

NORTH CAROLINA EMT-BASIC (EMT-B) STATE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 a key feature of generalized tonic-clonic seizures?**
 - A. Partial muscle contractions
 - B. Lack of awareness during the event
 - C. Only affects one side of the body
 - D. Heat generation causing burns

- 2. A 10-year-old boy is experiencing severe muscle twitching with a history of epilepsy. What type of seizure is he most likely having?**
 - A. Focal seizure
 - B. Generalized tonic-clonic
 - C. Atonic seizure
 - D. Myoclonic seizure

- 3. Which medication is commonly administered by EMTs to relieve chest pain?**
 - A. Ibuprofen
 - B. Aspirin
 - C. Nitroglycerin
 - D. Acetaminophen

- 4. What three parameters should be assessed to determine if a newborn needs resuscitation?**
 - A. Heart rate, color, and activity level
 - B. Tone, respiratory effort, and heart rate
 - C. Temperature, weight, and reflexes
 - D. Breathing depth, skin integrity, and pallor

- 5. How vital is commencing CPR immediately for a victim of cardiac arrest?**
 - A. Reasonably important
 - B. Crucial for survival
 - C. Not critical if emergency services are called
 - D. Beneficial but can wait a few minutes

6. What kind of injury is characterized by intact skin and visible bruising?

- A. Open wound
- B. Contusion
- C. Fracture
- D. Avulsion

7. What is a common treatment for controlling a nosebleed?

- A. Applying gauze to the back of the throat
- B. Pinching the nostrils and leaning forward
- C. Lying down flat with head elevated
- D. Using a saline nasal spray

8. What is the time you should spend on scene for critical patients?

- A. 15 minutes or less
- B. 10 minutes or less
- C. 5 minutes or less
- D. 30 minutes or less

9. What is the significance of a "triage" process?

- A. To decide on patient transport to hospitals
- B. To classify the severity of injuries in a mass casualty incident
- C. To record all medical histories of patients
- D. To assist in hospital admissions

10. What effect do blast injuries have on the gastrointestinal system?

- A. Increased ability to absorb nutrients
- B. Increased risk of perforation and bleeding
- C. Decreased importance in trauma care
- D. Increased digestive efficiency

Answers

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

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Explanations

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1. What is a key feature of generalized tonic-clonic seizures?

- A. Partial muscle contractions
- B. Lack of awareness during the event**
- C. Only affects one side of the body
- D. Heat generation causing burns

A key feature of generalized tonic-clonic seizures is the lack of awareness during the event. This type of seizure involves a loss of consciousness and can cause the person to be completely unaware of their surroundings while the seizure is occurring. During a generalized tonic-clonic seizure, the individual experiences both a tonic phase, where their muscles stiffen, and a clonic phase, characterized by rhythmic jerking of the limbs. The person does not retain awareness or remember the seizure activity afterward, which is crucial for understanding how these seizures impact the individual both during and after the episode. The other features described in the choices are not characteristic of generalized tonic-clonic seizures. Instead of partial muscle contractions or affecting only one side of the body, these seizures involve the whole body and are marked by generalized muscle activity. Heat generation causing burns is not a defining feature of this type of seizure, although secondary injuries can occur during the convulsive movements.

2. A 10-year-old boy is experiencing severe muscle twitching with a history of epilepsy. What type of seizure is he most likely having?

- A. Focal seizure
- B. Generalized tonic-clonic**
- C. Atonic seizure
- D. Myoclonic seizure

In this scenario, the 10-year-old boy is experiencing severe muscle twitching and has a history of epilepsy, which provides important context for identifying the likely type of seizure. Generalized tonic-clonic seizures, also known as grand mal seizures, involve both tonic (stiffening of the muscles) and clonic (rhythmic jerking) phases. The severe muscle twitching described aligns well with the clonic phase of this type of seizure. Additionally, generalized tonic-clonic seizures typically affect the entire brain from the onset, which can cause loss of consciousness and significant muscle contractions, making it a common presentation for individuals with a history of epilepsy. In contrast, other types of seizures described do not completely fit the symptoms: focal seizures involve twitching in just one part of the body and consciousness may be preserved, which doesn't align with the severity implied in this case. Atonic seizures usually result in a sudden loss of muscle tone, and myoclonic seizures typically involve brief, shock-like jerks but would not generally be described as "severe muscle twitching." Therefore, the details provided effectively indicate that a generalized tonic-clonic seizure is the most likely type the boy is experiencing.

