

New York State Basic Emergency Medical Technician (EMT-B) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

- 1. What is one reason for using an automated external defibrillator (AED)?**
 - A. To monitor heart rate continuously**
 - B. To detect a shockable rhythm in a patient**
 - C. To provide medication delivery during cardiac arrest**
 - D. To establish a patient's airway**
- 2. Which statement regarding Sudden Infant Death Syndrome (SIDS) is false?**
 - A. It is preventable with attentive parenting**
 - B. Infants who experience a cardiac arrest should receive CPR**
 - C. It is characterized as an unexplained and sudden infant death**
 - D. The EMS provider should assist families in coping with grief**
- 3. In anatomical orientation, what does "posterior" refer to?**
 - A. Front**
 - B. Back**
 - C. Side**
 - D. Middle**
- 4. What is the recommended procedure for the transportation of a severed limb to the hospital?**
 - A. Wrap the limb in sterile gauze, seal in a plastic bag, and put it on ice**
 - B. Wrap the limb in sterile gauze, seal in a plastic bag, and keep it cool**
 - C. Place the limb directly in saline solution**
 - D. Wrap the limb in dry cloth and carry it in the hand**
- 5. Why is it important to apply a splint in the care of extremity injuries?**
 - A. It promotes immediate healing.**
 - B. It allows for limited use of the broken limb.**
 - C. It lessens pain and prevents further damage to tissues.**
 - D. It aids in diagnosing the type of fracture.**

- 6. If life-threatening conditions are identified during the focused history and physical exam, the EMT should immediately:**
- A. Repeat the Primary Assessment**
 - B. Take vital signs**
 - C. Begin transportation efforts**
 - D. Provide life-saving interventions**
- 7. A 65-year-old male involved in a two-motor vehicle crash complains of chest pain when breathing. Your INITIAL care should include:**
- A. Stabilizing the sternum**
 - B. Positioning the patient on his side**
 - C. Administering high-concentration oxygen**
 - D. Administering the patient's prescribed nitroglycerin**
- 8. What is a common misconception about electrical burns?**
- A. They can cause severe internal damage.**
 - B. They are typically less dangerous than chemical burns.**
 - C. They usually result in minimal external injury.**
 - D. They require immediate surgical intervention.**
- 9. What should be administered to a 62-year-old male with breathing difficulty and low blood pressure?**
- A. High-concentration oxygen and placed in a position of comfort**
 - B. Standard room air in an upright position**
 - C. Oxygen via nasal cannula and flat on back**
 - D. High-flow oxygen and sitting upright**
- 10. What assists with the transport of sugar from the blood to the cells?**
- A. Glucagon**
 - B. Insulin**
 - C. Adrenaline**
 - D. Cortisol**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is one reason for using an automated external defibrillator (AED)?

- A. To monitor heart rate continuously**
- B. To detect a shockable rhythm in a patient**
- C. To provide medication delivery during cardiac arrest**
- D. To establish a patient's airway**

Using an automated external defibrillator (AED) is primarily aimed at detecting a shockable rhythm in a patient experiencing a cardiac arrest. The AED is designed to analyze the heart rhythm and determine whether it is arrhythmic, specifically looking for rhythms like ventricular fibrillation or pulseless ventricular tachycardia that can benefit from defibrillation. If a shockable rhythm is identified, the AED delivers an electric shock to the heart to restore a normal rhythm, which is often crucial in increasing the chances of survival. In contrast, other options do not align with the primary function of an AED. Monitoring heart rate continuously is a function of different devices, such as cardiac monitors or telemetry systems. Providing medication delivery during cardiac arrest is not a role of the AED; instead, medications are typically administered by advanced life support providers. Establishing a patient's airway is a critical intervention in emergency care, but it falls under basic airway management techniques, which are separate from the function of an AED. Thus, detecting a shockable rhythm remains the central purpose of using an AED in emergency scenarios.

2. Which statement regarding Sudden Infant Death Syndrome (SIDS) is false?

- A. It is preventable with attentive parenting**
- B. Infants who experience a cardiac arrest should receive CPR**
- C. It is characterized as an unexplained and sudden infant death**
- D. The EMS provider should assist families in coping with grief**

Sudden Infant Death Syndrome (SIDS) is a tragic phenomenon characterized by the sudden and unexplained death of an infant, usually during sleep. The nature of SIDS means that it cannot be entirely prevented, as factors contributing to its occurrence are not fully understood. While attentive parenting may mitigate some risk factors associated with sleep environments—such as placing infants on their backs to sleep, ensuring a firm mattress, and avoiding soft bedding—SIDS itself remains an unpredictable occurrence. This makes the assertion about prevention misleading. In contrast, the other statements hold true within the context of SIDS. Infants who experience cardiac arrest certainly should receive CPR, as immediate resuscitation efforts are critical in any situation of cardiac arrest regardless of the underlying cause. The character of SIDS as an unexplained and sudden infant death is a foundational aspect of its definition. Furthermore, EMS providers play a crucial role in supporting families in their grief following the loss of an infant, helping them to navigate their emotions and providing necessary resources.

