

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

- 1. In situations where a patient is mentally incompetent, which type of consent is used?**
 - A. Expressed Consent**
 - B. Minor Consent**
 - C. Implied Consent**
 - D. Involuntary Consent**
- 2. What is the minimum rate of chest compressions required for CPR on an infant?**
 - A. 100 per minute**
 - B. 110 per minute**
 - C. 120 per minute**
 - D. 130 per minute**
- 3. In a healthy individual, respiration is primarily controlled by the levels of which gas?**
 - A. Carbon monoxide**
 - B. Blood sugar**
 - C. Oxygen**
 - D. Carbon dioxide**
- 4. When treating a victim with a suspected shoulder injury, what should you do first?**
 - A. Apply ice to the injury.**
 - B. Manually stabilize the injury site.**
 - C. Rush victim to the hospital.**
 - D. Perform a range of motion assessment.**
- 5. How can bleeding from a vein be characterized?**
 - A. Bright red and spurting**
 - B. Dark red, flowing steadily**
 - C. Pale yellow and oozing**
 - D. Dark brown and clotted**

- 6. What should be done with a burn from a chemical substance?**
- A. Immediately submerge in water**
 - B. Brush off dry chemicals before rinsing**
 - C. Cover the burn with a sterile bandage**
 - D. Apply ice to reduce swelling**
- 7. What anatomical term indicates the front of the body?**
- A. Posterior**
 - B. Ventral**
 - C. Anterior**
 - D. Distal**
- 8. What is the primary concern immediately after assessing the extent of burns?**
- A. Fluid replacement**
 - B. Infection prevention**
 - C. Airway assessment**
 - D. Pain management**
- 9. After ensuring the scene is safe, what is the first step in caring for a patient?**
- A. Check for a carotid pulse**
 - B. Open the airway**
 - C. Determine unresponsiveness**
 - D. Check for breathing**
- 10. In basic anatomy, what does "ventilation" specifically refer to?**
- A. Gas exchange in the lungs**
 - B. Movement of blood through vessels**
 - C. Simple movement of air**
 - D. Exchange of nutrients in cells**

Answers

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

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Explanations

1. In situations where a patient is mentally incompetent, which type of consent is used?

- A. Expressed Consent**
- B. Minor Consent**
- C. Implied Consent**
- D. Involuntary Consent**

In situations where a patient is determined to be mentally incompetent, the concept of consent as understood in standard medical practice does not apply in the usual manner. Instead, the correct type of consent in these circumstances is often referred to as "involuntary consent." This means that, due to the patient's inability to understand or make decisions about their medical care, consent must be assumed to provide necessary treatment, typically based on the principle of implied consent. Implied consent is often invoked in emergencies where immediate care is needed to preserve life or prevent deterioration of the patient's condition, and there is no time to seek explicit consent. However, in the context of mental incompetence, involuntary consent specifically focuses on scenarios in which the patient is unable to provide informed consent due to their mental state. Understanding this distinction is crucial, particularly in emergency medical services where timely intervention is vital. In these cases, healthcare providers are trained to act in the best interest of the patient, following policies and legal guidelines that allow them to provide care without the patient's explicit agreement when the situation warrants it.

2. What is the minimum rate of chest compressions required for CPR on an infant?

- A. 100 per minute**
- B. 110 per minute**
- C. 120 per minute**
- D. 130 per minute**

The minimum rate of chest compressions required for CPR on an infant is 100 to 120 compressions per minute. The correct answer, therefore, indicates that the expectation for the highest end of that range—120 compressions per minute—is a critical guideline in administering effective CPR to infants. This rate is supported by recommendations from organizations such as the American Heart Association (AHA), which emphasizes that compressions must be delivered at a rapid pace to improve blood flow and increase the chances of survival in cardiac arrest scenarios. The compressions should also be allowed to fully recoil between each compression to maximize blood return to the heart. Understanding this rate is essential for EMTs and first responders, as performing compressions too slowly may hinder the effectiveness of CPR and reduce the likelihood of a positive outcome for the infant in distress.

