

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

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- 1. What is the MOST IMPORTANT personal safety item for EMS providers when responding to emergencies?**
 - A. Surgical mask**
 - B. Protective gloves**
 - C. Seatbelt and shoulder harness**
 - D. Reflective vest**

- 2. Which signs indicate obvious death?**
 - A. Rigor Mortis and bruising**
 - B. Coma and unresponsiveness**
 - C. Decomposition and dependent lividity**
 - D. Severe trauma and unconsciousness**

- 3. What is the term for the back surface of the body?**
 - A. Anterior surface**
 - B. Medial surface**
 - C. Lateral surface**
 - D. Posterior surface**

- 4. When securing a patient to a spinal immobilization device, which part should be secured FIRST?**
 - A. Head**
 - B. Torso**
 - C. Legs**
 - D. Arms**

- 5. 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**

- 6. What condition in children is characterized by fever, diarrhea, vomiting, and sunken eyes?**
- A. Croup**
 - B. Seizures**
 - C. Hypoglycemia**
 - D. Dehydration**
- 7. What are the signs of a severe allergic reaction?**
- A. Decreased BP, itching, swelling, difficulty breathing**
 - B. Pain in chest, rapid pulse, pallor, sweating**
 - C. Decreased BP strong pulse, heavy breathing**
 - D. Increased heart rate, rash, headache, fatigue**
- 8. What is a characteristic of arterial bleeding?**
- A. Flows continuously from the wound**
 - B. Flows from the wound in distinct spurts**
 - C. Is dark and viscous in appearance**
 - D. Is easily controlled with direct pressure**
- 9. A diabetic emergency with a rapid onset is often caused by what?**
- A. Too little insulin**
 - B. Too much insulin**
 - C. Low blood pressure**
 - D. Excessive sugar intake**
- 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. C
2. C
3. D
4. B
5. B
6. D
7. A
8. B
9. B
10. C

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Explanations

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1. What is the MOST IMPORTANT personal safety item for EMS providers when responding to emergencies?

- A. Surgical mask**
- B. Protective gloves**
- C. Seatbelt and shoulder harness**
- D. Reflective vest**

The most important personal safety item for EMS providers when responding to emergencies is the seatbelt and shoulder harness. This equipment is crucial for ensuring the safety of EMS personnel while they are en route to an emergency scene. EMS providers frequently respond to incidents with lights and sirens, and the unpredictable nature of road travel puts them at risk for accidents. Using a seatbelt and shoulder harness significantly reduces the chances of injury in case of a collision or sudden stop. While surgical masks, protective gloves, and reflective vests play important roles in different contexts—such as preventing the spread of infections, protecting against exposure to bodily fluids, and ensuring visibility in low-light conditions—these items do not have the same immediate impact on the safety of the EMS provider during transport. The use of seatbelts is a fundamental safety measure that can effectively protect against serious injuries during roadway responses, making it the top priority for personal safety in this context.

2. Which signs indicate obvious death?

- A. Rigor Mortis and bruising**
- B. Coma and unresponsiveness**
- C. Decomposition and dependent lividity**
- D. Severe trauma and unconsciousness**

Obvious death is indicated by specific physiological signs that demonstrate the body has ceased all vital functions. Decomposition, which occurs when the body begins to break down following death, is a clear and unmistakable sign that life has ended. Additionally, dependent lividity—also known as hypostasis—refers to the pooling of blood in the lowest parts of the body due to gravity, which typically occurs several hours post-mortem. This pooling of blood creates a discoloration that confirms the absence of circulation and therefore, vital life functions. In contrast, rigor mortis and bruising, while they can be indicators of death under certain circumstances, do not represent obvious, definitive signs by themselves. Rigor mortis can take a few hours to develop and could suggest that death has occurred but does not confirm it beyond doubt without other indicators. Coma and unresponsiveness might indicate a serious medical condition but not necessarily death, as individuals can remain unresponsive for various reasons and still be alive. Severe trauma and unconsciousness also do not definitively indicate death, as a person can be severely injured and still be alive. Thus, the combination of decomposition and dependent lividity provides a clear and undeniable confirmation of death.

