

JBL EMT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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. You arrive at a grocery store shortly after a 35-year-old male stopped seizing. Your assessment reveals that he is confused and incontinent of urine. The patient's girlfriend tells you that he has a history of seizures and takes topiramate (Topamax). When obtaining further medical history from the girlfriend, it is MOST important to:**
 - A. ask her how long the patient has been taking his medication
 - B. determine if the patient is a known alcohol abuser
 - C. determine when he was last seen by his physician
 - D. obtain a description of how the seizure developed
- 2. As an EMT, you may be authorized to administer aspirin to a patient with chest pain based on:**
 - A. an order from a paramedic
 - B. medical director approval
 - C. the patient's condition
 - D. the transport time to the hospital
- 3. In the normal drive to breathe, what happens when arterial carbon dioxide levels increase?**
 - A. pH of the cerebrospinal fluid increases.
 - B. Production of oxygen decreases.
 - C. Rate and depth of breathing decrease.
 - D. Rate and depth of breathing increase.
- 4. The proper technique for using the power grip is to:**
 - A. hold the handle with your fingers
 - B. lift with your palms up
 - C. position your hands about 6" apart
 - D. rotate your palms down
- 5. Your patient answers your questions appropriately, although her eyes remain closed the entire time. She moves each extremity on command, although her left side is weaker than the right. You should assign a Glasgow Coma Scale (GCS) score of:**
 - A. 12
 - B. 13
 - C. 14
 - D. 15

- 6. Deoxygenated blood from the abdomen, pelvis, and lower extremities is returned to the right atrium via the:**
- A. common iliac vein
 - B. coronary sinus vein
 - C. inferior vena cava
 - D. superior vena cava
- 7. When preparing a written patient care report (PCR), an EMT should:**
- A. use medical abbreviations to save time
 - B. ensure that the report is neat and legible
 - C. leave blank the sections that do not apply
 - D. include personal opinions about patient care
- 8. Prior to assisting a patient with his or her prescribed nitroglycerin, the EMT must:**
- A. determine who prescribed the nitroglycerin
 - B. ensure the medication is in tablet form
 - C. obtain authorization from medical control
 - D. wait at least 5 minutes after assessing the blood pressure
- 9. A positive tuberculin skin test most likely indicates that:**
- A. The disease is dormant in your body, but will probably never cause symptoms
 - B. You are actively infected with tuberculosis and should be treated immediately
 - C. You contracted the disease by casual contact instead of exposure to secretions
 - D. You were exposed to another infected person prior to treating the 34-year-old patient
- 10. Which of the following should be included in an initial assessment?**
- A. Blood pressure measurement
 - B. Focused physical examination
 - C. Obtaining a patient history
 - D. Scene size-up

Answers

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

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Explanations

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1. You arrive at a grocery store shortly after a 35-year-old male stopped seizing. Your assessment reveals that he is confused and incontinent of urine. The patient's girlfriend tells you that he has a history of seizures and takes topiramate (Topamax). When obtaining further medical history from the girlfriend, it is MOST important to:
- A. ask her how long the patient has been taking his medication
 - B. determine if the patient is a known alcohol abuser
 - C. determine when he was last seen by his physician
 - D. obtain a description of how the seizure developed**

When dealing with a patient who has a history of seizures and is currently experiencing confusion and incontinence of urine, obtaining a description of how the seizure developed is crucial. Understanding the onset of the seizure can provide valuable information about the patient's condition, potential triggers, duration, and possible complications during the seizure. This information can help determine the appropriate course of action and treatment for the patient. While the other options may also hold some importance in the overall assessment and care of the patient, such as determining when the patient last saw their physician or if they are a known alcohol abuser, obtaining a description of how the seizure developed takes precedence in this scenario.

2. As an EMT, you may be authorized to administer aspirin to a patient with chest pain based on:
- A. an order from a paramedic**
 - B. medical director approval
 - C. the patient's condition
 - D. the transport time to the hospital

Aspirin is commonly given to patients to help with chest pain as it has anticoagulant and anti-inflammatory properties. However, as an EMT, you are only authorized to administer aspirin if you have received an order from a paramedic. This is because a paramedic has a higher level of training and can assess the patient's condition and determine if aspirin is appropriate. Additionally, medical director approval is also needed as they are responsible for the overall medical protocols and procedures of an EMS agency. The patient's condition and transport time to the hospital may influence the decision to give aspirin, but ultimately it is the order from a paramedic that authorizes an EMT to administer it.

3. In the normal drive to breathe, what happens when arterial carbon dioxide levels increase?

- A. pH of the cerebrospinal fluid increases.**
- B. Production of oxygen decreases.
- C. Rate and depth of breathing decrease.
- D. Rate and depth of breathing increase.

When arterial carbon dioxide levels increase, the body responds by increasing the pH of the cerebrospinal fluid, making it more alkaline. This process, known as respiratory alkalosis, helps to restore the balance of carbon dioxide and prevent an excessive buildup in the blood. Choices B and C are incorrect because the body does not decrease oxygen production or decrease the rate and depth of breathing in response to high carbon dioxide levels. Choice D is incorrect because an increase in carbon dioxide does not trigger an increase in breathing rate and depth. This confusion may be due to the fact that we often associate breathing with the exchange of oxygen and carbon dioxide, but in this case, the body's response is focused on regulating the levels of carbon dioxide rather than oxygen. Overall, the correct answer is A because it accurately describes the physiological response to high carbon dioxide levels in the body.

