid accumulation in the alveoli

B. chronic stretching of the alveolar walls

C. massive constriction of the bronchioles

D. repeated exposure to cigarette smoke

5. Three months after returning home from West Africa, a 50-year-old man begins experiencing a fever, cough, and muscle aches. The EMT should suspect:

A. Ebola

B. hepatitis

C. influenza

D. whooping cough

6. The low normal systolic blood pressure for a 30-year-old is:

A. 60 mm Hg

B. 70 mm Hg

C. 80 mm Hg

D. 90 mm Hg

7. Both areas of the pons are used to:

A. Augment respirations during emotional or physical stress

B. Ensure that the lungs do not overinflate during breathing

C. Provide forced inspiration or expiration as needed

D. Set the base rate and depth of breathing in a healthy person

8. You are dispatched to a residence for a 67-year-old female who was awakened by shortness of breath and sharp chest pain. Her husband tells you that she was recently discharged from the hospital after having hip surgery. Your assessment reveals dried blood around her mouth, facial cyanosis, and an oxygen saturation of 88%. You should suspect:

A. acute pulmonary edema

B. acute pulmonary embolism

C. right-sided heart failure

D. spontaneous pneumothorax

9. An EMT becomes emotionally exhausted and depressed after a traumatic incident. This is an example of:

A. Acute Stress Reaction (ASR)

B. Burnout

C. Posttraumatic Stress Disorder (PTSD)

D. Secondary traumatic stress reaction

10. Which of the following skills would a layperson most likely be trained to perform before the arrival of EMS?

A. Administration of supplemental oxygen

B. Bleeding control using a tourniquet

C. Insertion of an oropharyngeal airway

D. Obtaining a manual blood pressure

Answers

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

Explanations

1. What is the primary role of platelets in the circulatory system?

A. Carry oxygen

B. Fight infection

C. Form blood clots

D. Transport nutrients

Platelets' primary role in the circulatory system is not to carry oxygen, fight infection, or transport nutrients. Platelets are actually responsible for forming blood clots. When there is a cut or injury, platelets rush to the site to help stop the bleeding by forming a clot. This clotting process is crucial for preventing excessive blood loss and promoting wound healing.

2. When performing the rapid extrication technique to remove a patient from his or her vehicle, you should:

A. apply a cervical collar and immobilize the patient on a short backboard

B. apply a cervical collar and remove the patient on a long backboard

C. apply a vest-style extrication device prior to moving the patient

D. grasp the patient by the clothing and drag him or her from the car

When performing the rapid extrication technique to remove a patient from their vehicle, it is crucial to prioritize the patient's spinal stabilization. Applying a cervical collar and immobilizing the patient on a short backboard helps ensure that any potential spinal injuries are not exacerbated during the extrication process. This method reduces the risk of further harm to the patient's spine and allows for safe removal from the vehicle. Options B, C, and D do not provide the necessary spinal stabilization required during the rapid extrication process. Applying a cervical collar and immobilizing the patient on a short backboard is the most appropriate choice to prevent potential spinal injuries and ensure the patient's safety during extrication.

3. A 49-year-old male presents with an acute onset of crushing chest pain and diaphoresis. You should:

A. administer up to 324 mg of baby aspirin.

B. administer up to three doses of nitroglycerin.

C. assess the adequacy of his respirations.

D. obtain vital signs and a SAMPLE history.

This question is likely testing your understanding of administering aspirin in a potential case of acute myocardial infarction (heart attack). While nitroglycerin can help relieve chest pain, it is not the first-line treatment for a heart attack. Additionally, assessing respirations and obtaining vital signs and a SAMPLE history are important steps in the overall assessment of a patient, but they are not the most urgent action in this situation. The correct course of action is to administer up to 324 mg of baby aspirin as soon as possible, as aspirin can help prevent blood clots and reduce the risk of cardiac damage. It is important to follow the recommended dosage and avoid administering more than the specified amount.

4. The respiratory distress that accompanies emphysema is caused by:

A. acute fluid accumulation in the alveoli

B. chronic stretching of the alveolar walls

C. massive constriction of the bronchioles

D. repeated exposure to cigarette smoke

The respiratory distress that accompanies emphysema is caused by chronic stretching of the alveolar walls. This is due to damage to the walls of the alveoli, resulting in a decrease in their elasticity. Option A is incorrect because acute fluid accumulation in the alveoli is characteristic of pneumonia and not emphysema. Option C is incorrect because although bronchoconstriction can occur in emphysema, it is not considered a major cause of respiratory distress. Option D is incorrect because while cigarette smoke can contribute to the development of emphysema, it is not the direct cause of respiratory distress in this condition.

