

NEW YORK STATE BASIC EMERGENCY MEDICAL TECHNICIAN (EMT-B) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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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. Which chamber of the heart is the most muscular and pumps blood into the aorta?**
 - A. Right atrium
 - B. Left ventricle
 - C. Right ventricle
 - D. Left atrium
- 2. What should you do with a nitroglycerin patch found on a patient in cardiac arrest?**
 - A. Leave it on to aid in heart function
 - B. Remove it prior to defibrillation
 - C. Apply another patch for enhanced treatment
 - D. Cut the patch off with scissors
- 3. In the event of an accident involving an unconscious non-breathing male patient, what should you do initially?**
 - A. Begin CPR immediately
 - B. Call for additional help
 - C. Manually stabilize his head and establish an airway
 - D. Attempt to extricate him from the vehicle
- 4. How should an EMS provider treat a patient with a complete stoma?**
 - A. Seal the nose and mouth
 - B. Keep the stoma open to the lungs
 - C. Use a bag-mask device
 - D. Apply oxygen through the nose
- 5. In patients with COPD, respiration is controlled by what factor?**
 - A. High oxygen levels
 - B. Carbon dioxide levels
 - C. Low oxygen levels
 - D. Blood pressure

- 6. Which area should be padded during spinal immobilization for infants and children?**
- A. Neck
 - B. Head
 - C. Shoulders
 - D. Hips
- 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 the correct term for an open wound that has jagged skin edges?**
- A. Incision
 - B. abrasion
 - C. Laceration
 - D. Puncture
- 9. What is the first objective in the care of any burn?**
- A. Assess the extent of the burn
 - B. Stop the burning process
 - C. Cool the burn with water
 - D. Apply a sterile dressing
- 10. In emergency situations, what is the biggest risk for a patient with a massive injury?**
- A. Cardiac arrest
 - B. Airway problems
 - C. Internal bleeding
 - D. Severe pain

Answers

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

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Explanations

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1. Which chamber of the heart is the most muscular and pumps blood into the aorta?

- A. Right atrium
- B. Left ventricle**
- C. Right ventricle
- D. Left atrium

The left ventricle is the most muscular chamber of the heart due to its critical role in pumping oxygenated blood throughout the body. This chamber must generate enough force to propel blood into the aorta, which is the largest artery in the body, and supply all peripheral tissues and organs with the necessary oxygen and nutrients. The thick walls of the left ventricle are adapted for this high-pressure function, distinguishing it from the other chambers of the heart, which have less muscle mass because they pump blood to nearby structures or operate at lower pressures. As a result, the left ventricle's muscular structure is essential for maintaining systemic circulation effectively.

2. What should you do with a nitroglycerin patch found on a patient in cardiac arrest?

- A. Leave it on to aid in heart function
- B. Remove it prior to defibrillation**
- C. Apply another patch for enhanced treatment
- D. Cut the patch off with scissors

In the context of a patient in cardiac arrest, it's essential to prioritize safe and effective resuscitation measures. A nitroglycerin patch, which is used to treat angina and manage chest pain, has the potential to cause hypotension (low blood pressure) if left in place during defibrillation, especially if other medications have been administered. Removing the nitroglycerin patch is crucial because it eliminates the risk of additional vasodilation (widening of blood vessels) which could exacerbate the patient's condition and interfere with the effectiveness of defibrillation. During defibrillation, any current administered can also potentially cause burns or other complications if the patch remains on the skin. Thus, to ensure patient safety and maximize the chances of successful resuscitation, the nitroglycerin patch must be removed prior to defibrillation.

3. In the event of an accident involving an unconscious non-breathing male patient, what should you do initially?

- A. Begin CPR immediately
- B. Call for additional help
- C. Manually stabilize his head and establish an airway**
- D. Attempt to extricate him from the vehicle

In the scenario of an unconscious, non-breathing male patient, the first action should be to manually stabilize his head and establish an airway. This step is crucial because the airway must be clear for any further interventions, such as CPR, to be effective. The ability to breathe is dependent on a patent airway; therefore, ensuring that the airway is open takes priority. By stabilizing the head, you minimize further injury to the spine, particularly if the accident involved a collision where the possibility of head or spinal injuries exists. Establishing a proper airway can involve tilting the head back and lifting the chin or using a jaw-thrust maneuver if spinal injury is suspected. Until the airway is secured, other interventions cannot effectively restore breathing or circulation. Initiating CPR or calling for additional help may follow once the airway is addressed, but they cannot be executed adequately without ensuring the patient can receive oxygen. Extricating the patient from the vehicle would come much later, once the immediate life-threatening concerns regarding airway and stabilization are managed.

4. How should an EMS provider treat a patient with a complete stoma?

- A. Seal the nose and mouth
- B. Keep the stoma open to the lungs**
- C. Use a bag-mask device
- D. Apply oxygen through the nose

For a patient with a complete stoma, keeping the stoma open to the lungs is crucial for facilitating adequate breathing. A stoma, which is an artificial opening created during procedures such as a tracheostomy, serves as the primary airway for these patients. Unlike individuals who breathe through their nose and mouth, those with a complete stoma rely entirely on this opening for airflow. Managing the stoma correctly ensures that air can reach the lungs without obstruction. Sealing the nose and mouth would hinder any potential airflow, and using a bag-mask device is inappropriate since that device is designed for facial masks and would not effectively deliver air to the stoma. Applying oxygen through the nose is also not suitable because a patient with a stoma does not utilize the nasal passages for breathing. Therefore, maintaining the stoma's openness to facilitate airflow is vital for the patient's respiratory support and overall health.

