

# Nassau County EMT Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>15</b>

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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. Why might a patient with a full-thickness burn not feel pain in the burned area?**
  - A. The nerve endings have been destroyed.**
  - B. Pain is present because of exposure to air.**
  - C. Pain is never felt in burns.**
  - D. Pain is masked by adrenaline.**
  
- 2. A neighbor EMT rushes to a collapsed patient with an AED. What is the first step?**
  - A. Turn on the AED**
  - B. Check for a pulse**
  - C. Begin rescue breaths**
  - D. Place pads on chest**
  
- 3. The disruption of a joint in which the bone ends are no longer in contact is called a**
  - A. Fracture**
  - B. Dislocation**
  - C. Sprain**
  - D. Contusion**
  
- 4. With an estimated time of arrival at the hospital of 20 minutes, you should reassess the patient's condition at roughly what interval?**
  - A. Reassess in 5 minutes**
  - B. Reassess in 10 minutes**
  - C. Reassess in 15 minutes**
  - D. Do not reassess**
  
- 5. When a child experiences a blunt chest injury:**
  - A. The rigid ribs fracture easily**
  - B. The flexible ribs can be compressed without breaking**
  - C. The sternum always fractures**
  - D. There is rarely any injury to the chest**

- 6. With the flowmeter set at 6 L/min, the nasal cannula will deliver up to 44% oxygen.**
- A. 28%**
  - B. 44%**
  - C. 60%**
  - D. 74%**
- 7. If you find the back of the ambulance contaminated with bloody dressings and you lack airway equipment on a call, the best course is to:**
- A. Continue to the next call using the same setup.**
  - B. Attempt to improvise with improvised equipment.**
  - C. Advise the dispatcher that you are out of service and to send another unit.**
  - D. Return to the hospital to restock.**
- 8. Shortened and externally rotated indicates injury to which region?**
- A. Shoulder**
  - B. Hip (femur)**
  - C. Wrist**
  - D. Knee**
- 9. The three major parts of the brain are the:**
- A. Cerebrum, cerebellum, and brain stem**
  - B. Cerebrum, thalamus, and hypothalamus**
  - C. Cerebellum, medulla, and spinal cord**
  - D. Cerebrum, brainstem, and spinal cord**
- 10. As the sole EMT managing an apneic patient, the preferred initial method of providing ventilations is:**
- A. Endotracheal intubation.**
  - B. Mouth-to-mouth technique.**
  - C. Bag-valve ventilation with two rescuers.**
  - D. Mouth-to-mask technique with a one-way valve.**

## Answers

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

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## **Explanations**

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**1. Why might a patient with a full-thickness burn not feel pain in the burned area?**

- A. The nerve endings have been destroyed.**
- B. Pain is present because of exposure to air.**
- C. Pain is never felt in burns.**
- D. Pain is masked by adrenaline.**

When a burn goes through all layers of the skin, the nerve endings that carry pain signals are destroyed. Without those nerves intact, the burned tissue cannot send pain messages, so the area can feel numb despite severe injury. Surrounding, non-destroyed tissue may still be painful, and pain can also be present from adjacent areas or during movement. The idea that pain comes simply from air exposure isn't correct, and while adrenaline can lessen pain temporarily, it doesn't explain why the burned area can be numb in a full-thickness burn.

**2. A neighbor EMT rushes to a collapsed patient with an AED. What is the first step?**

- A. Turn on the AED**
- B. Check for a pulse**
- C. Begin rescue breaths**
- D. Place pads on chest**

Powering the AED on is the first move because the device can't analyze heart rhythm or guide you through shocks until it's on. Once it's powered, you quickly place the pads as shown, then the device analyzes and tells you whether a shock is indicated. In the meantime, you should be performing high-quality CPR if the patient is unresponsive and not breathing, since CPR keeps blood flowing while the AED gets ready to analyze. The other actions—checking for a pulse or starting breaths—are important parts of CPR, but they don't activate the AED's guidance or shock capability. So turning the AED on first ensures you can follow its prompts and deliver any needed shocks promptly.

**3. The disruption of a joint in which the bone ends are no longer in contact is called a**

- A. Fracture**
- B. Dislocation**
- C. Sprain**
- D. Contusion**

Dislocation occurs when a joint is disrupted and the bone ends are no longer in contact, meaning the joint is out of its normal alignment. This is different from a fracture, where the bone itself is broken, and from a sprain, where ligaments around the joint are injured but the bone ends remain in contact. A contusion is simply a bruise to soft tissues without joint misalignment. In practice, a dislocated joint often presents with obvious deformity, severe pain, and inability to move the joint, and the area should be immobilized in the position found, with close attention to distal circulation and sensation and careful transport.

4. With an estimated time of arrival at the hospital of 20 minutes, you should reassess the patient's condition at roughly what interval?

- A. Reassess in 5 minutes
- B. Reassess in 10 minutes
- C. Reassess in 15 minutes
- D. Do not reassess

Monitoring a patient closely during transport is essential when a hospital arrival is not far away. With about 20 minutes left to reach the hospital, reassessing every five minutes is the best approach. This frequent interval allows you to detect any early deterioration in airway, breathing, or circulation, and to adjust treatment promptly before arrival. Waiting longer, like ten or fifteen minutes, could miss changes that develop quickly, and not reassessing at all would be unsafe. If you notice any worsening, you can intervene sooner and inform the receiving facility so they're prepared.

