

# NCHSE Standard 10 Technical Skills Practice Test (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. 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!**

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## Questions

- 1. What type of respiration is characterized by difficulty in breathing?**
  - A. Shallow respiration**
  - B. Labored respiration**
  - C. Deep respiration**
  - D. Normal respiration**
- 2. How are technical skills primarily defined?**
  - A. As critical thinking abilities**
  - B. As abilities and knowledge needed to perform specialized tasks in a specific field**
  - C. As social and leadership abilities in a workplace**
  - D. As general skills applicable across various industries**
- 3. When should you stop applying pressure to a sphygmomanometer cuff?**
  - A. When you hear no sound**
  - B. When the pulse is palpable**
  - C. When the systolic reading is consistent**
  - D. When you feel the patient is calm**
- 4. What should be done after inserting the thermometer for axillary temperature measurement?**
  - A. Immediately remove the thermometer**
  - B. Leave the thermometer for one minute or until it beeps**
  - C. Squeeze the thermometer for three minutes**
  - D. Check the temperature from the armpit area without a thermometer**
- 5. How important is ethical consideration in technical skills, particularly in IT?**
  - A. It's crucial to protect user privacy**
  - B. It is not considered in technical fields**
  - C. It's only relevant for legal compliance**
  - D. It's a minor aspect of technical practices**



- 6. What is a common chest discomfort associated with a heart attack?**
- A. Sharp pain that lasts for an hour**
  - B. Burning sensation in the throat**
  - C. Squeezing feeling lasting more than a few minutes**
  - D. Throbbing pain that moves to the stomach**
- 7. Which of the following factors can contribute to high blood pressure?**
- A. Lack of physical activity**
  - B. Low salt intake**
  - C. High stress levels**
  - D. Hydration**
- 8. How is respiration typically recorded?**
- A. Using a blood pressure monitor**
  - B. By visual observation only**
  - C. Using a stethoscope**
  - D. By counting heartbeats only**
- 9. What type of thermometer utilizes the expansion of mercury to measure temperature?**
- A. Digital thermometer**
  - B. Electronic thermometer**
  - C. Mercury thermometer**
  - D. Tympanic thermometer**
- 10. What is anaphylaxis primarily caused by?**
- A. Bacterial infection**
  - B. Severe allergic reaction**
  - C. Low blood sugar**
  - D. Dehydration**

## **Answers**

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

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## **Explanations**

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**1. What type of respiration is characterized by difficulty in breathing?**

- A. Shallow respiration**
- B. Labored respiration**
- C. Deep respiration**
- D. Normal respiration**

Labored respiration is characterized by difficulty in breathing, which can manifest as increased effort, use of additional muscles, and sometimes audible sounds such as wheezing or stridor. This type of respiration typically indicates that the body is struggling to take in sufficient oxygen or to expel carbon dioxide, often due to underlying health issues such as respiratory disorders, asthma, or other medical conditions that affect lung function. In contrast, shallow respiration is often less effective in gas exchange but does not necessarily indicate a significant struggle to breathe. Deep respiration, while beneficial in adequate oxygen intake, is not associated with difficulty. Normal respiration refers to the typical pattern and ease of breathing without stress or obstruction. Therefore, labored respiration stands out precisely because it indicates a visible and significant difficulty in the breathing process.

**2. How are technical skills primarily defined?**

- A. As critical thinking abilities**
- B. As abilities and knowledge needed to perform specialized tasks in a specific field**
- C. As social and leadership abilities in a workplace**
- D. As general skills applicable across various industries**

Technical skills are primarily defined as the abilities and knowledge needed to perform specialized tasks in a specific field. These skills encompass a range of proficiencies that are essential for executing the precise duties related to a particular job or profession. For instance, in fields such as engineering, information technology, or healthcare, technical skills could include proficiency in using specific tools, software, or techniques that are fundamental to the work being performed. The focus of technical skills is on the specialized information and practical competencies that allow individuals to effectively navigate and resolve challenges within their respective domains. This definition highlights the importance of having a deep understanding of the tools and processes that are unique to a specific industry, linking closely with the hands-on capabilities required in those roles. While critical thinking, social and leadership abilities, or general skills across industries are important in the workplace, they do not encapsulate the essence of technical skills which are more focused and specialized.

