MRTS Technical Procedures 1 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

1. What is the normal general pH balance in life?

- **A. 7.4**
- **B. 7.0**
- **C. 7.8**
- **D. 7.2**

2. What does embalming define?

- **A. Embalming**
- **B. Decomposition**
- **C. Art of Embalming**
- **D. Science of Embalming**

3. Which statement is NOT consistent with Nysten's law?

- **A. Rigidity begins with the muscles of mastication**
- **B. Rigidity progresses head to feet**
- **C. Legs and feet stiffen last**
- **D. Rigidity begins in the abdominal muscles**

4. Autolysis, fermentation, and saccharolysis are examples of which broad category?

- **A. Types of decomposition**
- **B. Metabolic pathways**
- **C. Enzymatic reactions**
- **D. Microbial processes**

5. The case report form is central to which type of litigation?

- **A. Negligence Litigation**
- **B. Criminal Litigation**
- **C. Civil Rights Litigation**
- **D. Contract Disputes**

6. Which of the following are the three goals of embalming?

- **A. Disinfection; Temporary Preservation; Restoration**
- **B. Sanitation; Sterilization; Restoration**
- **C. Disinfection; Sterilization; Preservation**
- **D. Disinfection; Temporary Preservation; Sanitation**

7. Air and moisture are examples of which type of factors affecting decomposition?

A. Intrinsic factors

B. Extrinsic environmental factors influencing decomp

C. Pharmaceuticals influencing decomp

D. Bacterial activity influencing decomp

8. Which term describes tissue death due to ischemia?

A. gangrene

B. subcutaneous emphysema

C. agonal edema

D. bacterial translocation

9. Postmortem cooling of the body to surrounding temperature is called?

A. Algor mortis

B. Rigor mortis

C. Livor mortis

D. Agonal algor

10. Decomposition of sugars is called which term?

A. Autolysis

B. Fermentation

C. Saccharolysis

D. Proteolysis

Answers

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

Explanations

1. What is the normal general pH balance in life?

A. 7.4

B. 7.0

C. 7.8

D. 7.2

Blood pH must stay in a narrow range to keep enzymes and metabolic processes functioning properly. In humans, arterial blood is normally around 7.35–7.45, with 7.40 often used as the reference point. That makes 7.4 the best answer because it sits right in the healthy range. Values that are too low, like 7.0, indicate strong acidosis and can disrupt enzyme activity and respiration; values that are too high, like 7.8, indicate alkalosis and can impair cellular function; 7.2 is also outside the ideal window and signals imbalance. The body maintains this balance with buffering systems, and by adjusting breathing and kidney function as needed.

2. What does embalming define?

A. Embalming

B. Decomposition

C. Art of Embalming

D. Science of Embalming

Embalming defines the process of preserving a dead body to slow decomposition and improve its appearance for viewing. The term itself names the practice, so the best choice is Embalming because it identifies what is being done—the preservation process. Decomposition is what embalming aims to delay, not the definition of the term. The Art of Embalming and the Science of Embalming describe aspects of the practice, but they are not the definition of the term itself.

3. Which statement is NOT consistent with Nysten's law?

A. Rigidity begins with the muscles of mastication

B. Rigidity progresses head to feet

C. Legs and feet stiffen last

D. Rigidity begins in the abdominal muscles

Nysten's law describes how rigor mortis develops in a characteristic sequence after death: it begins in the small, highly active muscles of the face and jaw, and then spreads downward through the body from head toward feet. This pattern explains why statements about starting in the muscles of mastication are correct, and why a head-to-feet progression makes sense. The legs and feet stiffen last, which aligns with the downward spread. The statement about the abdominal muscles starting the rigidity does not fit the usual pattern. Abdominal muscles are large trunk muscles and are not among the first to stiffen; the onset typically occurs in the face and neck before moving down. Factors like temperature and overall physiology can affect timing, but the established order remains from head to toe, not starting in the abdomen.

4. Autolysis, fermentation, and saccharolysis are examples of which broad category?

A. Types of decomposition

B. Metabolic pathways

C. Enzymatic reactions

D. Microbial processes

These terms describe the breakdown or destruction of larger molecules into simpler ones through enzymatic or microbial action. Autolysis is self-digestion of cells by their own enzymes after cell death, which is a form of decomposition. Fermentation involves the breakdown of carbohydrates by microbes and enzymes, producing energy and byproducts, while saccharolysis specifically refers to the cleavage of sugars. Because all three center on breaking down substances, they fit best under a broad category of types of decomposition. While metabolic pathways describe a series of steps in metabolism, and enzymatic reactions are individual chemical changes, and microbial processes is a broader umbrella, the shared theme is decomposition through breakdown of materials.