5. When a child experiences a blunt chest injury:

- A. The rigid ribs fracture easily
- B. The flexible ribs can be compressed without breaking
- C. The sternum always fractures
- D. There is rarely any injury to the chest

In children, the chest wall is very flexible because the ribs contain a lot of cartilage and are more compliant than in adults. With blunt impact, the chest can be compressed or deformed without the ribs actually cracking or breaking. That pliability means energy from the impact can be transmitted to internal organs, so serious injuries like lung contusions or pneumothorax can occur even when there aren't fractures. This is why the best statement is that the flexible ribs can be compressed without breaking. The alternatives aren't accurate for kids: ribs aren't typically rigid enough to fracture easily, the sternum isn't destined to fracture in every blunt impact, and chest injuries can and do occur even without bone fractures.

6. With the flowmeter set at 6 L/min, the nasal cannula will deliver up to 44% oxygen.

- A. 28%
- B. 44%
- C. 60%
- D. 74%

A nasal cannula delivers oxygen by blending it with surrounding room air, so the FiO<sub>2</sub> you achieve rises with higher flow but only up to a practical limit. The common rule of thumb is about 4% higher FiO<sub>2</sub> for each liter per minute, starting around 24% at 1 L/min and reaching roughly 44% at 6 L/min. So at a flow of 6 L/min, the patient can receive about 44% oxygen. The other percentages would require different devices or higher FiO<sub>2</sub> sources (for example, much higher FiO<sub>2</sub> is possible with masks or high-flow systems, not with a standard nasal cannula).

7. If you find the back of the ambulance contaminated with bloody dressings and you lack airway equipment on a call, the best course is to:
- A. Continue to the next call using the same setup.
  - B. Attempt to improvise with improvised equipment.
  - C. Advise the dispatcher that you are out of service and to send another unit.**
  - D. Return to the hospital to restock.

Infection control and equipment readiness drive the right move here. When the back of the ambulance is contaminated with bloody dressings, you face a real risk of exposure, and you're also without essential airway equipment. Proceeding as if nothing is wrong can put you, your crew, and any patient at risk and may compromise care if airway support becomes suddenly needed. The best course is to tell the dispatcher you are out of service and request another unit. This immediately stops work on a compromised scene, brings in a replacement crew with a clean, decontaminated vehicle and the necessary equipment, and allows you to decontaminate, restock, and reassess safety before returning to service. It keeps patient care safe and up to standard. Continuing to the next call with the same setup would spread contamination and expose you and future patients to infection. Improvising with makeshift equipment is unreliable and unsafe for airway management. Returning to the hospital to restock addresses the equipment issue but delays patient care on the current call, which is not the best choice when a ready replacement unit is available.

8. Shortened and externally rotated indicates injury to which region?
- A. Shoulder
  - B. Hip (femur)**
  - C. Wrist
  - D. Knee

Shortened and externally rotated is a hallmark sign of a hip region injury, most commonly a femoral neck fracture. When the femur's neck is fractured, the limb can no longer align with the pelvis, so it appears shortened. At the same time, the muscles crossing the hip and acting to rotate the leg outward—along with gravity—pull the femur into an externally rotated position. This combination is typical of hip fractures and helps distinguish it from injuries of other joints. In contrast, injuries to the wrist or knee don't produce a limb that is both shortened and rotated externally in the same way, and shoulder injuries affect the upper arm rather than the leg. Hip dislocations are less likely to present this exact pattern, as posterior dislocations tend to cause internal rotation.

**9. The three major parts of the brain are the:**

- A. Cerebrum, cerebellum, and brain stem**
- B. Cerebrum, thalamus, and hypothalamus**
- C. Cerebellum, medulla, and spinal cord**
- D. Cerebrum, brainstem, and spinal cord**

The three major parts of the brain are the cerebrum, cerebellum, and brainstem. The cerebrum handles higher functions like thinking, memory, and voluntary movement. The cerebellum coordinates movement and balance. The brainstem controls essential life-sustaining functions and acts as the main conduit between the brain and spinal cord, consisting of the midbrain, pons, and medulla. The thalamus and hypothalamus are deeper structures within the cerebrum's region (the diencephalon), not counted as separate major parts. The spinal cord is a separate structure that carries signals between the brain and the body, not a brain part. The medulla is part of the brainstem, not a distinct major part. So the combination cerebrum, cerebellum, and brainstem matches the standard three-part organization.

**10. As the sole EMT managing an apneic patient, the preferred initial method of providing ventilations is:**

- A. Endotracheal intubation.**
- B. Mouth-to-mouth technique.**
- C. Bag-valve ventilation with two rescuers.**
- D. Mouth-to-mask technique with a one-way valve.**

When you're the only EMT handling an apneic patient, you want a ventilation method that is quick to set up, effective at delivering breaths, and protects you from exposure. A mouth-to-mask technique with a one-way valve meets those needs best. The one-way valve provides a barrier so exhaled air from the patient can't flow back to you, reducing infection risk, while the mask allows you to seal and deliver breaths efficiently without needing another rescuer. It gives you reliable ventilation right away and doesn't require the time or resources of advanced airway tools. Endotracheal intubation is more invasive and time-consuming, and not the initial move when you're solo. Mouth-to-mouth delivers breaths but lacks a protective barrier, increasing exposure risk. A bag-valve mask usually requires two rescuers to maintain a good seal and effective ventilation; as the sole provider, you can't rely on a second person to optimize that setup, so it isn't the preferred initial method in this scenario.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nassaucountyemt.examzify.com>**

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

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