**3. When should you stop applying pressure to a sphygmomanometer cuff?**

- A. When you hear no sound**
- B. When the pulse is palpable**
- C. When the systolic reading is consistent**
- D. When you feel the patient is calm**

When measuring blood pressure using a sphygmomanometer, it is essential to apply pressure to the cuff until a specific point is reached. The correct moment to stop applying pressure is when you hear no sound, which indicates that the blood flow is not being detected anymore. This phenomenon is based on the principle of the Korotkoff sounds, which are the sounds heard through a stethoscope when measuring blood pressure and indicate the phases of blood flow. Initially, as pressure is released from the cuff, the first sound corresponds to the systolic pressure, while the disappearance of sounds marks the diastolic pressure. Once sounds are no longer heard, it suggests that the cuff pressure has dropped below the diastolic pressure, and you can stop inflating the cuff. In contrast, applying pressure until you can feel the pulse might lead to an inaccurate reading since pulse palpation does not provide sufficient information about the blood pressure levels. Waiting for a consistent systolic reading is also not the correct method, as blood pressure readings fluctuate depending on numerous factors. Finally, the patient's comfort and calmness are important in a clinical setting, but they do not dictate when to stop inflating the cuff. Therefore, stopping pressure when you hear no sound is

**4. What should be done after inserting the thermometer for axillary temperature measurement?**

- A. Immediately remove the thermometer**
- B. Leave the thermometer for one minute or until it beeps**
- C. Squeeze the thermometer for three minutes**
- D. Check the temperature from the armpit area without a thermometer**

To obtain an accurate axillary temperature reading, leaving the thermometer in place for a designated period is essential. This allows the device enough time to measure the temperature accurately. In many cases, digital thermometers will beep when they have recorded a stable temperature, indicating that the measurement is complete. Measuring temperature axillary is typically less accurate than oral or rectal measurements, so allowing sufficient time ensures that any heat absorbed by the thermometer from the body is fully registered. Axillary measurements generally require about one minute, and this time can vary based on the type of thermometer being used. Other options do not provide a proper method for measuring axillary temperature, as swiftly removing the thermometer would yield an incomplete measurement, while squeezing the thermometer for three minutes is unnecessary and not a standard practice. Checking the temperature without a thermometer would mean there is no accurate or quantifiable reading at all. Thus, leaving the thermometer for one minute or until it beeps ensures an accurate measurement of the body temperature in the axillary region.

**5. How important is ethical consideration in technical skills, particularly in IT?**

- A. It's crucial to protect user privacy**
- B. It is not considered in technical fields**
- C. It's only relevant for legal compliance**
- D. It's a minor aspect of technical practices**

Ethical consideration in technical skills, especially in information technology, is paramount because it plays a critical role in protecting user privacy. With the vast amount of data being collected, processed, and stored by various technologies, professionals in IT must ensure that they handle this information responsibly and with respect for individual privacy rights. Ethical practices help foster trust between users and organizations, ensuring that users feel secure about how their data is managed. Moreover, ethical considerations go beyond mere compliance with legal requirements; they encompass a broader responsibility to uphold standards of integrity and fairness in all technological applications. By adhering to strong ethical principles, IT professionals contribute to the development of technologies that prioritize user rights, promote equitable access, and strive to mitigate harm to individuals and society as a whole. This understanding underscores the importance of ethics as an essential foundation in the field of IT, distinguishing it from views that might minimize its significance or limit it to compliance alone.

**6. What is a common chest discomfort associated with a heart attack?**

- A. Sharp pain that lasts for an hour**
- B. Burning sensation in the throat**
- C. Squeezing feeling lasting more than a few minutes**
- D. Throbbing pain that moves to the stomach**

A squeezing feeling lasting for more than a few minutes is a common symptom associated with a heart attack. This sensation is often described by individuals as pressure or tightness in the chest, which can feel similar to a heavy weight being placed on the chest. It may occur alongside other symptoms such as sweating, shortness of breath, or pain that radiates to other areas like the arms, back, neck, or jaw. This type of sensation aims to reflect the underlying issue of decreased blood flow to the heart muscle, resulting from a blockage of the coronary arteries. The duration of more than a few minutes is significant as it highlights the difference between a short-lived discomfort, which may not indicate a heart attack, and a prolonged squeezing sensation that could signal a serious cardiac event. Recognizing these symptoms early can be crucial in seeking timely medical attention.