3. In a healthy individual, respiration is primarily controlled by the levels of which gas?

- A. Carbon monoxide**
- B. Blood sugar**
- C. Oxygen**
- D. Carbon dioxide**

Respiration in a healthy individual is primarily controlled by the levels of carbon dioxide in the blood. The body closely monitors carbon dioxide levels because they provide a crucial indication of metabolic activity and the need for gas exchange. When carbon dioxide levels rise, it leads to an increase in the acidity of the blood, signaling the respiratory center in the brain to increase the rate and depth of breathing. Oxygen levels do play a role in respiration; however, they are not the primary driver for normal breathing rhythms. The body can tolerate quite low levels of oxygen for a time, whereas elevated carbon dioxide levels require immediate action to avoid respiratory acidosis and other complications. Thus, carbon dioxide is the key gas that the body uses to regulate breathing, making it the correct answer to this question.

4. When treating a victim with a suspected shoulder injury, what should you do first?

- A. Apply ice to the injury.**
- B. Manually stabilize the injury site.**
- C. Rush victim to the hospital.**
- D. Perform a range of motion assessment.**

In the case of a suspected shoulder injury, the primary goal is to prevent further injury and provide support to the affected area. Manually stabilizing the injury site is the most critical first step. By stabilizing the shoulder, you minimize movement and reduce the risk of additional damage to the muscles, ligaments, or joints, which can occur if the injury is aggravated. This approach allows you to assess the situation without causing the victim unnecessary pain or worsening their condition. Stabilizing the area also helps in managing any potential complications, such as dislocations or fractures, until further medical treatment can be provided. Applying ice, rushing the victim to the hospital, or performing a range of motion assessment are important steps that may be taken later, but they should not precede the stabilization of the injury. Each of these responses could inadvertently increase the risk of further injury or provide inadequate support during a critical moment of care.

5. How can bleeding from a vein be characterized?

- A. Bright red and spurting**
- B. Dark red, flowing steadily**
- C. Pale yellow and oozing**
- D. Dark brown and clotted**

Bleeding from a vein is characterized by dark red, flowing steadily. This is because venous blood, which returns to the heart, is deoxygenated and typically has a darker color compared to arterial blood. When a vein is damaged, the blood exits the body in a steady flow rather than in spurts, which is typical of arterial bleeding. The steady flow occurs due to the lower pressure in the venous system compared to the arterial system. When considering the other descriptors, bright red and spurting is indicative of arterial bleeding, which is under higher pressure and oxygen-rich. Pale yellow and oozing does not represent the characteristics of any significant bleeding and is more associated with minor fluid loss. Dark brown and clotted would suggest old blood or a different pathological state, which is not typical of active venous bleeding in an acute setting. Understanding these characteristics is crucial for EMTs in assessing a patient's condition and determining the appropriate course of treatment.

6. What should be done with a burn from a chemical substance?

- A. Immediately submerge in water**
- B. Brush off dry chemicals before rinsing**
- C. Cover the burn with a sterile bandage**
- D. Apply ice to reduce swelling**

When dealing with a burn caused by a chemical substance, it is crucial to first remove any residual chemical from the skin before any rinsing or further treatment is done. If the chemical is dry, brushing off or dusting away the substance prevents it from continuing to react with moisture, which could worsen the injury. Once the dry chemical is removed, the affected area can be rinsed with copious amounts of water to dilute and wash away any remaining chemical agents. This approach ensures that the chemical does not cause further damage or continue to exert harmful effects on the skin. Following this initial step, covering the burn with a sterile bandage might be appropriate in later stages, but immediate action focuses first on safely handling the chemical exposure. It's essential not to use ice or very cold water, as this could exacerbate the injury and cause further tissue damage. Always prioritize the safe removal of harmful substances before moving on to treating the burn itself.

