

New York State Emergency Medical Technician (EMT) 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. When carrying a patient on a backboard up or down stairs, what is the correct position to maintain?**
 - A. Keep your palms facing down
 - B. Keep the head end elevated
 - C. Carry the patient headfirst
 - D. Keep the foot end elevated
- 2. Which of the following areas of the body has the thinnest skin?**
 - A. Scalp
 - B. Back
 - C. Ears
 - D. Soles of the feet
- 3. For a patient with a history of cardiac issues presenting with chest pain, what should you ask regarding his medication?**
 - A. Ask if he has taken any other pain medications recently.
 - B. Inquire if he has taken his Viagra within the last 24 hours.
 - C. Check if he has had a recent hypertension medication.
 - D. Confirm if he has taken aspirin during the last few days.
- 4. What is the FIRST action you should take when responding to a scene with a 49-year-old male in severe pain who appears to weigh over 350 lb?**
 - A. Request the fire department if one attempt to move him fails
 - B. Encourage the patient to walk himself to the awaiting ambulance
 - C. Assess him and then move him to the stretcher with a direct carry
 - D. Request additional personnel before making any attempts to lift him
- 5. What occurs during abruptio placenta?**
 - A. The placenta develops over and covers the cervical opening
 - B. A tear in the placenta causes severe internal hemorrhage
 - C. The placenta affixes itself to the outer layer of the uterus
 - D. The placenta prematurely separates from the uterine wall

6. A 29-year-old male with a head injury shows confusion about the time and date but can move all extremities on command. What is his Glasgow Coma Scale (GCS) score?
- A. 10
 - B. 12
 - C. 13
 - D. 14
7. If a patient with chest discomfort takes medication for erectile dysfunction, what should you recall before administering nitroglycerin?
- A. It causes lower blood pressure when combined with nitroglycerin
 - B. It can enhance the effects of nitroglycerin
 - C. It can cause hypertension if given with nitroglycerin
 - D. It's safe to administer without any concern
8. Movement away from the body's midline is termed:
- A. Flexion
 - B. Extension
 - C. Adduction
 - D. Abduction
9. What is the most significant complication associated with facial injuries?
- A. Damage to the eyes
 - B. Airway compromise
 - C. Cervical spine injury
 - D. Mandibular immobility
10. When should standard precautions be taken during an EMS call?
- A. Before loading the patient into the ambulance
 - B. After it is determined the patient is bleeding
 - C. Immediately after the primary assessment
 - D. Upon exiting the ambulance, before patient contact

Answers

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

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Explanations

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1. When carrying a patient on a backboard up or down stairs, what is the correct position to maintain?

- A. Keep your palms facing down
- B. Keep the head end elevated**
- C. Carry the patient headfirst
- D. Keep the foot end elevated

Maintaining the correct position when carrying a patient on a backboard, especially up or down stairs, is crucial for ensuring the safety and stability of both the patient and the medical team. Elevating the head end is the recommended practice because it helps to protect the patient's airway, provides better visibility for the person in the lead, and reduces the risk of potential injury to the patient. This position ensures that the patient's head and neck are less likely to come into contact with the stairs, avoiding bumps and jarring movements that could exacerbate any existing injuries. Moreover, elevating the head end allows for better overall control of the backboard during the ascent or descent, facilitating smoother movements and minimizing the risk of tipping or destabilizing the patient. This technique also aids in the management of patients who may be unconscious or have compromised airway management, making it a fundamental approach in emergency care situations.

2. Which of the following areas of the body has the thinnest skin?

- A. Scalp
- B. Back
- C. Ears**
- D. Soles of the feet

The skin on the ears is known to be relatively thin compared to the other areas listed. This thinness can be attributed to both the anatomical structure and the types of tissues present in the ear region. The skin covering the ears is less robust, containing fewer layers of keratinocytes and less subcutaneous fat than areas like the scalp or the back, which have thicker skin for added protection. In contrast, the scalp has thicker skin due to the presence of more hair follicles and associated sebaceous glands. The back also generally has thicker skin due to its location and the need for durability against environmental elements. The soles of the feet, while they have a thickened epidermis to protect against friction and pressure, are not the thinnest. Therefore, the ears indeed have the thinnest skin, which is crucial for their sensitivity and function, particularly in helping with auditory processes.

