

MRTS TECHNICAL PROCEDURES 1 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. Which of the following is not a postmortem change?**
 - A. Algor mortis
 - B. Rigor mortis
 - C. Livor mortis
 - D. Facies Hippocratica
- 2. Which part is included in the last order of viscera putrefaction?**
 - A. Uterus and large blood vessels
 - B. Trachea and larynx
 - C. Brain and spinal cord
 - D. Heart and lungs
- 3. Prolongation of the last violent contraction of muscles is known as which phenomenon?**
 - A. Cadaveric Spasm
 - B. Death Rattle
 - C. Necrobiosis
 - D. Moribund
- 4. What ambient temperature is considered optimum for decomposition?**
 - A. 98-100F
 - B. 32F
 - C. 120F
 - D. 70F
- 5. Under Nysten's law, which muscle group is least likely to stiffen early?**
 - A. Calf muscles
 - B. The muscles of mastication
 - C. The muscles of the face
 - D. The neck muscles
- 6. What is the general pH range of advanced decomposition?**
 - A. 3-4
 - B. 7-9
 - C. 10-14
 - D. 5-6

- 7. What is the minimum ambient temperature listed as influential for decomposition?**
- A. 32F
 - B. 0F
 - C. 50F
 - D. 100F
- 8. Which of the following best describes the order of muscle stiffening in rigor mortis?**
- A. From head to feet
 - B. From feet to head
 - C. Random order
 - D. Only facial muscles then others
- 9. Which of the following is an end product described as a gas commonly produced during decomposition?**
- A. Methane
 - B. Water
 - C. Ammonia
 - D. Oxygen
- 10. What term describes the settling of blood and other fluids to dependent portions of the body after death?**
- A. Hypostasis
 - B. Livor mortis
 - C. Dehydration
 - D. Imbibition

Answers

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

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Explanations

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1. Which of the following is not a postmortem change?

- A. Algor mortis
- B. Rigor mortis
- C. Livor mortis
- D. Facies Hippocratica**

The main idea here is distinguishing true postmortem changes from signs that reflect conditions before death. Algor mortis, rigor mortis, and livor mortis are classic postmortem changes: the body cools after death, muscles stiffen as chemical processes run out of energy, and blood settles in dependent areas due to gravity. Facies Hippocratica, however, describes a gaunt, sunken, cachectic-looking face seen in people who were severely ill or emaciated before death. It reflects the pre-mortem state, not a physiological change that happens after death, so it isn't a postmortem change.

2. Which part is included in the last order of viscera putrefaction?

- A. Uterus and large blood vessels**
- B. Trachea and larynx
- C. Brain and spinal cord
- D. Heart and lungs

When viscera begin to decompose after death, the process doesn't happen at the same rate in every organ. Putrefaction tends to advance more quickly in tissues that are rich in fluids, fats, and bacterial flora, and more slowly in tissues that are fibrous, dense, or less accessible to bacteria. The uterus and the large blood vessels fit this slower-decomposing pattern. The uterus is a dense muscular organ with fibrous elements, and large vessels have thick, fibrous walls that resist rapid breakdown. Because of these structural factors, they resist putrefaction longer and appear in the last stage of visceral decomposition. Other organs tend to show changes earlier due to their tissue properties: soft, highly vascular organs or those with abundant lipid content or easier bacterial access (such as the brain, lungs, heart, trachea, or larynx) decompose more quickly.

3. Prolongation of the last violent contraction of muscles is known as which phenomenon?

- A. Cadaveric Spasm**
- B. Death Rattle
- C. Necrobiosis
- D. Moribund

Cadaveric spasm occurs when the muscles undergo a final, violent contraction at the moment of death and remain rigid, locking the body in the position of that last movement. This instant contraction preserves the grip or posture, giving the impression of a struggle even though death has occurred. It differs from rigor mortis, which develops gradually after death rather than being locked in immediately. The other terms describe different phenomena: death rattle is a noisy respiration from airway secretions, necrobiosis refers to tissue degeneration, and moribund simply means in a dying state, not a specific muscular event.