7. What anatomical term indicates the front of the body?

- A. Posterior**
- B. Ventral**
- C. Anterior**
- D. Distal**

The term that indicates the front of the body is "anterior." In anatomical terminology, "anterior" refers to the positioning that is toward the front of the body when in the standard anatomical position, which is standing upright with arms at the sides and palms facing forward. This serves as a foundational concept in understanding human anatomy and is essential for effectively communicating the locations of structures or injuries. "Ventral" also refers to a similar concept as it often pertains to the belly side of an organism, but "anterior" specifically denotes the front in a more general context applicable to humans. "Posterior" describes the back of the body, while "distal" indicates a position further from the point of attachment or origin (such as the limbs relative to the torso). Understanding these terms provides clarity in describing anatomical locations and is crucial for EMTs when assessing and communicating about patients.

8. What is the primary concern immediately after assessing the extent of burns?

- A. Fluid replacement**
- B. Infection prevention**
- C. Airway assessment**
- D. Pain management**

The primary concern immediately after assessing the extent of burns is airway assessment. In situations involving burns, particularly those affecting the face, neck, or chest, there is a high risk of airway compromise due to swelling, inhalation of hot smoke or gases, or direct thermal injury. It is crucial to ensure that the airway is clear and that the patient can breathe adequately. If the airway is compromised, it can quickly lead to respiratory failure, which is a life-threatening condition that requires immediate intervention. The assessment of the airway should be one of the first actions taken after identifying the extent of burns because timely airway management can prevent serious complications and ensure the patient's ability to receive adequate oxygenation. While concerns such as fluid replacement, infection prevention, and pain management are all important aspects of post-burn care, they follow the immediate priority of ensuring that the airway is patent and that the patient is able to breathe effectively. In emergencies, the sequence of care often prioritizes airway management to stabilize the patient before addressing other issues.

9. After ensuring the scene is safe, what is the first step in caring for a patient?

- A. Check for a carotid pulse**
- B. Open the airway**
- C. Determine unresponsiveness**
- D. Check for breathing**

The first step in caring for a patient, after ensuring the scene is safe, is to determine unresponsiveness. This step is crucial because it helps the responder quickly assess the patient's condition and decide the appropriate course of action. By checking if the patient is responsive, you can gauge the severity of the situation. If the patient is unresponsive, immediate steps need to be taken to open the airway and assess breathing, as the patient may require urgent interventions like CPR or advanced airway management. In emergency care, prioritizing the patient's responsiveness is key since it sets the stage for further assessment and treatment. Assessing responsiveness can be done through simple verbal or physical stimuli to see if the patient reacts. This information guides the emergency responder in deciding whether the situation is critical and how to proceed efficiently.

10. In basic anatomy, what does "ventilation" specifically refer to?

- A. Gas exchange in the lungs**
- B. Movement of blood through vessels**
- C. Simple movement of air**
- D. Exchange of nutrients in cells**

Ventilation specifically refers to the simple movement of air in and out of the lungs. This process is the mechanical act of breathing, which encompasses inhalation and exhalation. During inhalation, air is drawn into the lungs, where it can then be utilized for gas exchange. This distinction is crucial for understanding respiratory physiology, as ventilation is the preliminary step that allows for the subsequent processes of gas exchange—involving oxygen and carbon dioxide—that occur in the alveoli of the lungs. Understanding ventilation helps in assessing respiratory function and interventions in emergencies, as effective ventilation is necessary for adequate oxygenation of the body. In contrast, other aspects mentioned, such as gas exchange in the lungs, involve biochemical processes that happen after ventilation, while blood movement through vessels and nutrient exchange in cells pertain to different systems (the circulatory and cellular systems, respectively). Therefore, recognizing ventilation as the straightforward movement of air sets the foundation for further comprehension of respiratory function and related medical protocols.

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://newyorkstate-embt.examzify.com>

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