

# New York State Basic Emergency Medical Technician (EMT-B) Practice Exam (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 happens to the brain cells during hypoglycemia?**
  - A. They become hyperactive**
  - B. They undergo starvation**
  - C. They are reinforced by insulin**
  - D. They transform into fat cells**
- 2. If an EMS provider discovers a suspected fracture, what should they prioritize?**
  - A. Perform a detailed examination.**
  - B. Realign the bone before transport.**
  - C. Stabilize and immobilize the limb.**
  - D. Apply heat to the injured area.**
- 3. What is the primary difference between angina and a heart attack?**
  - A. Angina is a result of sudden artery blockage**
  - B. Heart attack is caused by spastic constriction of arteries**
  - C. Angina involves spastic constriction of the arteries**
  - D. Heart attack results from a gradual narrowing of arteries**
- 4. When treating a patient with chest pain and difficulty breathing, which position is most appropriate?**
  - A. Flat on back with head elevated**
  - B. In whatever position feels most comfortable**
  - C. On his/her back with legs elevated**
  - D. In a coma position**
- 5. Which procedure should be used to splint a hand injury?**
  - A. Splint the lower arm with the hand in a position of function**
  - B. Keep the hand hanging loosely without support**
  - C. Splint the hand with the fingers extended**
  - D. Use a rigid splint and immobilize the fingers**



- 6. What symptoms could indicate a heart attack in a 58-year-old man who develops chest pain and shortness of breath while lifting heavy objects?**
- A. Hiatal hernia**
  - B. Heat exhaustion**
  - C. Fatigue**
  - D. Heart attack**
- 7. What is the overall purpose of the Primary Assessment in emergency medical care?**
- A. To gather patient history**
  - B. To identify and correct life-threatening problems**
  - C. To establish a rapport with the patient**
  - D. To document vital signs only**
- 8. Complete airway obstruction can result in:**
- A. Increased heart rate**
  - B. Loss of consciousness**
  - C. Shortness of breath**
  - D. Cyanosis**
- 9. Under NYS Vehicle and Traffic law, when are emergency vehicles allowed to use lights and sirens?**
- A. Transporting a stable patient to emergency room**
  - B. Transporting a patient in full cardiac arrest**
  - C. Proceeding through a red light with due caution**
  - D. Responding to a non-life-threatening call**
- 10. What condition in children is characterized by fever, diarrhea, vomiting, and sunken eyes?**
- A. Croup**
  - B. Seizures**
  - C. Hypoglycemia**
  - D. Dehydration**

## **Answers**

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

**SAMPLE**

## **Explanations**

**1. What happens to the brain cells during hypoglycemia?**

- A. They become hyperactive
- B. They undergo starvation**
- C. They are reinforced by insulin
- D. They transform into fat cells

During hypoglycemia, the brain experiences a significant lack of glucose, which is its primary energy source. When glucose levels drop, brain cells cannot function properly because they rely on this sugar for energy. This lack of energy leads to a state akin to starvation, where the cells do not receive the necessary nutrients to perform their vital functions. As glucose is critically important for maintaining the brain's metabolism and neurotransmission, prolonged hypoglycemia can cause serious damage to brain cells. The brain's reliance on glucose for its energy needs underscores the importance of maintaining stable blood sugar levels to ensure proper brain function. Therefore, during hypoglycemia, brain cells undergo starvation due to insufficient glucose availability, impacting their performance and overall health.

**2. If an EMS provider discovers a suspected fracture, what should they prioritize?**

- A. Perform a detailed examination.
- B. Realign the bone before transport.
- C. Stabilize and immobilize the limb.**
- D. Apply heat to the injured area.

When dealing with a suspected fracture, the primary action an EMS provider should take is to stabilize and immobilize the limb. This is crucial because immobilization helps prevent further injury to the surrounding tissues, including muscles, blood vessels, and nerves, which could be compromised by movement of the fractured bone. Additionally, proper stabilization can help alleviate pain for the patient and minimize the risk of complications during transport to a medical facility. By focusing on stabilization and immobilization, the EMS provider ensures that the fracture is held in place, reducing the chances of any displacement that could lead to more severe injuries. This approach also prepares the injured area for further evaluation and treatment by healthcare professionals. Performing a detailed examination or realigning the bone may not be appropriate in the pre-hospital environment and can sometimes exacerbate the situation. Similarly, applying heat could worsen swelling or pain. Therefore, ensuring the limb is stabilized and immobilized is the most effective priority in the initial management of suspected fractures.