3. For a patient with a history of cardiac issues presenting with chest pain, what should you ask regarding his medication?

- A. Ask if he has taken any other pain medications recently.
- B. Inquire if he has taken his Viagra within the last 24 hours.**
- C. Check if he has had a recent hypertension medication.
- D. Confirm if he has taken aspirin during the last few days.

Inquiring whether the patient has taken Viagra within the last 24 hours is crucial due to the interaction between Viagra and certain cardiac medications, particularly those containing nitrates. Nitrates are often prescribed to patients with cardiac issues to relieve chest pain or manage angina. The combination of Viagra, which is a phosphodiesterase inhibitor used for erectile dysfunction, and nitrates can lead to a significant drop in blood pressure, resulting in potentially life-threatening complications. This question emphasizes the importance of understanding medication interactions and their effects on a patient's condition. Collecting this information is vital for the EMT to prepare an appropriate treatment plan and ensure the safety of the patient.

4. What is the FIRST action you should take when responding to a scene with a 49-year-old male in severe pain who appears to weigh over 350 lb?

- A. Request the fire department if one attempt to move him fails
- B. Encourage the patient to walk himself to the awaiting ambulance
- C. Assess him and then move him to the stretcher with a direct carry
- D. Request additional personnel before making any attempts to lift him**

When arriving at a scene involving a patient who is significantly overweight and in severe pain, the priority is to ensure the safety of both the patient and the responders. Requesting additional personnel before attempting to lift or move the individual minimizes the risk of injury to the responders and prevents potential harm to the patient during the process. Handling a patient weighing over 350 pounds requires proper lifting techniques and adequate manpower to ensure control and safety. Without sufficient personnel, attempting to lift or move the patient could lead to back injuries for the EMTs, as well as a risk of dropping the patient or causing further discomfort to them. Therefore, calling for additional help allows for a coordinated and safe approach to patient care. While assessing the patient is important, it should not take precedence over ensuring there are enough resources to safely manage the situation, particularly when the patient's size may complicate movement. This proactive approach underscores the importance of teamwork and appropriate planning in emergency medical response.

5. What occurs during abruptio placenta?

- A. The placenta develops over and covers the cervical opening
- B. A tear in the placenta causes severe internal hemorrhage
- C. The placenta affixes itself to the outer layer of the uterus
- D. The placenta prematurely separates from the uterine wall**

During abruptio placenta, the placenta separates prematurely from the uterine wall before the delivery of the baby. This condition can lead to significant complications for both the mother and the fetus, including severe bleeding and potential fetal distress due to the decreased supply of oxygen and nutrients following the separation. The premature detachment of the placenta can occur partially or completely and typically manifests with symptoms such as abdominal pain, back pain, and vaginal bleeding. This situation poses serious risks, as the separation may create an environment for internal hemorrhaging, which can be life-threatening for the mother and may compromise the baby's health. In contrast, the other options refer to different conditions or mechanisms regarding the placenta. The development of the placenta over the cervical opening is known as placenta previa, a separate condition that can also lead to complications but involves the placenta being incorrectly positioned. The option discussing a tear in the placenta refers to placental abruption, yet it does not capture the key point of the premature separation. Lastly, the affixation of the placenta to the outer layer of the uterus hints at a condition known as placenta accreta, which involves abnormal adherence, rather than separation.

6. A 29-year-old male with a head injury shows confusion about the time and date but can move all extremities on command. What is his Glasgow Coma Scale (GCS) score?

- A. 10
- B. 12
- C. 13**
- D. 14

To determine the Glasgow Coma Scale (GCS) score, you need to assess three aspects of the patient's neurological function: eye opening, verbal response, and motor response. The GCS is scored on a scale from 3 to 15, with higher scores indicating better neurological function. In this scenario, the patient is a 29-year-old male with a head injury who shows confusion about time and date but can move all extremities on command. 1. ****Eye Opening****: Generally, if a patient opens their eyes spontaneously, they receive a score of 4. If they only open their eyes in response to speech or pain, the scores are lower. 2. ****Verbal Response****: Confusion about time and date indicates that the patient is not oriented to time. The highest score for a fully oriented person is 5, while a score of 4 is awarded for confused conversation. Since this patient shows confusion but is still engaging in some conversation, he would likely be scored a 4. 3. ****Motor Response****: The ability to move all extremities on command indicates a score of 6, which is the highest score for motor response. This reflects that the patient's motor function is intact. Combining these scores

7. If a patient with chest discomfort takes medication for erectile dysfunction, what should you recall before administering nitroglycerin?