3. Which medication is commonly administered by EMTs to relieve chest pain?

- A. Ibuprofen
- B. Aspirin
- C. Nitroglycerin**
- D. Acetaminophen

The medication commonly administered by EMTs to relieve chest pain is nitroglycerin. Nitroglycerin works by relaxing and dilating blood vessels, which increases blood flow to the heart muscle. This is particularly important in cases of angina or acute myocardial infarction (heart attack), where the heart tissue is not receiving enough oxygen due to restricted blood flow. Administering nitroglycerin helps to alleviate the pain associated with these conditions because it can relieve pressure on the heart and improve oxygen delivery. EMTs are trained to assess a patient's condition and administer nitroglycerin when appropriate, especially if the patient has a history of cardiac issues and is experiencing chest pain. While other medications listed may have their own uses for pain relief or inflammation, they are not specifically indicated for the acute management of chest pain in emergencies. Ibuprofen and acetaminophen are analgesics but do not address the underlying issues related to cardiac chest pain. Aspirin, while often used as part of a cardiac protocol for its ability to thin the blood and reduce clotting risk during a heart attack, does not directly relieve chest pain in the same manner as nitroglycerin. Thus, nitroglycerin is the correct choice for the acute management of chest pain by

4. What three parameters should be assessed to determine if a newborn needs resuscitation?

- A. Heart rate, color, and activity level
- B. Tone, respiratory effort, and heart rate**
- C. Temperature, weight, and reflexes
- D. Breathing depth, skin integrity, and pallor

To determine if a newborn requires resuscitation, the assessment focuses on three critical parameters: tone, respiratory effort, and heart rate. Tone refers to the newborn's muscle tension and overall activity; a lack of tone can indicate a need for resuscitation. Respiratory effort is vital because ineffective or absent breathing may necessitate immediate intervention to ensure the infant receives adequate oxygenation. Heart rate is also an essential indicator; a newborn with a dangerously low heart rate is at risk and needs urgent care to restore normal function. These three parameters directly reflect the newborn's immediate physiological status and ability to transition from intrauterine to extrauterine life, making them the most relevant for evaluating the need for resuscitation. The other options include aspects that, while important in a broader assessment of a newborn's health, do not specifically indicate immediate resuscitation needs as effectively as tone, respiratory effort, and heart rate.

5. How vital is commencing CPR immediately for a victim of cardiac arrest?

- A. Reasonably important
- B. Crucial for survival**
- C. Not critical if emergency services are called
- D. Beneficial but can wait a few minutes

Commencing CPR immediately for a victim of cardiac arrest is crucial for their survival because it helps maintain blood flow to the vital organs, particularly the brain and heart. Cardiac arrest leads to the cessation of effective blood circulation, which can result in irreversible brain damage and death within just a few minutes. The immediate application of CPR can double or triple a victim's chance of survival by sustaining some level of oxygenation until professional medical help arrives. In situations of cardiac arrest, time is of the essence. The act of chest compressions not only keeps blood circulating but also significantly increases the likelihood that defibrillation will be successful when emergency services arrive. The longer the brain goes without oxygen, the greater the risk of permanent damage. Therefore, initiating CPR immediately is essential and can make a life-saving difference. This is why immediate action is emphasized in CPR training and guidelines.

6. What kind of injury is characterized by intact skin and visible bruising?

- A. Open wound
- B. Contusion**
- C. Fracture
- D. Avulsion

A contusion is characterized by intact skin that has not been broken, yet shows visible bruising beneath the surface. This bruising occurs when small blood vessels are damaged, leading to bleeding within the tissues. Since the skin remains unbroken, it retains its protective barrier, which is a key distinguishing feature of contusions. In contrast, open wounds involve broken skin, which can lead to exposure of underlying tissues and increased risk of infection. Fractures refer to breaks in the bone and are not directly related to skin integrity or bruising. An avulsion involves the tearing away of skin or other tissues, which also does not apply when the skin is intact. Therefore, when considering an injury with both intact skin and visible bruising, the most accurate description is a contusion.