**7. Which of the following factors can contribute to high blood pressure?**

- A. Lack of physical activity**
- B. Low salt intake**
- C. High stress levels**
- D. Hydration**

High blood pressure, or hypertension, can be influenced by a variety of lifestyle and environmental factors. High stress levels are particularly significant because when a person experiences stress, the body goes through a series of physiological changes. Stress triggers the release of hormones like adrenaline and cortisol, which can cause the heart to beat faster and blood vessels to narrow. This increases the amount of blood pumped through the arteries, thus elevating blood pressure levels. In addition, ongoing stress may lead to unhealthy behaviors like poor diet, lack of sleep, or increased alcohol consumption, all of which can further contribute to hypertension. Therefore, the relationship between stress and high blood pressure is well established in health research, making it a critical factor to consider. Other factors such as lack of physical activity can also contribute to high blood pressure, but they do not have the same immediate biochemical impact on the body's response to stress that hormones do. Low salt intake generally is associated with lower blood pressure; hence, it would not contribute to hypertension but rather mitigate it. Hydration is also essential for overall health but is less directly related to the development of high blood pressure compared to stress. Thus, high stress levels stand out as a prominent factor in contributing to high blood pressure.

**8. How is respiration typically recorded?**

- A. Using a blood pressure monitor**
- B. By visual observation only**
- C. Using a stethoscope**
- D. By counting heartbeats only**

Respiration is typically recorded using a stethoscope, which allows a healthcare provider to listen to the breath sounds in a patient's lungs. This method enables the clinician to assess the quality, rate, and rhythm of breathing, as well as to detect any abnormalities such as wheezing or crackles that may indicate respiratory issues. The stethoscope amplifies the sounds of air moving in and out of the lungs, making it a crucial tool for accurately monitoring respiratory function. Other methods, such as visual observation or counting heartbeats, do not provide the same level of detail regarding respiratory health. Visual observation may only give a superficial assessment of breathing patterns, while counting heartbeats measures cardiac activity, not the respiratory process. A blood pressure monitor is specifically designed to measure blood pressure and would not provide any information on respiration, which further highlights the appropriateness of the stethoscope in this context.



**9. What type of thermometer utilizes the expansion of mercury to measure temperature?**

- A. Digital thermometer**
- B. Electronic thermometer**
- C. Mercury thermometer**
- D. Tympanic thermometer**

The thermometer that utilizes the expansion of mercury to measure temperature is the mercury thermometer. This type of thermometer operates based on the principle that mercury expands and contracts uniformly with changes in temperature. When the temperature increases, the mercury expands and rises in the narrow tube of the thermometer, while a decrease in temperature causes the mercury to contract and fall back down. This straightforward mechanism allows for accurate readings of temperature, particularly within a specific range where mercury remains in a liquid state. In addition to being a reliable method for measurement, the clear scale on the thermometer enables easy reading of the temperature. Other options like digital and electronic thermometers typically rely on electronic sensors and digital displays rather than the physical properties of a liquid to measure temperature. A tympanic thermometer uses infrared technology to measure the temperature inside the ear, making it notably different in operation from a mercury thermometer.

**10. What is anaphylaxis primarily caused by?**

- A. Bacterial infection**
- B. Severe allergic reaction**
- C. Low blood sugar**
- D. Dehydration**

Anaphylaxis is primarily caused by a severe allergic reaction, which is characterized by the body's extreme response to an allergen. This can involve a rapid release of histamines and other chemicals, leading to symptoms that may include difficulty breathing, swelling of the throat, hives, a drop in blood pressure, and potentially life-threatening consequences if not treated promptly. This severe allergic reaction can be triggered by various substances, such as certain foods (like peanuts or shellfish), insect stings, medications, or latex. Recognizing the cause of anaphylaxis is crucial for prevention and management, especially for individuals who have known allergies. Other choices, such as bacterial infections, low blood sugar, and dehydration, represent different medical conditions that do not lead to the immediate and severe response seen in anaphylaxis. Understanding this distinction is vital for accurate diagnosis and effective emergency response in cases of suspected anaphylaxis.

## 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://nchsestandard10techskills.examzify.com>**

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