3. In anatomical orientation, what does "posterior" refer to?

- A. Front
- B. Back**
- C. Side
- D. Middle

"Posterior" in anatomical orientation refers to the back of the body. In medical terminology, understanding these directional terms is essential for accurately describing the location of structures or injuries relative to each other. The term "posterior" specifically indicates a position toward the back of the body. For example, the spine is posterior to the heart, meaning that the spine is located behind the heart when considering their positions in the body. This understanding is crucial for healthcare professionals as it aids in providing precise directions and descriptions during assessments and treatments. While "anterior" refers to the front of the body, the other terms such as "side" and "middle" denote different positional contexts, making "posterior" unique in its specific reference to the back. Understanding this terminology is fundamental for effective communication in medical settings.

4. What is the recommended procedure for the transportation of a severed limb to the hospital?

- A. Wrap the limb in sterile gauze, seal in a plastic bag, and put it on ice
- B. Wrap the limb in sterile gauze, seal in a plastic bag, and keep it cool**
- C. Place the limb directly in saline solution
- D. Wrap the limb in dry cloth and carry it in the hand

The recommended procedure for the transportation of a severed limb includes wrapping the limb in sterile gauze and sealing it in a plastic bag to protect it from contamination and to preserve its condition during transport. Keeping the limb cool is crucial because it helps to slow down the decomposition process and preserves the tissue as much as possible for reattachment if that's feasible. Using a sterile environment minimizes the risk of infection, which is paramount for any potential surgical intervention later. While ice can be effective in cooling down temperatures, it's vital that the limb does not come into direct contact with ice or water, as this can cause frostbite and further damage to the tissue. Instead, placing the wrapped limb in a cool environment (like an ice pack) without direct contact aligns with preserving the tissue's viability. This method ensures that the severed limb remains in the best possible condition until it reaches the hospital, where medical professionals can evaluate and potentially reattach the limb. The other methods, such as placing the limb directly in saline solution or carrying it in a dry cloth, lack the appropriate protective and cooling measures necessary for effective transport and preservation.

5. Why is it important to apply a splint in the care of extremity injuries?

- A. It promotes immediate healing.**
- B. It allows for limited use of the broken limb.**
- C. It lessens pain and prevents further damage to tissues.**
- D. It aids in diagnosing the type of fracture.**

Applying a splint to care for extremity injuries is essential primarily because it lessens pain and prevents further damage to tissues. When an injury occurs, especially one that may involve a fracture or dislocation, the movement of the affected limb can exacerbate the injury, leading to increased pain and potentially causing further harm to the surrounding muscles, nerves, and blood vessels. By immobilizing the limb with a splint, it stabilizes the fracture or injured area, which helps to minimize movement and thus alleviates pain. This protective measure also helps reduce the risk of secondary injuries, ensuring better outcomes during the healing process. In contrast, promoting immediate healing is not accurate because splints do not facilitate quick recovery; they simply stabilize injuries. While limited use of the broken limb could be a benefit of splinting, the main purpose is not to allow usage but to prevent unnecessary movements that could worsen the injury. Additionally, while splints can provide information related to diagnosing types of fractures, their primary role is not diagnostic but rather protective, aimed at managing immediate care and stabilization before further assessment can take place.

6. If life-threatening conditions are identified during the focused history and physical exam, the EMT should immediately:

- A. Repeat the Primary Assessment**
- B. Take vital signs**
- C. Begin transportation efforts**
- D. Provide life-saving interventions**

When life-threatening conditions are identified during the focused history and physical examination, it is essential for the EMT to prioritize immediate intervention to address those critical conditions. Providing life-saving interventions is crucial because such actions directly impact the patient's chances of survival and the stabilization of their condition. At this point in the assessment, the EMT should already be aware of the potential dangers the patient could face. Addressing these life-threatening issues—whether by administering oxygen, controlling severe bleeding, or managing airway obstructions—takes precedence over other assessments or actions. While repetition of the primary assessment or taking vital signs are important steps in the overall care process, they do not take precedence when a life-threatening condition has been identified. Furthermore, beginning transportation, although necessary, should only occur after essential interventions have been administered to ensure that the patient's condition does not deteriorate during transit. Thus, the focus must remain on providing immediate care to stabilize the patient before moving them or conducting further assessments.