5. Three months after returning home from West Africa, a 50-year-old man begins experiencing a fever, cough, and muscle aches. The EMT should suspect:

A. Ebola

B. hepatitis

C. influenza

D. whooping cough

Ebola is a highly contagious virus that is common in West Africa. Three months after returning home from that region, a person may begin to experience symptoms such as fever, cough, and muscle aches. The other options, including hepatitis, influenza, and whooping cough, may also cause similar symptoms, but are not typically associated with travel to West Africa. Therefore, the EMT should suspect Ebola as the most likely cause for this individual's symptoms.

6. The low normal systolic blood pressure for a 30-year-old is:

A. 60 mm Hg

B. 70 mm Hg

C. 80 mm Hg

D. 90 mm Hg

When determining the normal range for systolic blood pressure, it is important to consider the age of the individual. As people age, their blood pressure tends to increase. A 30-year-old is generally considered to have a low blood pressure if their systolic reading falls below 90 mm Hg. That's because a systolic blood pressure of 90 mm Hg or lower has been associated with symptoms like dizziness, fatigue, and fainting, which can put an individual at risk for falls and other health complications. Therefore, options B, C, and D are incorrect as they fall within the normal range for a healthy 30-year-old individual. Option A, with a systolic blood pressure of 60 mm Hg, is considered to be in the low normal range and therefore is the correct answer.

7. Both areas of the pons are used to:

A. Augment respirations during emotional or physical stress

B. Ensure that the lungs do not overinflate during breathing

C. Provide forced inspiration or expiration as needed

D. Set the base rate and depth of breathing in a healthy person

Both areas of the pons are involved in augmenting respirations during emotional or physical stress. The pons is a critical part of the brainstem responsible for regulating various autonomic functions, including respiration. During stressful situations or increased physical activity, the pons helps to adjust and enhance breathing to meet the increased oxygen demands of the body. This response is crucial in maintaining homeostasis and ensuring the body is adequately oxygenated during times of stress or heightened activity.

8. You are dispatched to a residence for a 67-year-old female who was awakened by shortness of breath and sharp chest pain. Her husband tells you that she was recently discharged from the hospital after having hip surgery. Your assessment reveals dried blood around her mouth, facial cyanosis, and an oxygen saturation of 88%. You should suspect:

A. acute pulmonary edema

B. acute pulmonary embolism

C. right-sided heart failure

D. spontaneous pneumothorax

Based on the presented patient presentation with shortness of breath, sharp chest pain, dried blood around the mouth, facial cyanosis, and low oxygen saturation level, the most likely condition to suspect is an acute pulmonary embolism (PE). A pulmonary embolism occurs when a blood clot travels to the lungs and becomes lodged in a pulmonary artery. This can lead to a sudden decrease in oxygenation, resulting in symptoms such as shortness of breath, chest pain, and low oxygen saturation levels. The presence of dried blood around the patient's mouth and facial cyanosis may indicate hypoxemia, which is common in pulmonary embolism due to the impaired oxygen exchange caused by the blood clot in the lung. While acute pulmonary edema, right-sided heart failure, and spontaneous pneumothorax can also present with symptoms such as shortness of breath and chest pain, the specific combination of findings in this scenario, including the recent hip surgery that could have predisposed the patient to blood clots, makes acute pulmonary embolism the most likely diagnosis to consider.

9. An EMT becomes emotionally exhausted and depressed after a traumatic incident. This is an example of:

A. Acute Stress Reaction (ASR)

B. Burnout

C. Posttraumatic Stress Disorder (PTSD)

D. Secondary traumatic stress reaction

This is an example of an Acute Stress Reaction (ASR), rather than Burnout, Posttraumatic Stress Disorder (PTSD), or Secondary traumatic stress reaction. Burnout is typically associated with chronic job stress and emotional exhaustion, while PTSD is often triggered by a specific traumatic event that causes a persistent and severe stress reaction. Secondary traumatic stress reaction is a condition that can occur in individuals who are regularly exposed to the traumatic experiences of others, such as first responders or healthcare workers, but it is not the most accurate description for the situation described in the question.

10. Which of the following skills would a layperson most likely be trained to perform before the arrival of EMS?

A. Administration of supplemental oxygen

B. Bleeding control using a tourniquet

C. Insertion of an oropharyngeal airway

D. Obtaining a manual blood pressure

Laypeople are often trained in basic first aid skills to provide immediate assistance before professional help arrives. Among the choices given, the administration of supplemental oxygen is a skill that is frequently taught to laypersons in basic first aid and CPR classes. Providing supplemental oxygen can be crucial in cases of respiratory distress or cardiac emergencies, as it helps increase the oxygen supply to the individual while awaiting the arrival of Emergency Medical Services (EMS) personnel. This skill is relatively simple to perform and can have a significant impact on a person's outcome during a medical emergency. Options B, C, and D involve more advanced skills that typically require specific training and expertise, making them less likely to be taught to laypersons for pre-EMS arrival care.

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://jblemt.examzify.com

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