**3. What is the primary difference between angina and a heart attack?**

- A. Angina is a result of sudden artery blockage**
- B. Heart attack is caused by spastic constriction of arteries**
- C. Angina involves spastic constriction of the arteries**
- D. Heart attack results from a gradual narrowing of arteries**

The primary difference between angina and a heart attack revolves around the nature of the blood flow obstruction to the heart muscle. Angina is characterized by chest pain or discomfort that occurs when the heart muscle does not receive enough oxygen-rich blood, often due to spastic constriction or transient narrowing of the coronary arteries. This can be triggered by physical exertion or stress but typically resolves with rest or medication. In contrast, a heart attack occurs when there is a complete blockage of a coronary artery, often due to plaque rupture and the formation of a blood clot. This blockage prevents blood flow to a part of the heart muscle, leading to tissue damage if not quickly treated. Understanding this distinction is crucial as it underscores different underlying mechanisms and treatment approaches for each condition. Thus, angina involves spastic constriction of the arteries, making it the correct choice in distinguishing it from a heart attack.

**4. When treating a patient with chest pain and difficulty breathing, which position is most appropriate?**

- A. Flat on back with head elevated**
- B. In whatever position feels most comfortable**
- C. On his/her back with legs elevated**
- D. In a coma position**

When treating a patient experiencing chest pain and difficulty breathing, positioning the patient in whatever position feels most comfortable is typically the most appropriate approach. This is because comfort can significantly affect a patient's respiratory effort and overall distress. Many patients with chest pain and breathing difficulties may instinctively adopt a position that eases their symptoms, such as sitting up or leaning forward, which can help alleviate the feeling of tightness and improve ventilation. Comfortable positioning not only allows for better airflow but can also promote a sense of control and reduce anxiety in the patient. Maintaining their comfort while monitoring vital signs is crucial in emergency care, as it respects the patient's needs and can lead to better outcomes. Other options may not provide the same benefits; for instance, lying flat on their back could exacerbate feelings of shortness of breath and may not aid in their comfort or respiratory function. Elevating legs while the patient is flat might not be suitable due to potential cardiovascular compromise. While a recovery position (coma position) can be beneficial in some scenarios for unresponsive patients, it may not be ideal for someone actively experiencing chest pain and difficulty breathing.

**5. Which procedure should be used to splint a hand injury?**

- A. Splint the lower arm with the hand in a position of function**
- B. Keep the hand hanging loosely without support**
- C. Splint the hand with the fingers extended**
- D. Use a rigid splint and immobilize the fingers**

The correct response is to splint the lower arm with the hand in a position of function, as this approach maintains optimal hand functionality while preventing further injury. A position of function is essential for preserving the natural alignment of the bones and joints within the hand and wrist. When splinted appropriately, the hand is positioned with the fingers slightly curled and the thumb in a relaxed position, which is vital to ensure that blood flow is not compromised, and that the tendons and ligaments are not unduly stressed during immobilization. This technique reduces the risk of complications such as stiffness or loss of functionality over time, which can occur if the hand is not properly supported. Ensuring the hand is in a functional position also aids in pain relief and psychological comfort for the patient, as it mimics the natural resting position of the hand. Other options do not provide adequate support or may contribute to further injury. For instance, allowing the hand to hang loosely without support can lead to more movement of the affected area, increasing pain and the possibility of additional damage. Similarly, splinting the hand with the fingers extended can place unnecessary tension on the injuries, complicating recovery. Utilizing a rigid splint to immobilize the fingers without addressing the lower arm would neglect overall

**6. What symptoms could indicate a heart attack in a 58-year-old man who develops chest pain and shortness of breath while lifting heavy objects?**

- A. Hiatal hernia**
- B. Heat exhaustion**
- C. Fatigue**
- D. Heart attack**

The symptoms of chest pain and shortness of breath in a middle-aged man, especially during physical exertion like lifting heavy objects, are classic indicators of a heart attack. A heart attack, or myocardial infarction, occurs when the blood flow to a portion of the heart is blocked, typically due to a blood clot in a coronary artery. Chest pain is often described as a feeling of pressure, squeezing, or tightness, and it may radiate to other areas such as the arms, back, jaw, or stomach. Shortness of breath can accompany this pain as the heart struggles to function effectively. In this scenario, the combination of exertion and the specific symptoms provided strongly points to a cardiovascular event rather than other medical conditions. Hiatal hernia, heat exhaustion, and fatigue may present with discomfort or altered sensation but do not typically align with the acute and severe nature of a heart attack. Recognizing these critical symptoms can allow for prompt emergency response to potentially save a life.