7. A 65-year-old male involved in a two-motor vehicle crash complains of chest pain when breathing. Your INITIAL care should include:

- A. Stabilizing the sternum**
- B. Positioning the patient on his side**
- C. Administering high-concentration oxygen**
- D. Administering the patient's prescribed nitroglycerin**

In this scenario involving a 65-year-old male with chest pain following a motor vehicle crash, the priority is to ensure adequate oxygenation and address potential hypoxia that may arise from respiratory distress or injury. Administering high-concentration oxygen is essential as it helps to increase the oxygen saturation in the blood, which can be crucial for a patient who may be experiencing respiratory compromise due to chest injury, rib fractures, or other related complications from the crash. Providing high-concentration oxygen can also assist in alleviating symptoms of respiratory distress and improve overall oxygen delivery to vital organs. This is particularly important in older adults, who may have underlying health conditions or reduced physiological reserves. The other options may be relevant but are not the immediate priority in this emergency situation. For instance, while stabilizing the sternum might be necessary in a more advanced stage of care or in specific injuries, it does not directly address the immediate concern of oxygenation. Positioning the patient on his side could be considered if it aids in breathing or comfort, but it doesn't provide the critical intervention of improving oxygen levels. Administering the patient's prescribed nitroglycerin is appropriate for managing chest pain related to heart conditions, but this assumes the patient's pain is of cardiac origin and does

8. What is a common misconception about electrical burns?

- A. They can cause severe internal damage.**
- B. They are typically less dangerous than chemical burns.**
- C. They usually result in minimal external injury.**
- D. They require immediate surgical intervention.**

A common misconception about electrical burns is that they usually result in minimal external injury. While it might appear that individuals suffering from electrical burns have few visible wounds, the reality is that these injuries often extend much deeper than what is seen on the skin's surface. Electrical currents can travel through the body, leading to significant internal damage, particularly to vital organs and tissues. The severity of an electrical burn is not always represented by the external injuries. Internal injuries can include damage to muscles, nerves, and organs, and can sometimes lead to complications such as arrhythmias, cardiac arrest, or other life-threatening conditions. This misconception can lead to a serious underestimation of the patient's condition, delaying necessary medical intervention and care. It is crucial for responders to understand the potential hidden dangers of electrical burns, despite the appearance of the skin. Proper evaluation and treatment protocols must be followed to address both the visible and unseen trauma associated with these injuries.

9. What should be administered to a 62-year-old male with breathing difficulty and low blood pressure?

A. High-concentration oxygen and placed in a position of comfort

B. Standard room air in an upright position

C. Oxygen via nasal cannula and flat on back

D. High-flow oxygen and sitting upright

Administering high-concentration oxygen and positioning the patient in a position of comfort is appropriate for a 62-year-old male experiencing difficulty breathing alongside low blood pressure. High-concentration oxygen is crucial in cases where a patient struggles to breathe, as it helps ensure adequate oxygenation of tissues and organs, which can be compromised in respiratory distress. Placing the patient in a position of comfort, often sitting up or at least propped, can facilitate breathing by allowing the diaphragm more room to function and reducing the workload on respiratory muscles. This position is often more favorable for patients with respiratory distress, as it can alleviate the feeling of breathlessness and make it easier for them to take in air. Other options may not provide the optimal care needed in this scenario. For example, standard room air in an upright position may not supply enough oxygen when breathing is already compromised. Oxygen via nasal cannula while lying flat might hinder the effective movement of the diaphragm, causing further respiratory challenges. High-flow oxygen while sitting upright could be correct in some cases; however, the option of high-concentration oxygen alongside positioning for comfort effectively addresses both the immediate need for oxygen and the psychological comfort that can ease the patient's breathing struggle.

10. What assists with the transport of sugar from the blood to the cells?

A. Glucagon

B. Insulin

C. Adrenaline

D. Cortisol

Insulin plays a vital role in the body's ability to regulate glucose levels in the blood. When there is an increase in blood sugar, such as after eating, the pancreas releases insulin. This hormone facilitates the uptake of glucose by cells throughout the body, particularly in muscle and adipose (fat) tissues, allowing them to use glucose for energy. Without sufficient insulin, glucose remains in the bloodstream, leading to high blood sugar levels, which can cause serious health issues. The function of insulin is critical for maintaining normal blood sugar levels and ensuring that cells have adequate energy. In contrast, other hormones like glucagon and cortisol primarily work in opposition to insulin, increasing blood sugar levels when they are low. Adrenaline is involved in the "fight or flight" response and also raises blood sugar levels to provide quick energy. However, only insulin specifically assists in transporting sugar from the blood to the cells for energy use.