3. What is the term for the back surface of the body?

- A. Anterior surface
- B. Medial surface
- C. Lateral surface
- D. Posterior surface**

The term for the back surface of the body is referred to as the posterior surface. In anatomical terminology, the term "posterior" is used to describe structures that are towards the back of the body. This is a fundamental concept in anatomy that helps with the precise localization of body parts and is critical for effective communication in the medical field. Understanding the locations of different surfaces of the body is essential for assessing injuries, determining treatment protocols, and describing physical conditions accurately. Knowing that the posterior surface is opposite the anterior surface (which refers to the front of the body) aids in identifying areas of concern during examinations or procedures. Medial means closer to the midline of the body, and lateral means farther from the midline; these terms help in pinpointing the locations of structures in relation to one another but do not pertain to the back of the body directly.

4. When securing a patient to a spinal immobilization device, which part should be secured FIRST?

- A. Head
- B. Torso**
- C. Legs
- D. Arms

Securing the torso first when immobilizing a patient on a spinal immobilization device is crucial for several reasons. The torso provides a stable base for maintaining spinal alignment and minimizing movement of the spine during transport. Securing the torso first helps to effectively achieve and maintain the neutral position of the spine, which is essential to prevent any potential further injury to the spinal cord. When the torso is secured first, it acts as a central anchor point, allowing for better control over the entire body. Once the torso is secured, moving on to the head, arms, and legs ensures that the patient remains completely immobilized and safe from additional injury during transport to a medical facility. Proper order of securing is a key part of spinal immobilization protocols to optimize patient care and outcomes.

5. 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.

6. 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.

7. What are the signs of a severe allergic reaction?

- A. Decreased BP, itching, swelling, difficulty breathing**
- B. Pain in chest, rapid pulse, pallor, sweating**
- C. Decreased BP strong pulse, heavy breathing**
- D. Increased heart rate, rash, headache, fatigue**

The signs of a severe allergic reaction, also known as anaphylaxis, typically include decreased blood pressure, itching, swelling, and difficulty breathing. When an individual experiences anaphylaxis, the immune system releases a surge of chemicals that can lead to a sudden drop in blood pressure. This is often accompanied by the swelling of tissues, particularly around the throat, which can obstruct the airway and cause difficulty in breathing. Itching and hives may also occur due to the release of histamines. Identifying these symptoms promptly is essential for effective emergency response, as anaphylaxis can be life-threatening. The presence of both respiratory distress and a drop in blood pressure makes option A clearly representative of the critical signs of this severe reaction. In contrast, the other options include symptoms that could be associated with different medical emergencies, such as cardiac or respiratory issues, rather than the specific indicators of a severe allergic reaction. Understanding the context of these signs helps in discriminating between various health emergencies and providing the appropriate care.

8. What is a characteristic of arterial bleeding?

- A. Flows continuously from the wound**
- B. Flows from the wound in distinct spurts**
- C. Is dark and viscous in appearance**
- D. Is easily controlled with direct pressure**

Arterial bleeding is characterized by blood that flows from the wound in distinct spurts. This pulsating flow corresponds with the heartbeat, as arteries carry oxygen-rich blood away from the heart under high pressure. The rhythmic spurting is a crucial indicator, as it usually suggests that an artery has been severed or seriously damaged. Recognizing this pattern is critical for EMTs and first responders, as it typically indicates a more severe type of bleeding that can lead to rapid blood loss and necessitates immediate medical intervention. In contrast, continuous bleeding is more characteristic of venous bleeding, which lacks the pulsatile nature seen in arterial injuries. The color and viscosity of arterial blood are also different, with arterial blood being bright red and less viscous than that from veins. Therefore, understanding these characteristics is essential for proper assessment and management of bleeding in emergency scenarios.

9. A diabetic emergency with a rapid onset is often caused by what?

- A. Too little insulin**
- B. Too much insulin**
- C. Low blood pressure**
- D. Excessive sugar intake**

A diabetic emergency with a rapid onset is typically caused by too much insulin. When a person with diabetes administers more insulin than their body needs, it can lead to a dangerous drop in blood sugar levels, a condition known as hypoglycemia. This situation develops quickly, often manifesting with symptoms such as shakiness, confusion, sweating, and, in severe cases, loss of consciousness or seizures. While too little insulin is also a concern for diabetic patients, it generally leads to a slower onset of symptoms due to the resulting high blood sugar levels (hyperglycemia). Similarly, low blood pressure and excessive sugar intake do not directly cause the rapid onset of a diabetic emergency. Understanding how insulin levels affect blood sugar is crucial for recognizing and responding to these emergencies quickly and effectively.

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!

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