**7. What is the overall purpose of the Primary Assessment in emergency medical care?**

- A. To gather patient history**
- B. To identify and correct life-threatening problems**
- C. To establish a rapport with the patient**
- D. To document vital signs only**

The primary assessment in emergency medical care is fundamentally focused on identifying and correcting life-threatening problems. This initial evaluation serves as a critical first step in ensuring that immediate threats to the patient's life are recognized and addressed swiftly. During this process, the EMT assesses the patient's airway, breathing, circulation, and overall responsiveness. The correct choice emphasizes the urgency of dealing with conditions that could rapidly deteriorate the patient's health, such as severe bleeding, compromised airways, or cardiac arrest. By determining the presence of these threats and intervening accordingly, the EMT can prioritize actions that stabilize the patient and improve outcomes. In this context, while gathering patient history, establishing rapport, and documenting vital signs are important elements of patient care, they do not take precedence over the immediate need to address critical health issues. The primary assessment is all about quick and effective intervention to save lives.

**8. Complete airway obstruction can result in:**

- A. Increased heart rate**
- B. Loss of consciousness**
- C. Shortness of breath**
- D. Cyanosis**

Complete airway obstruction leads to a significant reduction or cessation of airflow to the lungs. This situation prevents the body from obtaining oxygen, which is critical for sustaining life and maintaining normal physiological functions. As oxygen levels decrease, the body cannot function properly, leading to a state of hypoxia. The brain is especially sensitive to low oxygen levels, and when oxygen supply is insufficient for a prolonged period, it can result in a loss of consciousness. This is often a protective response from the body, as the brain prioritizes its need for oxygen, and by losing consciousness, it may reduce the body's metabolic demands temporarily. While other options like increased heart rate, shortness of breath, and cyanosis may occur as a response to airway obstruction, they do not signify the immediate and life-threatening consequence of airway blockage as effectively as the possibility of loss of consciousness does. Loss of consciousness signals a critical level of oxygen deprivation affecting the brain, making it a fundamental outcome of complete airway obstruction.



**9. Under NYS Vehicle and Traffic law, when are emergency vehicles allowed to use lights and sirens?**

- A. Transporting a stable patient to emergency room**
- B. Transporting a patient in full cardiac arrest**
- C. Proceeding through a red light with due caution**
- D. Responding to a non-life-threatening call**

Emergency vehicles are permitted to use lights and sirens primarily to alert other drivers and pedestrians of their presence and to facilitate a swift response to emergencies. The use of lights and sirens indicates that the emergency vehicle is responding to an emergency situation and needs the right of way to navigate through traffic safely. When responding to emergencies, the law provides certain privileges, one of which includes the ability to proceed through a red light with due caution. This means that when an emergency vehicle encounters a red light while answering a call, the driver is allowed to proceed through it after ensuring that it is safe to do so. This lawful leverage is essential during critical situations where time is of the essence, such as in life-threatening medical emergencies or when firefighters or police are responding quickly to incidents requiring immediate attention. In contrast, using lights and sirens when transporting a stable patient to an emergency room or during a non-life-threatening call would not typically warrant these signals, as there is no urgent requirement for rapid transit. Additionally, when transporting a patient in full cardiac arrest, while it is certainly a critical situation, the focus is typically on the medical intervention rather than the driving protocols governed by traffic laws. In such cases, emergency vehicles would still be expected to obey traffic signals for the

**10. What condition in children is characterized by fever, diarrhea, vomiting, and sunken eyes?**

- A. Croup**
- B. Seizures**
- C. Hypoglycemia**
- D. Dehydration**

The correct answer is dehydration. This condition often arises in children due to significant fluid loss from symptoms such as fever, diarrhea, and vomiting. When a child experiences a combination of these symptoms, they are at a heightened risk of losing essential fluids and electrolytes, leading to dehydration. One of the key indicators of dehydration in children is the appearance of sunken eyes, which suggests a lack of adequate fluid volume in the body. Croup primarily presents with a distinctive cough and difficulty breathing rather than gastrointestinal symptoms, and seizures are episodic and do not typically present with these specific symptoms. Hypoglycemia, while serious, is associated with low blood sugar levels and may result in different symptoms such as confusion, irritability, or sweating, rather than gastrointestinal distress and signs of dehydration. In the case of the scenario presented, the combination of fever, diarrhea, vomiting, and sunken eyes aligns closely with the physiological changes seen in dehydration.

## 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://newyorkstate-embt.examzify.com>**

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