5. In patients with COPD, respiration is controlled by what factor?

- A. High oxygen levels
- B. Carbon dioxide levels
- C. Low oxygen levels**
- D. Blood pressure

In patients with Chronic Obstructive Pulmonary Disease (COPD), respiration is primarily driven by low oxygen levels, a process known as hypoxic drive. In healthy individuals, the main stimulus for breathing is the level of carbon dioxide in the blood. However, many patients with COPD have adapted to high carbon dioxide levels over time due to their deteriorating lung function. This adaptation alters their respiratory drive, causing it to rely more on oxygen levels rather than carbon dioxide levels. When the oxygen levels drop sufficiently in these patients, it triggers the urge to breathe. Therefore, in the context of managing COPD, it is critical to monitor and maintain appropriate oxygen levels because excessive oxygen administration can suppress the patient's respiratory drive, leading to respiratory failure. This reflects the importance of understanding how the body adapts to chronic respiratory issues and how treatment approaches must be carefully tailored to keep the balance in such patients.

6. Which area should be padded during spinal immobilization for infants and children?

- A. Neck
- B. Head
- C. Shoulders**
- D. Hips

Padding the shoulders during spinal immobilization for infants and children is crucial to ensure their safety and proper alignment. The anatomical structure and proportions of infants and children differ significantly from adults; they possess larger heads in proportion to their bodies. This creates a scenario where their shoulders need additional support to maintain alignment and stability during immobilization. By padding the shoulders, EMTs can help prevent unnecessary movement that could further compromise the spine or cause additional injury during transport. Proper support also helps to maintain the infant or child in a neutral position, which is vital for comfort and decreases the risk of exacerbating any existing spinal injuries. In contrast, while neck, head, and hips stability are also important during immobilization, the specific focus on the shoulders ensures that the unique anatomy of younger patients is taken into account, providing a tailored approach to their care and enhancing safety during transport.

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 the correct term for an open wound that has jagged skin edges?

- A. Incision
- B. abrasion
- C. Laceration**
- D. Puncture

A wound characterized by jagged skin edges is referred to as a laceration. This type of injury is typically caused by a blunt object or surface that tears the skin rather than cutting it cleanly, which is what happens in an incision. The jagged nature of the edges associated with a laceration can complicate healing and increase the risk of infection, as the irregular surface can harbor bacteria and debris. In contrast: - An incision is a clean cut usually made by a sharp object such as a knife or surgical instrument, featuring smooth and even edges. - An abrasion refers to a superficial wound where the outer layer of skin is scraped away, often resulting from friction against a rough surface, without the jagged edges seen in lacerations. - A puncture is a small but deep wound caused by a pointed object, which does not typically have jagged edges as it creates a narrow opening. Understanding these distinctions is critical for accurate assessment and management of wounds in emergency situations.

9. What is the first objective in the care of any burn?

- A. Assess the extent of the burn
- B. Stop the burning process**
- C. Cool the burn with water
- D. Apply a sterile dressing

The primary objective in the care of any burn is to stop the burning process. This is crucial because continuing exposure to heat or flames will exacerbate the injury, increase the severity of the burn, and lead to further tissue damage. By removing the source of the burn—whether it's chemical exposure, heat, or flames—you prevent additional harm to the affected area. Once the burning process has been halted, subsequent steps can be taken, such as assessing the extent of the burn or cooling the area. Cooling the burn with water is also an important step, but it should only be performed after removing the source of the burn to avoid worsening the situation. Applying a sterile dressing is crucial for protecting the wound but comes after ensuring that no further burning is occurring. Thus, the first and most critical action to safeguard the patient's health and minimize injury is to stop the burning process immediately.

10. In emergency situations, what is the biggest risk for a patient with a massive injury?

- A. Cardiac arrest
- B. Airway problems**
- C. Internal bleeding
- D. Severe pain

The biggest risk for a patient with a massive injury is airway problems. In emergency situations involving significant trauma, there is a heightened likelihood that the patient's airway could be compromised. This could result from various factors such as facial injuries, swelling, or the presence of blood or foreign bodies obstructing the airway. Maintaining a patent airway is crucial for survival, as any obstruction can rapidly lead to hypoxia and subsequent complications if not addressed immediately. Trauma can also provoke a reflex that further complicates respiration, making airway management a priority for EMTs. This focus on airway integrity highlights the need for timely interventions, such as suctioning or intubation, especially when dealing with massive injuries where the risk of obstruction is significantly elevated. While other risks such as cardiac arrest, internal bleeding, and severe pain are certainly critical considerations in trauma care, the immediate threat to life posed by compromised airway function underscores the importance of prioritizing airway management in the field.

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:

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

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