4. What ambient temperature is considered optimum for decomposition?

A. 98-100F

B. 32F

C. 120F

D. 70F

Temperature governs how fast decomposition happens because microbes and their enzymes work best within certain warmth. When the environment is around human body temperature, roughly 98–100°F (37–38°C), many decomposing microbes are operating at their peak efficiency. This means rapid breakdown of organic material as enzymes that cut up tissues and other substances can function quickly and without being slowed or inhibited. If the ambient temperature is much lower, like around 32°F (0°C), microbial activity slows dramatically or stops, so decomposition proceeds very slowly. If it's much hotter, such as around 120°F (49°C), some organisms may be stressed or killed and enzymes can denature, reducing the overall decomposition rate. A moderate warm temperature like 70°F (21°C) is conducive to decomposition but is cooler than body-temperature conditions, so the process is slower than at near-100°F. So the ambient temperature closest to body temperature provides the most favorable conditions for rapid decomposition.

5. Under Nysten's law, which muscle group is least likely to stiffen early?

A. Calf muscles

B. The muscles of mastication

C. The muscles of the face

D. The neck muscles

Rigor mortis follows a specific progression described by Nysten's law: it begins in the smaller, more active muscles (like those in the face and neck, and muscles involved in rapid, fine movements such as mastication) and then moves to larger muscle groups, finally involving the largest limb muscles last. Because the calf muscles are large distal muscles, they stiffen later in the sequence, making them the least likely to stiffen early. The other options—face, mastication, and neck muscles—are among the first to stiffen.

6. What is the general pH range of advanced decomposition?

A. 3-4

B. 7-9

C. 10-14

D. 5-6

When organic material decomposes, the environment shifts from neutral toward alkaline as breakdown products accumulate. In advanced stages, ammonia and related basic compounds build up, driving the pH to strongly basic values. That means the pH sits in the high end of the scale, roughly 10 to 14. The lower ranges (acidic or near neutral) correspond to earlier stages of decay or less intense decomposition, not the advanced stage.

7. What is the minimum ambient temperature listed as influential for decomposition?

A. 32F

B. 0F

C. 50F

D. 100F

Ambient temperature affects decomposition because microbes and insects work more quickly in warmer conditions. At or below freezing, activity slows dramatically or stops, so temperature has little influence until you pass that threshold. Once the temperature rises above 32°F, decomposition proceeds more noticeably as metabolic processes and colonization become feasible. Among the options, 32°F is the lowest temperature at which ambient conditions begin to influence decomposition, making it the correct minimum. The other temperatures are either well below that point, where influence is minimal, or well above it, where temperature still affects rate but isn't the minimum threshold.

8. Which of the following best describes the order of muscle stiffening in rigor mortis?

A. From head to feet

B. From feet to head

C. Random order

D. Only facial muscles then others

Rigor mortis progresses in a downward sequence because after death the lack of ATP prevents the detachment of actin-myosin cross-bridges, causing muscles to lock in place where ATP depletion occurs first. The face and neck muscles are usually the first to stiffen because they are smaller and have high metabolic activity, so they run out of usable energy sooner. From there, the stiffness spreads to the trunk and then to the limbs, effectively moving from head toward the feet. Temperature matters too: warmer environments speed onset and cooler ones slow it, but the downward progression remains the typical pattern.

9. Which of the following is an end product described as a gas commonly produced during decomposition?

A. Methane

B. Water

C. Ammonia

D. Oxygen

Decomposition yields different end products depending on whether oxygen is present. In aerobic decay, carbon dioxide and water are produced. In anaerobic decay, methane is formed by methanogenic microbes and escapes as a gas. Water isn't a gas at room conditions, and oxygen isn't produced by decomposition. Ammonia can be released in some cases but isn't the characteristic gaseous end product you'd describe for decomposition. Therefore, methane is the gas commonly produced during decomposition.

10. What term describes the settling of blood and other fluids to dependent portions of the body after death?

A. Hypostasis

B. Livor mortis

C. Dehydration

D. Imbibition

After death, gravity pulls blood and fluids toward the lowest parts of the body, causing them to pool in dependent areas. This pooling is called hypostasis. The bluish-red discoloration that results on the skin is livor mortis, which describes the visible sign of that pooling. So, for the term that describes the settling process itself, hypostasis is the best fit. Dehydration is unrelated, and imbibition refers to liquids being absorbed into a material, not to postmortem blood settling.

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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!

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