

NCHSE Standard 10 Technical Skills Practice Test (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

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- 1. How long should the thermometer be kept under the tongue for oral temperature measurement?**
 - A. 30 seconds**
 - B. 1 minute**
 - C. 2 minutes**
 - D. 3 minutes**

- 2. In which scenario are technical skills particularly vital?**
 - A. During team-building exercises**
 - B. In conflict resolution meetings**
 - C. When performing hands-on tasks related to job functions**
 - D. In taking customer feedback**

- 3. Which of the following is the fourth leading cause of death in the U.S. for ages 1-37?**
 - A. Homicide**
 - B. Accidents or unintentional injuries**
 - C. Heart disease**
 - D. Cancer**

- 4. What should you do if you encounter a victim in an unsafe situation?**
 - A. Move the victim immediately**
 - B. Stay calm while assessing the situation**
 - C. Wait for emergency services to arrive**
 - D. Help the victim without assessing risk**

- 5. What is tachycardia?**
 - A. Irregular heartbeat**
 - B. Abnormally rapid heartbeat**
 - C. Slow heart rate**
 - D. Normal heartbeat**

- 6. What indicates shallow respirations?**
- A. Taking fewer breaths than normal**
 - B. Breathing that is slower than normal**
 - C. Taking more breaths than normal**
 - D. Irregular breathing patterns**
- 7. What type of thermometer is commonly used in the ear canal?**
- A. Digital thermometer**
 - B. Aural thermometer**
 - C. Tympanic thermometer**
 - D. Rectal thermometer**
- 8. Which of the following is a critical sign of shock in an emergency situation?**
- A. Pale skin**
 - B. Increased appetite**
 - C. Loud speaking**
 - D. Rapid weight gain**
- 9. What is the function of a version control system?**
- A. It keeps code static**
 - B. It manages changes to source code over time**
 - C. It prevents collaboration**
 - D. It simplifies code writing for beginners**
- 10. What might indicate a weak pulse volume?**
- A. Anxiety, exercise, medication**
 - B. Cardiac arrest, shock**
 - C. Normal activity levels**
 - D. High levels of hydration**

Answers

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

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Explanations

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1. How long should the thermometer be kept under the tongue for oral temperature measurement?

- A. 30 seconds**
- B. 1 minute**
- C. 2 minutes**
- D. 3 minutes**

For accurate oral temperature measurement, the thermometer should typically be kept under the tongue for a duration that ensures the reading reflects the internal body temperature. Keeping the thermometer for 3 minutes allows enough time for the device to stabilize and accurately register the temperature. This duration helps to mitigate any fluctuations due to factors like breathing or slight movements, which might affect the readings if the thermometer is removed too soon. While some thermometers, especially digital ones, may provide quicker readings, traditional glass thermometers, often used in this context, require a longer time to ensure precision. Other durations mentioned may not provide sufficient time for the thermometer to reach an accurate reading, leading to potential underestimation or overestimation of the body's true temperature.

2. In which scenario are technical skills particularly vital?

- A. During team-building exercises**
- B. In conflict resolution meetings**
- C. When performing hands-on tasks related to job functions**
- D. In taking customer feedback**

Technical skills are particularly vital when performing hands-on tasks related to job functions because these skills directly relate to the practical application of knowledge in specific areas of work. Mastery of technical skills allows individuals to efficiently and effectively execute their responsibilities, whether that involves operating machinery, coding software, or conducting experiments. Proficiency in these tasks often determines the quality and success of the work being performed. In the context of the other scenarios, while interpersonal skills, communication, and organizational skills are important, they do not require the same level of specialized technical knowledge as hands-on tasks do. Team-building exercises focus more on collaboration and leadership qualities, conflict resolution meetings center on communication and negotiation strategies, and taking customer feedback emphasizes customer service and understanding consumer needs. In contrast, hands-on tasks necessitate a strong foundation of technical know-how, making them the most relevant scenario for the application of technical skills.

3. Which of the following is the fourth leading cause of death in the U.S. for ages 1-37?

- A. Homicide**
- B. Accidents or unintentional injuries**
- C. Heart disease**
- D. Cancer**

The fourth leading cause of death in the U.S. for individuals aged 1-37 is accidents or unintentional injuries. This category encompasses a wide range of incidents, including motor vehicle accidents, falls, drowning, and drug overdoses. The prevalence of these types of incidents across this age group highlights the risks associated with youthful exploration and a lack of experience in managing certain situations. In this demographic, unintentional injuries consistently rank high due to various lifestyle factors, including increased activities that pose risks and the prevalence of certain dangerous behaviors. This information is supported by health statistics that indicate how significant an impact accidents have on mortality rates for younger populations. Other causes like homicide, heart disease, and cancer do play significant roles in mortality statistics, but they do not rank as high among this specific age group. Homicide often ranks higher in specific subgroups but is not the leading cause across all individuals aged 1-37. Meanwhile, heart disease and cancer are more prevalent causes of death in older populations rather than in younger demographic segments.

4. What should you do if you encounter a victim in an unsafe situation?

- A. Move the victim immediately**
- B. Stay calm while assessing the situation**
- C. Wait for emergency services to arrive**
- D. Help the victim without assessing risk**

Moving the victim immediately in an unsafe situation can pose additional risks to both the rescuer and the victim, which is why this option is not the most appropriate response. The correct approach is to stay calm while assessing the situation. This allows you to determine if it is safe to approach or assist the victim without putting yourself in harm's way. Assessing the situation helps to identify potential dangers such as fire, traffic, or hazardous materials. Remaining calm also aids in making clear and rational decisions during a stressful time, which is essential for effective emergency response. This careful assessment is crucial in ensuring the safety of both the victim and the rescuer. Waiting for emergency services may seem prudent, but in many situations, immediate action can be critical. However, this should only be taken after understanding the risks involved. Attempting to help the victim without assessing the risk can lead to worse outcomes for both parties, making it vital to prioritize a careful evaluation first.