7. What is a common treatment for controlling a nosebleed?

- A. Applying gauze to the back of the throat
- B. Pinching the nostrils and leaning forward**
- C. Lying down flat with head elevated
- D. Using a saline nasal spray

Pinching the nostrils and leaning forward is a common and effective treatment for controlling a nosebleed. This technique helps to create pressure on the bleeding vessels against the nasal septum, which can stop the bleeding. Leaning forward is particularly important because it minimizes the risk of blood running down the back of the throat, which can lead to choking or coughing and may cause additional problems such as swallowing blood. Other methods, while sometimes used in practice, are less effective for initial treatment of a nosebleed. Applying gauze to the back of the throat would not directly address the source of the bleeding in the nose and may cause gagging. Lying down flat with the head elevated could exacerbate the situation by allowing blood to pool or flow back toward the throat. Using a saline nasal spray may be beneficial for prevention or moisture but does not provide the immediate pressure needed to control an active nosebleed. Thus, pinching the nostrils and leaning forward remains the best practice for managing this condition effectively.

8. What is the time you should spend on scene for critical patients?

- A. 15 minutes or less
- B. 10 minutes or less**
- C. 5 minutes or less
- D. 30 minutes or less

For critical patients, the recommended time to spend on scene is 10 minutes or less. This guideline is based on the urgency of the condition of the patient, as critical patients typically require rapid transport to a higher level of care to improve their chances of survival and outcome. Prolonged on-scene time can lead to delays in necessary advanced medical interventions that can only be provided by a hospital. During the first few minutes of care, it is essential to perform a quick assessment, deliver life-saving interventions if needed, and prepare for transport. The objective is to stabilize the patient's condition as much as possible while minimizing the time spent at the scene. By adhering to this time frame, EMTs ensure that critical patients receive the timely care required for their potentially life-threatening conditions. This aspect of emergency care emphasizes the importance of efficiency and the "scoop and run" approach when faced with a critical situation.

9. What is the significance of a "triage" process?

- A. To decide on patient transport to hospitals
- B. To classify the severity of injuries in a mass casualty incident**
- C. To record all medical histories of patients
- D. To assist in hospital admissions

The triage process is crucial in emergency medical situations, particularly during mass casualty incidents. Its primary significance lies in the ability to classify the severity of injuries among multiple patients quickly and effectively. This classification helps first responders prioritize treatment based on the urgency of a patient's condition, ensuring that those who are most critically injured receive immediate care. In a mass casualty incident, where resources are often limited and the number of patients exceeds the immediate capacity of the medical response system, triage allows responders to allocate resources efficiently and maximize the chance of survival for as many victims as possible. By assessing the severity of injuries, emergency personnel can determine who needs to be transported first to hospitals and who may be able to wait for treatment, thereby optimizing patient outcomes. The other options, while relevant to patient care in general, do not capture the essence of triage. For instance, deciding on patient transport is a component of the triage process, but the primary aim is to assess and classify injuries. Recording medical histories is important for patient care but is not part of the triage's immediate focus during crisis situations. Assisting in hospital admissions is also essential in overall healthcare but is not a function of triage itself.

10. What effect do blast injuries have on the gastrointestinal system?

- A. Increased ability to absorb nutrients
- B. Increased risk of perforation and bleeding**
- C. Decreased importance in trauma care
- D. Increased digestive efficiency

Blast injuries can cause significant damage to various systems in the body due to the shock wave and fragmentation effects of an explosion. Specifically, when it comes to the gastrointestinal system, these injuries can lead to an increased risk of perforation and bleeding. The force of the blast can cause abrupt changes in pressure within the abdominal cavity, which may result in lacerations, ruptures, or perforations of the gastrointestinal tract. These injuries can manifest as internal bleeding and can lead to conditions like peritonitis, which is an inflammation of the abdominal lining due to the leakage of intestinal contents into the abdominal cavity. Additionally, the risk of secondary injuries from debris and other objects can also contribute to significant trauma to the gastrointestinal system. This makes the management of such injuries critical in trauma care, emphasizing the need for swift assessment and intervention to prevent complications that could arise from these serious injuries. In contrast, the other options do not accurately reflect the realities of how blast injuries impact the gastrointestinal system, particularly in the context of trauma care.

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://ncemtystate.examzify.com>

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

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