- A. It causes lower blood pressure when combined with nitroglycerin
- B. It can enhance the effects of nitroglycerin
- C. It can cause hypertension if given with nitroglycerin**
- D. It's safe to administer without any concern

When considering the administration of nitroglycerin to a patient who has taken medication for erectile dysfunction, it is crucial to understand the interactions between these drugs. Medications for erectile dysfunction, particularly those in the class of phosphodiesterase type 5 (PDE5) inhibitors like sildenafil (Viagra), can significantly lower blood pressure when taken in combination with nitroglycerin. Nitroglycerin is typically used to relieve chest pain (angina) by dilating blood vessels, which also results in a drop in blood pressure. If nitroglycerin is administered after the use of erectile dysfunction medication, the combined effect can lead to profound hypotension (low blood pressure), which can be dangerous and lead to serious complications, including fainting, shock, or even cardiovascular collapse. Therefore, it's vital for EMS providers to assess a patient's medication history closely and ensure that there is sufficient time elapsed since the last dose of erectile dysfunction medication before administering nitroglycerin. The response acknowledges the importance of safety in drug interactions, especially in emergency situations.

8. Movement away from the body's midline is termed:

- A. Flexion
- B. Extension
- C. Adduction
- D. Abduction**

Movement away from the body's midline is referred to as abduction. This term describes the action where a limb or part moves laterally, increasing the angle between the body and the member being moved. For instance, when raising your arms away from your body, you are performing abduction. Understanding the context of this term is essential in anatomy and physiology, especially when studying body movements in scenarios like emergency medical situations. For example, knowing the difference between abduction and adduction (which refers to movement towards the midline) can help an EMT assess injuries and provide appropriate care. Flexion typically describes the bending of a joint, decreasing the angle between two body parts (like bending the elbow), while extension is the opposite action, straightening the limb back out. Therefore, both of these movements are unrelated to the concept of moving away from the midline. Recognizing these terms and their meanings is crucial for effective communication in medical practice.

9. What is the most significant complication associated with facial injuries?

- A. Damage to the eyes
- B. Airway compromise**
- C. Cervical spine injury
- D. Mandibular immobility

The most significant complication associated with facial injuries is airway compromise. Facial injuries can lead to swelling, bleeding, or the displacement of facial structures, which can obstruct the airway. The anatomy of the face is such that significant trauma can interfere with normal breathing patterns, making it critical for EMTs to assess and secure the airway immediately. When a patient suffers facial trauma, there is often a risk of blood and tissue swelling affecting the airway. Additionally, fractures in the jaw or facial bones can lead to a reduced ability to maintain open air passages, which can result in severe respiratory distress or failure if not managed promptly. Therefore, airway management is a primary concern in patients with suspected facial injuries, necessitating immediate attention to ensure that the airway remains clear and open for adequate ventilation and oxygenation. Other options, while they may involve significant complications, do not pose the same immediate threat to life as compromised airways do. For example, damage to the eyes, cervical spine injury, and mandibular immobility are serious but may not directly jeopardize a patient's ability to breathe in the acute phase of treatment. Prioritizing airway management in the presence of facial trauma is essential for ensuring patient safety and stability in emergency medical care.

10. When should standard precautions be taken during an EMS call?

- A. Before loading the patient into the ambulance
- B. After it is determined the patient is bleeding
- C. Immediately after the primary assessment
- D. Upon exiting the ambulance, before patient contact**

Standard precautions should be taken upon exiting the ambulance, before making contact with the patient, to ensure that the emergency medical technician (EMT) is protected from potential exposure to infections or diseases. These precautions are part of an overall strategy to minimize the risk of transmission of pathogens and are essential regardless of the patient's condition. By implementing standard precautions before patient contact, EMTs can safeguard themselves and others from potential contaminants present in the environment or on the patient, even if there are no visible signs of illness or infection. This proactive approach should be a fundamental part of an EMT's routine, emphasizing the importance of safety and hygiene in emergency medical situations. It helps prevent the spread of infections and promotes a culture of health and safety in emergency care.

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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-emt.examzify.com>

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

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