5. The case report form is central to which type of litigation?

A. Negligence Litigation

B. Criminal Litigation

C. Civil Rights Litigation

D. Contract Disputes

At the heart of this item is how structured evidence about patient care supports a claim of carelessness. A case report form documents what happened to a patient—the treatments given, timing, observations, tests, and outcomes—in a consistent, organized way. In negligence litigation, proving a breach of the standard of care hinges on showing exactly what was supposed to happen and what actually occurred. A well-designed case report form captures those details clearly, allowing comparison to professional standards and helping identify deviations that could constitute negligence. In criminal litigation, the focus is on proving guilt beyond a reasonable doubt rather than detailing medical care processes. Civil rights cases and contract disputes center on rights violations or contractual terms, where a case report form isn't the central tool for establishing negligence. So the case report form is central to negligence litigation.

6. Which of the following are the three goals of embalming?

A. Disinfection; Temporary Preservation; Restoration

B. Sanitation; Sterilization; Restoration

C. Disinfection; Sterilization; Preservation

D. Disinfection; Temporary Preservation; Sanitation

The main idea being tested is what embalming aims to achieve for a body prepared for viewing. Embalming focuses on three practical goals: first, disinfection to reduce or eliminate disease-causing organisms, protecting funeral staff and others who handle the body; second, temporary preservation to slow decomposition so tissues stay looking natural for the service; and third, restoration to rebuild and refine features so the deceased presents a natural, lifelike appearance during viewing. Disinfection is essential because it lowers biological risks. Temporary preservation uses preservative fluids to slow decay for a limited period, which is why it's described as temporary rather than permanent. Restoration involves cosmetic techniques—setting features, repairing areas, and sometimes using fillers or wax—to achieve a likeness to the person in life. Why the other options don't fit: sterilization would imply eliminating all microbes, which isn't the goal of routine embalming and isn't necessary for a safe viewing; sanitation is about cleanliness and public-health practice rather than the specific aims of embalming; and combining disinfection with sanitation or sterilization shifts the focus away from the cosmetic and preservation goals that embalming targets.

7. Air and moisture are examples of which type of factors affecting decomposition?

A. Intrinsic factors

B. Extrinsic environmental factors influencing decomp

C. Pharmaceuticals influencing decomp

D. Bacterial activity influencing decomp

Air and moisture are external environmental conditions that directly influence how quickly decomposition proceeds. These extrinsic factors come from outside the body and shape the process by modulating microbial growth, enzymatic activity, and physical processes like oxidation and desiccation. In warm, humid environments, microbes and insects thrive and decomposition speeds up; in dry or cool environments, activity slows. Intrinsic factors are properties of the body itself, such as tissue composition or overall size, not the surrounding environment, so air and moisture fit the extrinsic environmental category.

8. Which term describes tissue death due to ischemia?

A. gangrene

B. subcutaneous emphysema

C. agonal edema

D. bacterial translocation

Tissue death caused by a loss of blood supply is known as gangrene. When blood flow is severely reduced, tissue becomes hypoxic and can progress to necrosis; if this necrosis is extensive and often exposes the tissue to infection, gangrene develops. It can present in several forms: dry gangrene from prolonged ischemia with mummified, darkened tissue; wet gangrene when necrosis is accompanied by infection and edema, leading to rapid spread; and gas gangrene when anaerobic, gas-forming bacteria invade necrotic tissue, causing gas production and crepitus. Other terms describe different concepts: subcutaneous emphysema is air in the subcutaneous tissues from trauma or infection; agonal edema refers to edema around the time of death; bacterial translocation is the movement of bacteria from the gut to other body sites.

9. Postmortem cooling of the body to surrounding temperature is called?

A. Algor mortis

B. Rigor mortis

C. Livor mortis

D. Agonal algor

Algor mortis is the cooling of the body to the surrounding temperature after death. Once the heart stops, heat production ends and circulation ceases, so the body loses heat to the environment until it reaches ambient temperature. The rate of cooling depends on factors like ambient temperature, whether the body is clothed or wrapped, air flow, humidity, and the body's size and fat content. Rigor mortis is the stiffening of muscles that occurs a few hours after death due to biochemical changes in the muscle; livor mortis is the settling of blood in dependent areas causing discoloration; agonal algor refers to temperature changes during the dying process, not the postmortem cooling.

10. Decomposition of sugars is called which term?

A. Autolysis

B. Fermentation

C. Saccharolysis

D. Proteolysis

The idea being tested is how sugars are broken down. When sugars are decomposed, enzymatic cleavage of glycosidic bonds to yield simpler sugars—monosaccharides—is called saccharolysis. This term specifically captures the chemical breakdown of carbohydrates into their smaller sugar units, which is a common prerequisite for further metabolism like glycolysis. This differs from fermentation, which is a metabolic process where sugars are converted into other compounds (like alcohol or lactic acid) under anaerobic conditions; it's about the end products of metabolism rather than the initial breakdown step. Autolysis and proteolysis refer to the breakdown of cellular components and proteins, respectively, not sugars.

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://mrtstechprocedures1.examzify.com

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