5. What is tachycardia?

- A. Irregular heartbeat
- B. Abnormally rapid heartbeat**
- C. Slow heart rate
- D. Normal heartbeat

Tachycardia refers to an abnormally rapid heartbeat, typically defined as a resting heart rate exceeding 100 beats per minute in adults. This condition can occur due to various factors, including stress, anxiety, fever, anemia, or heart disease, among others. An increased heart rate can lead to symptoms such as palpitations, dizziness, or fatigue and may require medical attention if it persists or is associated with other concerning symptoms. Understanding tachycardia as an abnormally rapid heartbeat helps distinguish it from other cardiac conditions, such as irregular heartbeat, slow heart rate, and normal heartbeat, which are defined by different rates and rhythms of heart activity.

6. What indicates shallow respirations?

- A. Taking fewer breaths than normal
- B. Breathing that is slower than normal
- C. Taking more breaths than normal**
- D. Irregular breathing patterns

Shallow respirations are characterized by taking fewer breaths than normal, often accompanied by a reduced depth of each breath. This type of breathing indicates that the lungs are not expanding fully, which can result in decreased oxygen intake and inadequate carbon dioxide removal. When the body exhibits shallow breathing, it may be indicative of a respiratory issue, anxiety, pain, or other health conditions that affect normal respiratory patterns. The option that suggests taking more breaths than normal does not align with the definition of shallow respirations. Instead, shallow breathing is typically associated with lower respiratory rates, where the breaths are not only fewer but also more superficial. Understanding the nature of breathing patterns is essential for recognizing potential health concerns and intervening appropriately when necessary.

7. What type of thermometer is commonly used in the ear canal?

- A. Digital thermometer**
- B. Aural thermometer**
- C. Tympanic thermometer**
- D. Rectal thermometer**

The type of thermometer commonly used in the ear canal is known as a tympanic thermometer. This device is specifically designed to measure the temperature inside the ear, which can provide a quick and accurate assessment of a person's body temperature. The tympanic thermometer works by detecting the infrared heat emitted by the eardrum and surrounding tissue, making it a convenient option for both clinical and home use. Other types of thermometers, such as digital and aural thermometers, may serve similar functions but are not specifically tailored for ear use. A digital thermometer typically takes readings orally, rectally, or axillary, while an aural thermometer is a broader term that can include both tympanic thermometers and other types of ear-based measurement devices. Rectal thermometers are primarily used in clinical settings for precise measurements, especially in infants, but are not applicable for ear canal measurement. Hence, the specificity and design of a tympanic thermometer make it the correct choice for this question.

8. Which of the following is a critical sign of shock in an emergency situation?

- A. Pale skin**
- B. Increased appetite**
- C. Loud speaking**
- D. Rapid weight gain**

Pale skin is a critical sign of shock in an emergency situation because it indicates a decrease in blood flow and oxygen delivery to the skin and other peripheral areas. Shock occurs when the body is not getting enough blood flow, which can lead to inadequate oxygen delivery to tissues. When the body is in shock, blood is redirected to vital organs, often resulting in pale or cool skin as the extremities receive less blood. This physiological response is crucial for maintaining the function of critical organs like the heart and brain during a crisis. Recognizing pale skin as a sign of shock can prompt immediate medical attention, which is vital for patient survival and recovery. In contrast, increased appetite, loud speaking, and rapid weight gain are not indicative of shock. Increased appetite would suggest a body that is stable and requires energy, while loud speaking and rapid weight gain do not relate to the physiological changes that occur during shock. Recognizing the symptoms associated with shock is essential for timely intervention and treatment.

9. What is the function of a version control system?

- A. It keeps code static
- B. It manages changes to source code over time**
- C. It prevents collaboration
- D. It simplifies code writing for beginners

A version control system serves the critical function of managing changes to source code over time. This involves tracking modifications, allowing multiple developers to work concurrently without conflicts, and maintaining a history of changes. By providing features such as branching and merging, a version control system enables developers to experiment with new ideas without affecting the main codebase. If issues arise, it is straightforward to revert to a previous version, ensuring that the integrity of the code is maintained and allowing for collaboration and development efficiency. The other choices do not align with the primary purpose of a version control system, as it actively supports dynamic changes and collaboration rather than keeping code static or preventing teamwork. Additionally, it does not directly simplify code writing for beginners, although it may indirectly assist by allowing easier recovery from mistakes.

10. What might indicate a weak pulse volume?

- A. Anxiety, exercise, medication
- B. Cardiac arrest, shock**
- C. Normal activity levels
- D. High levels of hydration

A weak pulse volume typically indicates a condition where the heart is not effectively pumping blood, resulting in less forceful blood circulation. This situation can arise from several critical health issues, including cardiac arrest or shock. Cardiac arrest is when the heart stops beating effectively, leading to a complete lack of blood flow to the body. This absence of circulation produces a very weak or undetectable pulse. Shock is a life-threatening condition that occurs when the body is not getting enough blood flow, which can also result in a weak pulse due to inadequate perfusion of tissues and organs. Both scenarios highlight a severe compromise to the cardiovascular system, ultimately manifesting as a weak or faint pulse. In contrast, the other options present situations not typically associated with a weak pulse. Normal activity levels, for instance, usually result in a strong and regular pulse. Similarly, high hydration levels can support optimal circulation and a robust pulse. Anxiety, exercise, and medication choices vary in their impact on heart rate and might elevate or stabilize pulse volume rather than weaken it.

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://nchsestandard10techskills.examzify.com>

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

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