4. The proper technique for using the power grip is to:

- A. hold the handle with your fingers**
- B. lift with your palms up
- C. position your hands about 6" apart
- D. rotate your palms down

Explanation The power grip is commonly used when carrying heavy objects. Holding the handle with your fingers allows for a stronger and more secure grip. Option B is incorrect because lifting with your palms up can cause strain and make the object feel heavier. Option C is incorrect because positioning your hands too far apart can cause instability and make it difficult to control the object. Option D is incorrect because rotating your palms down can also cause strain and make the object feel heavier. Therefore, the proper technique for using the power grip is to hold the handle with your fingers.

5. Your patient answers your questions appropriately, although her eyes remain closed the entire time. She moves each extremity on command, although her left side is weaker than the right. You should assign a Glasgow Coma Scale (GCS) score of:

- A. 12**
- B. 13
- C. 14
- D. 15

This is because a GCS score of 15 indicates the patient is fully conscious and able to respond spontaneously. A score of 14 indicates a minor alteration in consciousness, which is not the case. A score of 13 indicates a moderate alteration in consciousness, which is also not applicable as the patient is able to respond appropriately. A score of 12 is assigned because the patient is able to follow commands, but has decreased strength on one side, indicating a mild impairment in motor function. This aligns with a GCS score of 12, which is classified as a moderate brain injury.

6. Deoxygenated blood from the abdomen, pelvis, and lower extremities is returned to the right atrium via the:

- A. common iliac vein**
- B. coronary sinus vein
- C. inferior vena cava
- D. superior vena cava

The common iliac vein is the correct answer because it is responsible for draining deoxygenated blood from the abdomen, pelvis, and lower extremities and returning it to the right atrium. The coronary sinus vein and superior vena cava both drain oxygen-rich blood and do not carry deoxygenated blood. The inferior vena cava does carry deoxygenated blood, but it also receives blood from the abdominal organs and lower extremities, not just the abdomen, pelvis, and lower extremities as stated in the question.

7. When preparing a written patient care report (PCR), an EMT should:

- A. use medical abbreviations to save time
- B. ensure that the report is neat and legible**
- C. leave blank the sections that do not apply
- D. include personal opinions about patient care

When preparing a written patient care report (PCR), an EMT should ensure that the report is neat and legible because this is crucial for effective communication between healthcare professionals. Legible reports can prevent misunderstandings, errors, and ensure that the information can be easily and accurately understood by others involved in the patient's care. Using medical abbreviations (Option A) might lead to misunderstandings and errors. Leaving blank sections (Option C) could result in incomplete documentation, which is essential for continuity of care. Including personal opinions about patient care (Option D) is unprofessional and not relevant to the objective information needed in a patient care report.

8. Prior to assisting a patient with his or her prescribed nitroglycerin, the EMT must:

- A. determine who prescribed the nitroglycerin**
- B. ensure the medication is in tablet form
- C. obtain authorization from medical control
- D. wait at least 5 minutes after assessing the blood pressure

Before administering any medication, it is important for the EMT to determine who prescribed the medication in order to ensure that the medication is appropriate for the patient and to have a record of the prescribing physician. Option B is incorrect because nitroglycerin can also be given in the form of a sublingual spray or through IV administration. Option C is incorrect because EMTs have standing orders to administer nitroglycerin in emergency situations. Option D is incorrect because the EMT should actually wait 3-5 minutes after administering nitroglycerin before reassessing the patient's blood pressure. This allows enough time for the medication to take effect. Therefore, A is the best answer as it is the most important and necessary step for safely administering nitroglycerin to a patient.

9. A positive tuberculin skin test most likely indicates that:

- A. The disease is dormant in your body, but will probably never cause symptoms**
- B. You are actively infected with tuberculosis and should be treated immediately
- C. You contracted the disease by casual contact instead of exposure to secretions
- D. You were exposed to another infected person prior to treating the 34-year-old patient

A positive tuberculin skin test means that your body has been exposed to the bacteria that causes tuberculosis and has developed an immune response to it. This does not necessarily mean that you are actively infected with tuberculosis or that you will develop symptoms. It could also mean that you were exposed to the bacteria at some point in your life but never developed the disease. Option B, actively infected with tuberculosis, is incorrect because a positive skin test does not necessarily indicate active infection. Option C, contracting the disease by casual contact, is incorrect because tuberculosis is typically spread through the air and not through casual contact. Option D, being exposed prior to treating a 34-year-old patient, is incorrect because it is irrelevant to the outcome of the skin test.

10. Which of the following should be included in an initial assessment?

- A. Blood pressure measurement**
- B. Focused physical examination
- C. Obtaining a patient history
- D. Scene size-up

Blood pressure measurement should be included in an initial assessment because it provides valuable information about the patient's cardiovascular status. Blood pressure can indicate conditions such as shock, dehydration, or other medical emergencies. While obtaining a patient history, conducting a focused physical examination, and performing a scene size-up are important components of patient care, blood pressure measurement is crucial in determining the patient's overall condition in the initial assessment.

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!

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